

## **This Way: Corin Hewitt (Audio Transcript)**

Hi, my name is Corin Hewitt, and you're listening to an audio recording I created for This Way, a series of artists designed walks and experiences organized by the MIT List Visual Arts Center. I designed two walks, each of which take about an hour of your time. I suggest you do them on different days.

They're both called shadow walks. The first shadow walk is an indoor shadow walk. And for this walk, I recommend you set aside one hour for the exercise. You want to choose a room in your home where you feel that there's a quality of light that interests you. It can be artificial light, or natural light, but just a space where there is an interesting relationship between light and the objects in the room.

The next thing you want to do is get a phone with a camera, or just another camera, something that you can use to take digital photographs and upload them. While looking through the viewfinder, start exploring the room. Using your viewfinder, walk slowly, searching the room for shadows that you find evocative.

When you get to a space when an object's meeting the floor, shadows is creating the relationship between the two, take a photograph of some part of that relationship and return to the search. Feel free to take as many images as you like. And after about 20 minutes, stop taking images.

When you're done, upload your images to your computer, and pick five that you like. Then we'd suggest that you copy and paste those images onto the MIT shadow walks archive. This archive is part of the This Way MIT Instagram page. The This Way MIT Instagram page can be found at [listart.mit.edu/events/programs/summer-series/way](http://listart.mit.edu/events/programs/summer-series/way).

Under each image that you upload, write three sentences about the image-- something about how the shadow helped you understand the room, or the relationship between the objects in the room, or your relationship inside the room. OK, that is the end of the indoor walk.

Now, for the outdoor walk. Also, you should set aside about an hour of your day, and wait for a relatively mild to warm bright day. Try to find a setting with a nice combination of open and shaded spaces. With as much exposed skin as you feel comfortable with, go outside and begin walking.

When you find a shadow that you can enter with your body, stand at the edge of that shadow. Place yourself there, and close your eyes. Over a period of at least two minutes, moving very, very slowly, without fully entering or exiting the shadow, slowly move into and out of the shadowed space.

As you move, become aware of the changing sensation of temperature, energy, and light moving across your body. Note these shifts, feeling how they make you feel on the inside, how the inside of your body is meeting the world, and how the world is meeting your body. Repeat this in five different locations within the setting you're located. And if you have a chance, write down a few sentences about how that experience has made you think about yourself in relation to the place that you're in.

Thank you, very much. I hope you've enjoyed these shadow walks, and have a wonderful summer.