

Soufia Bensaid - Drinking the sun

- Choose a spot where you can see the sun.
 - Stand or sit there and keep the same posture. Breathe.
 - Face the sun, look at it eyes opened or closed.
- If it is behind a cloud stay related to it. figure out in which direction it is.
- Stay at the same position « drinking the sun ».
- 20 minutes.
- Put a gentle alarm signal for the duration.
 - When it is finished walk again along the street. Stay focused even while walking.
- You can talk with others if they talk to you. You are human. And stay focused.
- Change position in the street. Find another spot.
- Stand up or sit. Fix the sun.
- 3 times.



Photo Frans van Lent

Reports:

Kathrin:

1. The sun is hot and dry. I am thirsty and think of people who have no shelter to protect themselves from the intense power of the sun. The sun's rays shine directly on me. Orange and yellow colours. I stand with my back against a large window, and on the windowsill sits a cartoon character resembling Tintin, looking in the same direction as me. Our noses point towards the same sun. People leave their homes and start their day. I try to absorb the sun's rays.
2. I am standing in the corridor that runs from Nieuwstraat to Hoftuin. Sometimes clouds push themselves between the sun and me. Through my closed eyes greenish and blue colours appear. The smell of fried olive oil is in the air. People are making remarks on my pose like: 'better apply some sunscreen'. A mother explains to her child that what is happening is something she and her partner do very often, enjoying the sun. My skin burns from the shine and the heat is throwing itself on me like a blanket. I am so hot that I think of leaving. I am pondering the phenomenon of this entity that exerts such an effective influence/impact from afar without being visible.
3. In this position, the sun comes from the left. I could draw an exact line where it hits, every centimetre: left cheek, nose, ear, left ankle, left hand, fingers and back of the hand for 1/3. Then on the midfoot bones of my right foot while sitting on the pedestal of a public sculpture. This time people do not come close. They are talking a lot about the sculpture, who he is and why he carries a dog. The sun is now gentle, like a subtle brush or the touch of a cushion. It changes constantly, pausing often.