



tracings: creative walking project

Sharon Mansur's creative journal initial notes fall 2022

solo walks →

- landscapes
- feet
- perspective shifts
- wander

connections →

- meditation
- Judson Church
- ambulating
- migration
- access
- ritual
- micro-macro

seasons →

- winter
- spring
- summer
- fall



..... breathing feet



..... infant eyes



We've chosen a trajectory as a form of expression,
which accentuates a place by physically tracing a line through it.

—Francesco Careri

Walkscapes: walking as an aesthetic practice

... silent (friendly) ghost walking ...



. . . . heel -> toe (repeat generously & repeatedly) . . .



... eyes open / eyes closed / eyes lead you in a circle ...



..... follow the leader



.....savory snapshots.....



..... on the diagonal

Like eating or breathing,
[walking]] can be invested with wildly different cultural meanings,
from the erotic to the spiritual,
from the revolutionary to the artistic.

—Rebecca Solnit
Wanderlust: A History of Walking



... .. see the walk



..... hear the walk



smell the walk



..... taste the walk



Above all, we cannot afford
not to live in the present.

—Henry David Thoreau
Walking

... be the walk ...



..... walking as being



being as walking



..... walking on the Earth



..... the Earth walks under you



..... the walking dance



As fundamental and ordinary as walking can be . . .
in an age that prizes speed and efficiency,
walking has become a subversive act.

—Ann de Forest, editor
Ways of Walking preface

. saunter through your imagination

invitation to add your walking musings here

what is your earliest child

..... wander with care

what does walking mean to you?

where is your favorite place to walk?

childhood memory of walking?

... wander without a care in the world ...



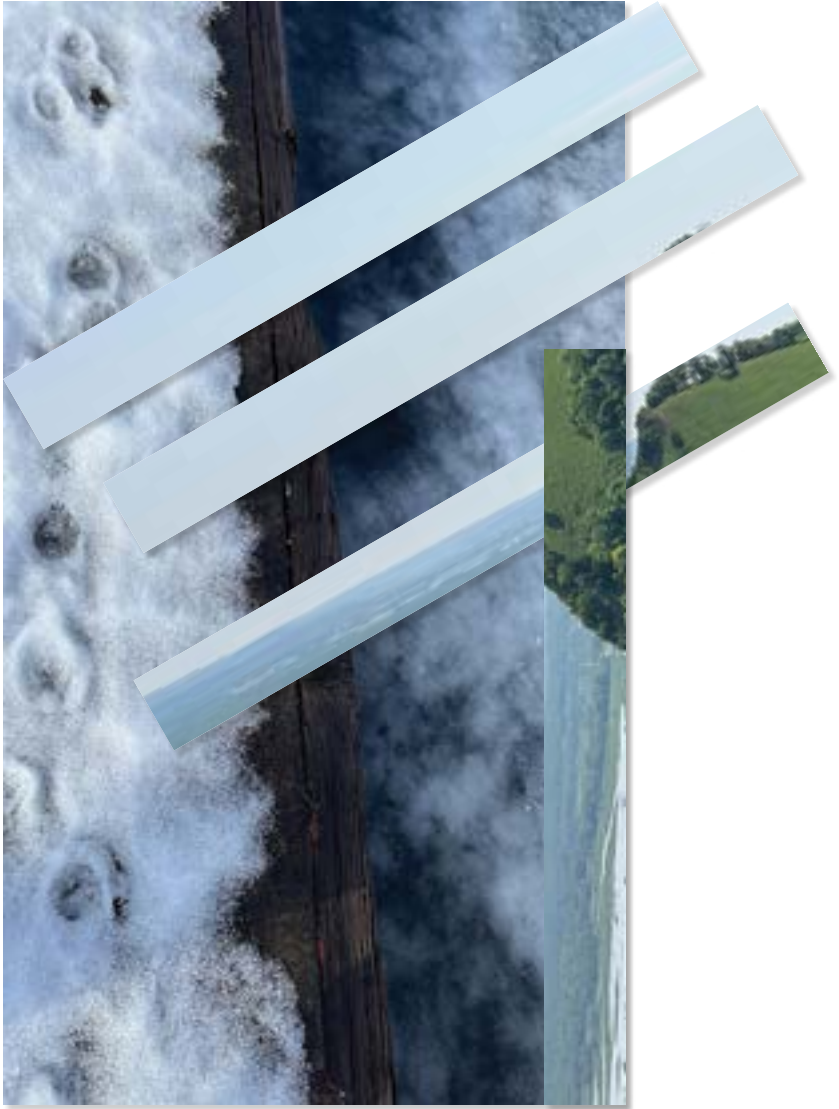
..... ambulate in a spiral

Is there anything more subversive than walking,
step by step, through the world and discovering
secrets about people, nature and perhaps,
most of all, about yourself?

—Ruth Knafo Setton
"Ah, Ifrane" essay, *Ways of Walking*



..... stroll in between spaces



..... stroll in between places



..... stroll in between people



..... tiptoe in place



..... evoke the ministry of silly walks



..... walk to get lost



· · tracing spaces . . . place your feet spaciouly . . .



..... walk until somewhere finds you



· amble along the same route again & again & again . . .



. . . . slowly . . . even slower . . . even slower still . . .

... she outlines how our experiencing, feeling, walking selves are
the means by which we gain insight into the inner mysteries
both of the world and of human existence ...

—Kerri Andrews
on Nan Shepherd

Wanderers: A History of Women Walking



... let the sound of your favorite memory guide you ...



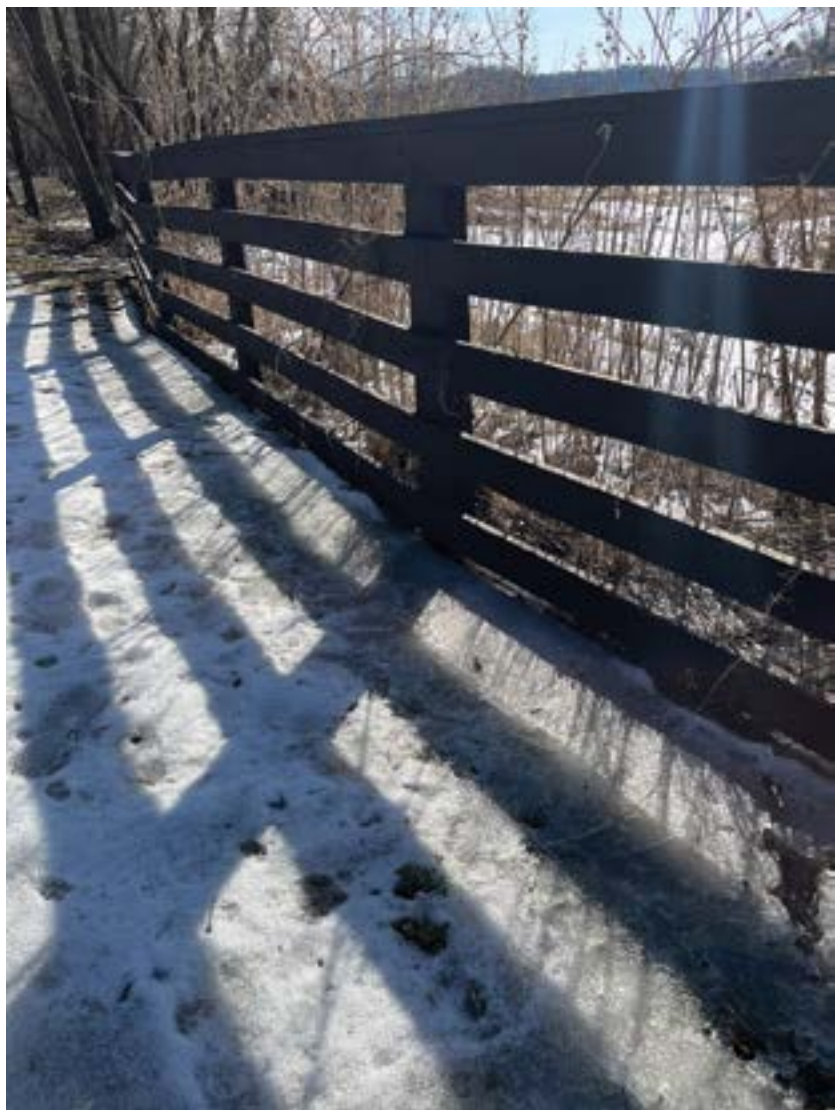
... as much about how we walk as about how we become ...

—Annabel Abbs
Windswept: Walking the Paths of Trailblazing Women

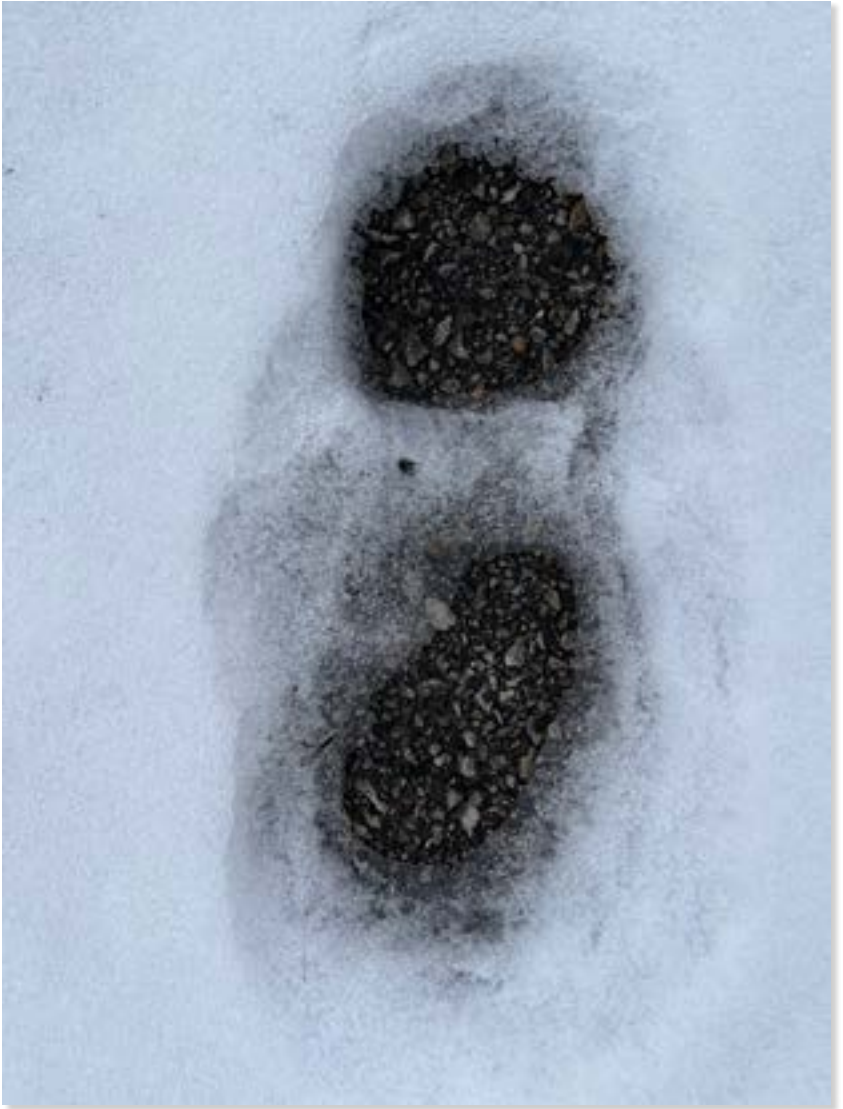
... carefully along a perimeter ...



... whose footprints are these, left behind ...



... savor each step, each weight shift a delight ...



· · · · · step lightly · · · step brightly · · · · ·



..... step delightedly



step spritely



..... walk along through the mystery of life



***tracings* credits:**

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Collaborative Book Design by Heidi Bryant and Sharon Mansur

Images by Sharon Mansur & Sydney Swanson/InSite Arts and Healing

locales include:

Aghaming Park, Bluffside Park, Flyway Trail, Great River Bluffs State Park, Latsch Island, Levee Park, Prairie Island, Verchota Landing, and Woodlawn Cemetery, Winona, MN

Apple Blossom Overlook Park, LaCrescent, MN

Root River State Trail and Sylvan Park, Lanesboro, MN

Bear Creek Park, Rochester, MN

Trempealeau River Bottoms, Trempealeau, WI

Walden Pond, Concord, MA

Fisher Street, Natick MA

links:

Sharon Mansur – mansurdance.com/tracings

Sydney Swanson – insiteartsandhealing.com

Winona Outdoor Collaborative – winonaoutdoorcollaborative.com

Frozen River Film Festival – frff.org

Minnesota Driftless Hiking Trail – mndriftlesshikingtrail.org



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