

English text of the Matka Canyon (Poster)

1

This picture was taken in the Matka-Canyon. Matka-Canyon is a canyon located about an hour by bus from Skopje, the capital of North Macedonia.

Northern Macedonia is located about 1500 km southeast of Munster and borders Greece to the south, Bulgaria to the east, Albania to the west and Serbia and Kosovo to the north.

More than 10 Macedonian pines can be seen in this picture. Choose one of these trees.

This tree will be your partner for a while.

2

- *Call.*

The last name of all these pines is pine. Talk to this pine.

"How are you?"

"How are you?"

"Isn't it hard for you to be there?"

The physical and emotional distance will be huge in the beginning. Being willing to just talk to him/her is important.

Repeat the call, either aloud or in your mind, until you are sure Ms./Mr. Pine has heard your call.

Repeat the call until you are satisfied.

Then stop moving, take a breath, and close your eyes for five seconds.

3

- *Things you would like to talk to the pine tree about.*

The call will at least get you recognized by this tree.

Is there anything you would like to talk about with Mrs./Mr. Pine? Imagine something about yourself and think about something that has happened to you recently.

As you think about what you will talk about, try to imagine these situations.

You and this Mrs./Mr. Pine are both castaways who washed up on a desert island on the same day. You and Mrs./Mr. Pine have both come from different places. Then you come to the same beach and

see each other.

After agreeing with each other that you are not hostile to each other, and after finding drinking water, you rest in the shade of a tree and talk about each other.

What would you like to tell them about yourself in this situation?

Try to say the words that come to your mind, either in your mind or speak out.

4

- *Stage.*

You are one of the main characters in a story that begins with this type of castaway. After your experience of castaway, you became a performance artist performing alone on stage.

For your performance today, you decided to perform a piece you created three years ago. When the performance begins, you go on stage as usual. When you do, you notice that Mrs./Mr. Pine, with whom you did the drifting and then spent some time together, is sitting in the audience.

From this point on, you will forget about the piece you were supposed to perform, and you will perform especially for Mrs./Mr. Pine.

5

- *Opening of the stage.*

This is the beginning of your performance.

Speak convincingly to Mrs./Mr. Pine. No, change your mindset here. Think of it this way: With every word you say, a thread is strung between you and all the audience members. But it is Mrs./Mr. Pine who ties the first thread.

How have you been since then?

How have you been?

Are you going through a rough patch right now?

You are on stage. Please tell Ms./Mr. Pine what you want to say to her/him now. Speak as if you were speaking to everyone in the audience. But keep in mind that you are speaking directly to Mrs./Mr. Pine.

Finally, take plenty of time to show that you are healthy and in tune with yourself.

You can do this by slowly spinning around to show your whole body, by singing a song, or of course by doing something completely different. Be free in your actions that promote your life energy.

After the end of your performance, leave the stage.

This is a little off topic, but after the performance, Mrs/Mr Pine and you will have dinner together.
Keep these memories in your heart.