

September 2020 Step Into Joy
Week 4!

Claiming Your Walking Practice and Mapping Your Magic

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“A map does not just chart, it unlocks and formulates meaning; it forms bridges between here and there, between disparate ideas that we did not know were previously connected.”

— Reif Larsen, *The Selected Works of T.S. Spivet*

What is a memory you have of reading a MAP?

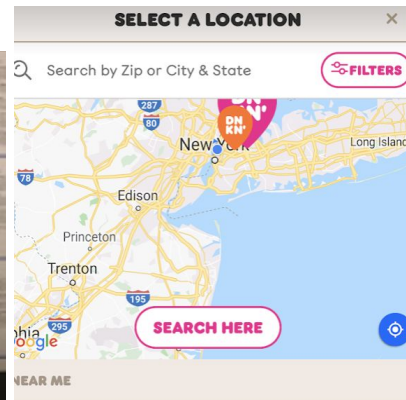
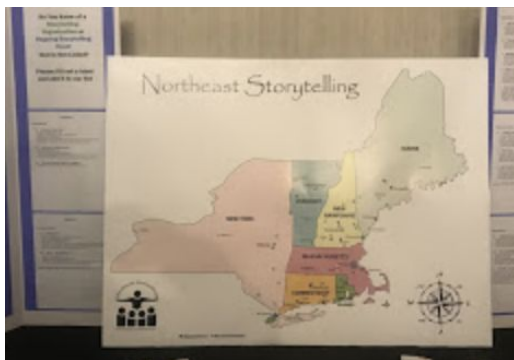
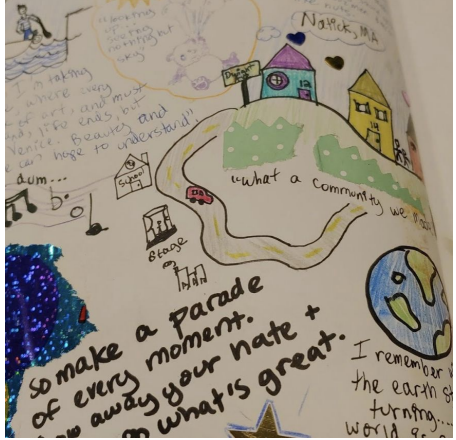


Was it in a social studies textbook? A tourist guide to an amusement park? Was it a brochure, pamphlet, book, on a spherical globe, on a wall, on a screen, desktop computer or phone?

How did you use that map? Where were you? Were you looking for a specific place? Did the map help you get there? Did you follow the map to a point and then go your own way?

Write about that map memory. Include a picture if you have one (or can pull it off the internet!)

Here are a few recent photos I found on my phone of maps in my life.



What stories do YOUR maps tell?

"The most important places on a map are the places we haven't been yet."
— Jennifer Zeynab Joukhadar, *The Map of Salt and Stars*

How does your location, and where you walk affect your emotions and behaviors?

There's a word for that - **Psychogeography**. It's "an exploration of urban environments that emphasizes playfulness and drifting."

Wait...What is psychogeography?

The [Loiterers Resistance Movement](#) explains this quite well!



The LRM (Loiterers Resistance Movement) is a Manchester based collective of artists, activists and urban wanderers interested in psychogeography, public space and the hidden stories of the city.

Maps can give you direction to a place when you're lost, but it can also help you envision how you'd like a space to be

"The LRM aims to nurture an awareness of everyday space, (re)engaging with, (re)mapping and (re)enchanted the city."

The great thing is, you don't need to live in Manchester to be part of this movement.

How can you reengage with your the space around you right now?

Psychogeography Task 1: RE-enthrall your space.

As you walk, find one thing EXTRAordinary in what is ordinary.



These "loiterers" write, "We can't agree on what **psychogeography** means but we all like plants growing out of the side of buildings, looking at things from new angles, radical history, drinking tea and getting lost; having fun and feeling like a tourist in your home town."

Can you **explore your landscape** and find magic in the rain, and the “uncover hidden histories and discover the extraordinary in the mundane?”

Psychogeography Task 2: Make your own MAP

Read the words of Robert Macfarlane, a masterful writer-walker, and [SITUATIONIST](#).

He suggests to: Draw any circle or quirky shape on a map, and walk it, explore it. Make it your own:

“Unfold a street map of London, place a glass, rim down, anywhere on the map, and draw round its edge. Pick up the map, go out into the city, and walk the circle, keeping as close as you can to the curve. Record the experience as you go, in whatever medium you favour: film, photograph, manuscript, tape. Catch the textual run-off of the streets; the graffiti, the branded litter, the snatches of conversation. Be alert to the happenstance of metaphors, watch for visual rhymes, coincidences, analogies, family resemblances, the changing moods of the street.”

So use a GPS app on your phone, take a screenshot, and draw a circle around it. Do the instructions above!

Psychogeography Task 3: Let your walk inspire a map.

Now, let where your feet travel create a new map. *This map can be anything!*

Here are some suggestions:

Take a walk. After your walk, make a map by...

- Take a piece of notebook paper, and draw the arrows of the directions you took.
- Make a mind map of everywhere your thoughts traveled as you walk.

This was my mind map as I took a very long walk!



- Create a weather wheel that maps the changes in temperature, wind, etc. during your walk.

- d. Create a color spectrum of colors your came across during your walk
- e. Create a sound map, collecting any sounds, bits of conversation, or bird calls you came across
- f. Take lots of photos! And text them to friends as “wish you were here” postcards!

Psychogeography Task 4: Wander, Loiter, Flaneur...

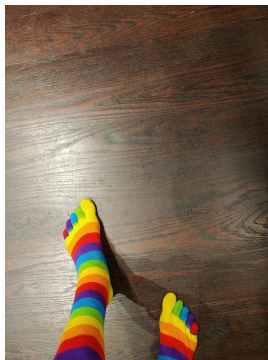
“Taking walks does wonders for the soul. One can walk in nature, in a park, or flaneur a city. Flaneuring is the art of noticing. Flaneuring comes from the French word, flâneur, which means “stroller”, “lounger”, “saunterer”, or “loafer”.

Read more here: <https://www.thenutritionarchive.com/blog/2019/6/9/the-joys-of-flaneuring>

As you wander, **map the joys you spot in the mundane.**

Here is an indoor walking joy I found - a beam of light lining up with my toe!

(Hint: a mundane joy can be ANYTHING!)



To loiter is to wander, to **FLANEUR**.

The Scandinavian noun flana, means ‘a person who wanders’.

Lauren Elkin has written an amazing book, *“Flâneuse: Women Walk the City in Paris, New York, Tokyo, Venice and London.”*

Here’s why she walks:

“I walk because, somehow, it's like reading. You're privy to these lives and conversations that have nothing to do with yours, but you can eavesdrop on them. Sometimes it's overcrowded; sometimes the voices are too loud. But there is always companionship. You are not alone. You walk in the city side by side with the living and the dead.”

— Lauren Elkin

How does connecting these spots with your feet help YOU feel more connected?

As you walk, are you choosing to be an individual or part of a crowd? Seen or unseen?



Experiment with both ways, and journal about your experience.

Take a picture of your walk when you are an individual...

And part of a crowd....

Find the joy unleashed by putting one foot in front of the other.

"Maps codify the miracle of existence."

— *Nicholas Crane, Mercator: The Man Who Mapped the Planet*

Bonus Psychogeography Task 5: Food Map

Have you ever been on a food tour? One of my favorite memories is going for a walking food tour of the Lower East Side and sampling Knishes, rugelach, and delicious bialys.



Go on your own food tour - it can be the simplest map - just one stop! Maybe it's to the coffee shop or grocery store.

Here's a direction for your travels:

"Life is uncertain. Eat dessert first."

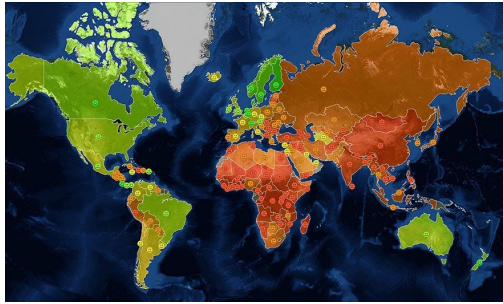
Ernestine Ulmer

Maps can tell you a lot about a place.

This week, let your walking practice lead you on your own map.

Take a walk and re-MAP it based on what YOU experience. It can be anything!

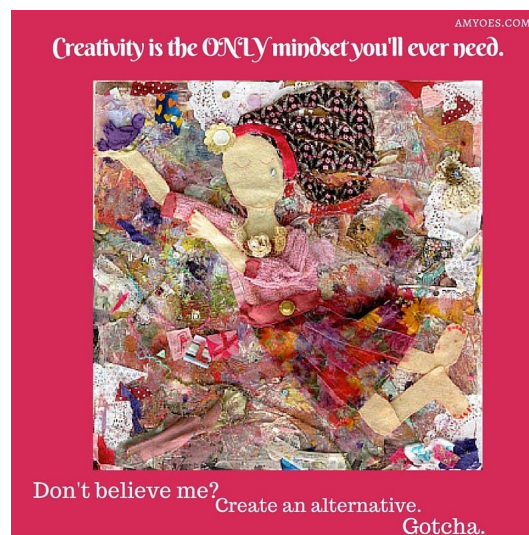
For example, this website has a list of very amusing, interesting and fascinating maps.
What do you think THIS is a map of?



Find out at this link:

https://www.boredpanda.com/interesting-maps/?utm_source=google&utm_medium=organic&utm_campaign=organic

*“When we allow ourselves to explore, we discover destinations that were never on our map.”
— Amie Kaufman, Uearthed*



All artwork created by Amy.

Share your discoveries in the Step Into Joy Facebook Group

<https://www.facebook.com/groups/walk2discover> or tag them with #LoveMyDetour!

Make sure you subscribe to www.amyoes.com/walk for more inspirations, and to receive the link for our zoom workshop this Sunday, September 13th 4-5pm EST!