

Half-smiler (High Line)

Monday-Friday mornings 3-14 October 2016 there will be walking around NYC focused on developing the half-smile.¹ Anyone is welcome to join, meeting at the 22nd St steps on the High Line on Monday, Tuesday, Wednesday, or Friday at 8am, or Thursday at 10am (lazy day).

After a brief orientation we'll set out for a few hours, walking separately in space while together in time² and in cultivation of the half-smile, and then meet again to have a convivial lunch.

tips for comfortable longish-distance walking
(a substantial commitment and an easy engagement)

commonsensical footwear
travel light and balanced
sunhat or raincoat

the half-smile is slight, just-enough, barely apparent, and wry,³
the half-smile is not a grin or a smirk,
the half-smile is a signifier of indiscriminate friendliness,⁴
the half-smile is intended toward every being and thing,⁵
the half-smile is unfocused and inexhaustible,
the half-smile is a delicate and trusty container for a dewdrop,
the half-smile is both always available and always appropriate,
the half-smile is a bowed bridge between the small I and the all I,
the half-smile cognizes 10,000 joys and 10,000 sorrows,
the half-smile is a discipline, the walking is aimless,
the walking and the half-smile are both conscious and effortless,
the walking and the half-smile are both alert and non-assertive,⁶
the walking is generated from the spinal column,
the walking body is held by the atmosphere,
the walking encourages the feet to meet the ground lightly,
the walking is not rushed, and may be very slow,
the walking is not competitive or documented,
the walking marks impermanence,
the walking is both regardless of and regarding the weather,⁷

¹ Thich Nhat Hanh

² Mieko Shiomi

³ Ad Reinhardt

⁴ Mierle Laderman Ukeles

⁵ Douglas Huebler

⁶ Andre Cadere

⁷ Nagarjuna