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Experiential Life Exercise

An experiential life exercise consists of commands to be carried out by an individual person. As one follows these commands, their thoughts, actions, and reactions become the Art. The medium of an experiential life exercise is life itself from a 1st person perspective.

Instructions for making experiential life exercises

1. Design several experiences to be had by an individual.
2. Compose clear, understandable instructions for each experience.
3. The execution of these instructions should constitute the experiences you designed.

Guidelines for development

1. The experience and the Art have the potential to be highly poetic, but the instructions should always be concrete, and easily understood.
2. Avoid final products, souvenirs, and the creation of art objects.
3. Avoid violence.

experience |ik'spi(ə)rēəns|
noun

- practical contact with and observation of facts or events : *he had already learned his lesson by painful experience* | *he spoke from experience.*
- an event or occurrence that leaves an impression on someone : *for the younger players it has been a learning experience.*

life |lɪf|
noun

- the existence of an individual human being or animal : *a disaster that claimed the lives of 266 Americans.*

exercise |'eksə,rɪz|
noun

- the use or application of a faculty, right, or process : *the free exercise of religion.*