

star fields

a stargazing game for the solo dreamer and wisher

requirements

- binoculars
- paper in a book with a solid cover or on a clipboard—Just something strong enough to write on while lying down and looking up
- pen that will be sufficiently visible in low light—perhaps a felt-tipped pen, but thicker than a regular ballpoint pen
- a dark sky on a clear night
- comfortable ground to lie on—or blankets, mats, or padding—and suitable clothes for lying still on it for a while
- 30 minutes or all night

how to play

- 1 • lie on your back on the ground with your equipment in reach
- 2 • repeat the following steps four times
 - Look through the binoculars at the stars
 - Settle on a star field that appeals to you
 - Stare at it until you feel you have it memorised
 - Quickly get your paper and draw dots for the positions of the stars as you remember them
 - Turn the page one quarter turn anticlockwise
 - Use the stars as the basis for drawing of the following each turn—It could be joining the dots like a constellation or using them as inspiration for something more freeform
 - an animal
 - a building
 - a person
 - an object
- 3 • tell yourself a story that connects these four images
- 4 • look through the binoculars and scan the sky until you find a star field that feels like it suits the story
- 5 • look at it for a bit longer than feels natural

to end

close your eyes until

you feel you are finished

• or •

the sun comes up

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