Commoning Action #8: How to hold on and let go / Drop Dancing

1. Find a patch of tall grasses, ideally with uneven ground.
2. Walk into this area slowly, taking in your surroundings.
3. Drop to the ground. Notice the surface you are now lying on and let your body be moulded by the ground.
4. Stand up and walk to another location, noticing the impact of the ground on your body.
5. Drop to the ground again, in a manner informed by this awareness.
6. Repeat steps 2 to 4 several more times, then walk away, ready to fall at any time from now on.