

bedfold readings

Bed — fold

pictures, poems of intuitive dates

Read — dings

by Jeanne Eschert

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‘bedfold reading’ is a project by Jeanne Eschert. Supported as part of Next Steps, a programme by Bureau Ritter to strengthen dance professionals in Hessen. Funded by the Crespo Foundation.



Jeanne Eschert creates texts, performances, magic, choreographies, fine arts, and ongoing gatherings in various theaters and venues. She works in a magic shop. She grew up with circus in Cologne and studied applied theater studies in Giessen. Her artistic work relates to magic tricks, chronic illness, bedriddenness, and transness.

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PREFACE

hello dears,

this is a companion for reading your bedfolds to expand the way of experiencing the bed and needs to exist. You will be taken by the hand of the readings that have already been done to see what speaks and has come to them in their beds. The possibilities of what you read in the folds are infinite as well as the contexts in which you read them – whether with me, your nearest and dearest, or alone.

Over the last few years I've developed a practice called bedfold reading. It is aimed at people who spend, as for myself, a lot of time in bed and have built up a special relationship with it. People with chronic or mental illness, disabilities or the people around them, who are permanently in bed or in recurring episodes – however brief they may be.

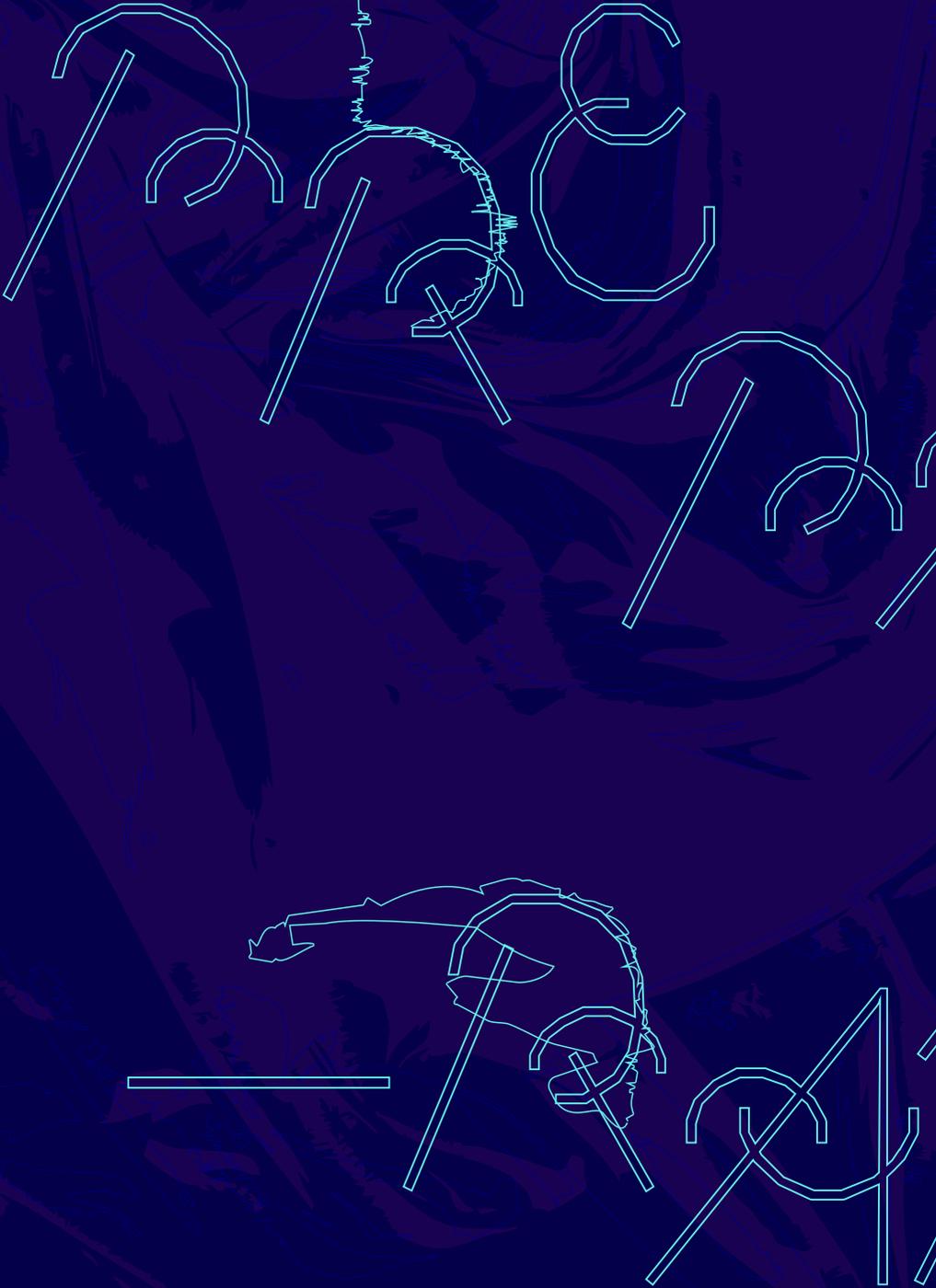
We approach bedfolds with rituals, magic tricks and choreographies that make them appear as a magical landscape: our unconscious needs and perception of our physical presence and temporality in bed. Feelings and movements without which we could not continue.

You will see some of the gathered material in form of texts, pictures and actions of the past readings. It is a collection for everyone who is reading this and an archive of our bodies and needs in bed. Not only to represent, but more to collect intuitive knowledge to understand what we need, finding ways to connect and get organized together even if we are not allowed to exist in the dangerous futures and presents we are facing.

A bedfold reading lasts between one and three hours, depending on specific needs. We meet in bed during a home visit or a video call. Thanks to the funding, each of the participants received 100 euros for a reading. Together, we have taken different perspectives on bedfolds and layers and are still in contact with each other – via mail, in our minds or through the folds.

Jeanne

BEDFOLD READINGS



PREPARATION

The day before the reading, we start with a little preparational task.

TRONV

Take a sheet of paper, a pen and a bowl of warm water.

Tear the paper in half.

Crumple up the two halves.

Unfold them again.

Smooth them even.

On one half, write down a question addressing the folds of your bed, on the other half, write down a question addressing the folds of the others' beds.

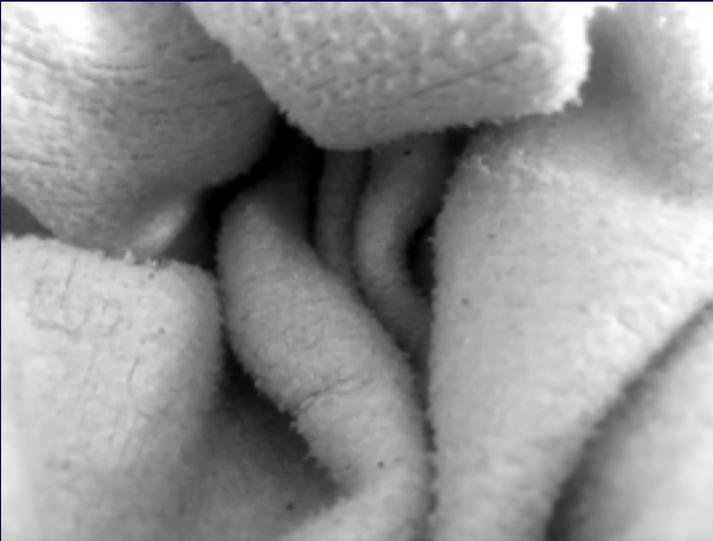
Fold the papers at least three times.

Dip all the edges of the papers in water.

Place them in the space where your bed is located and leave them to dry.



PREPARATION













PREPARATION



On the following day.

Open the curtains and windows.

Make yourself a cup of tea or your favorite drink and place it on your folded papers from the previous day.

PREPARATION



LAYER 1

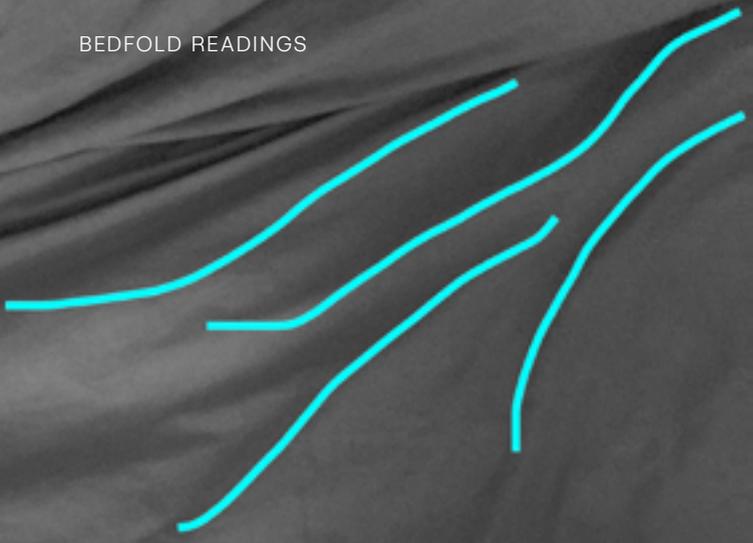
LAYER 1

ONE

The setting of bedfolds is usually very similar.

The pillow, the comforter, the mattress. The bedfolds as a whole are divided into several layers, layers that lie on top of each other and are interlinked. They speak differently to us. There are folds that influence our formations and meanings. As soon as we cross a layer to get a glimpse of it, we change again.

BEDFOLD READINGS



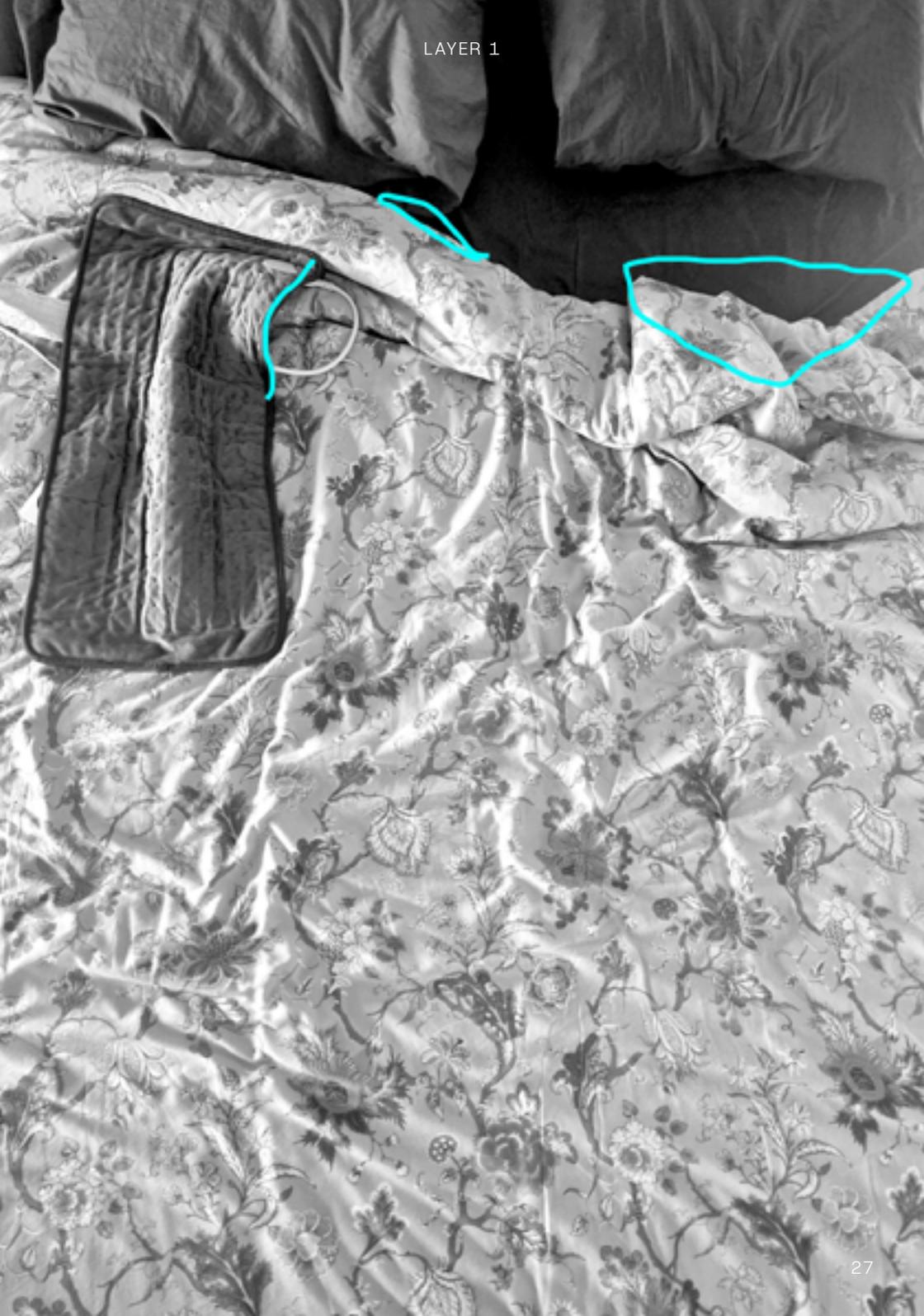
Save a photo of your bed, go with your phone as far away from it as you can, the floor around your bed or the bed frame should not be visible.

For example, from a stool or try to hold your phone as high as you can.

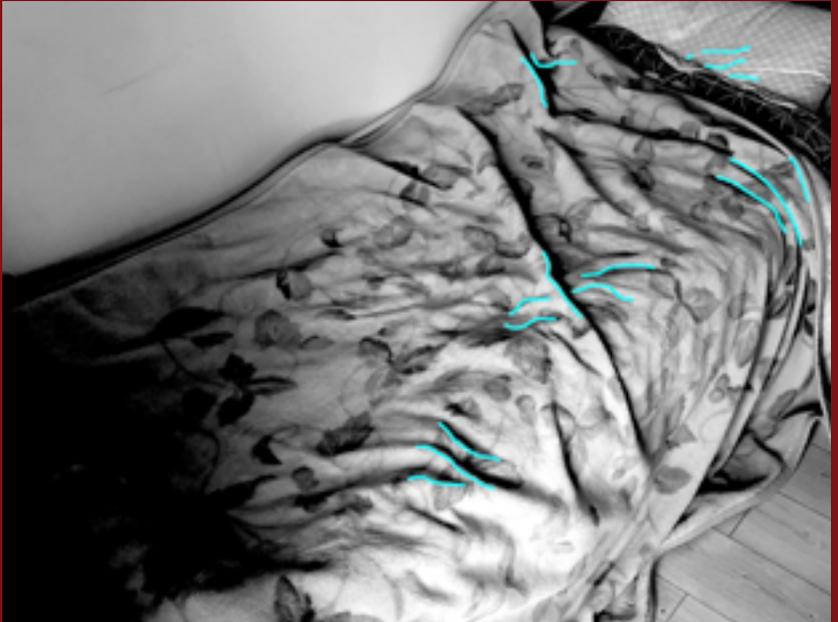
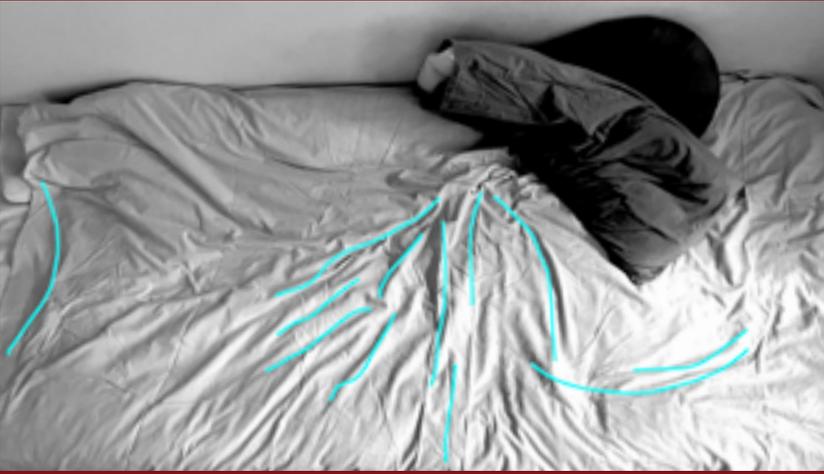
When you see the picture, keep an eye on places in your bed that catch your eye and take a close-up.



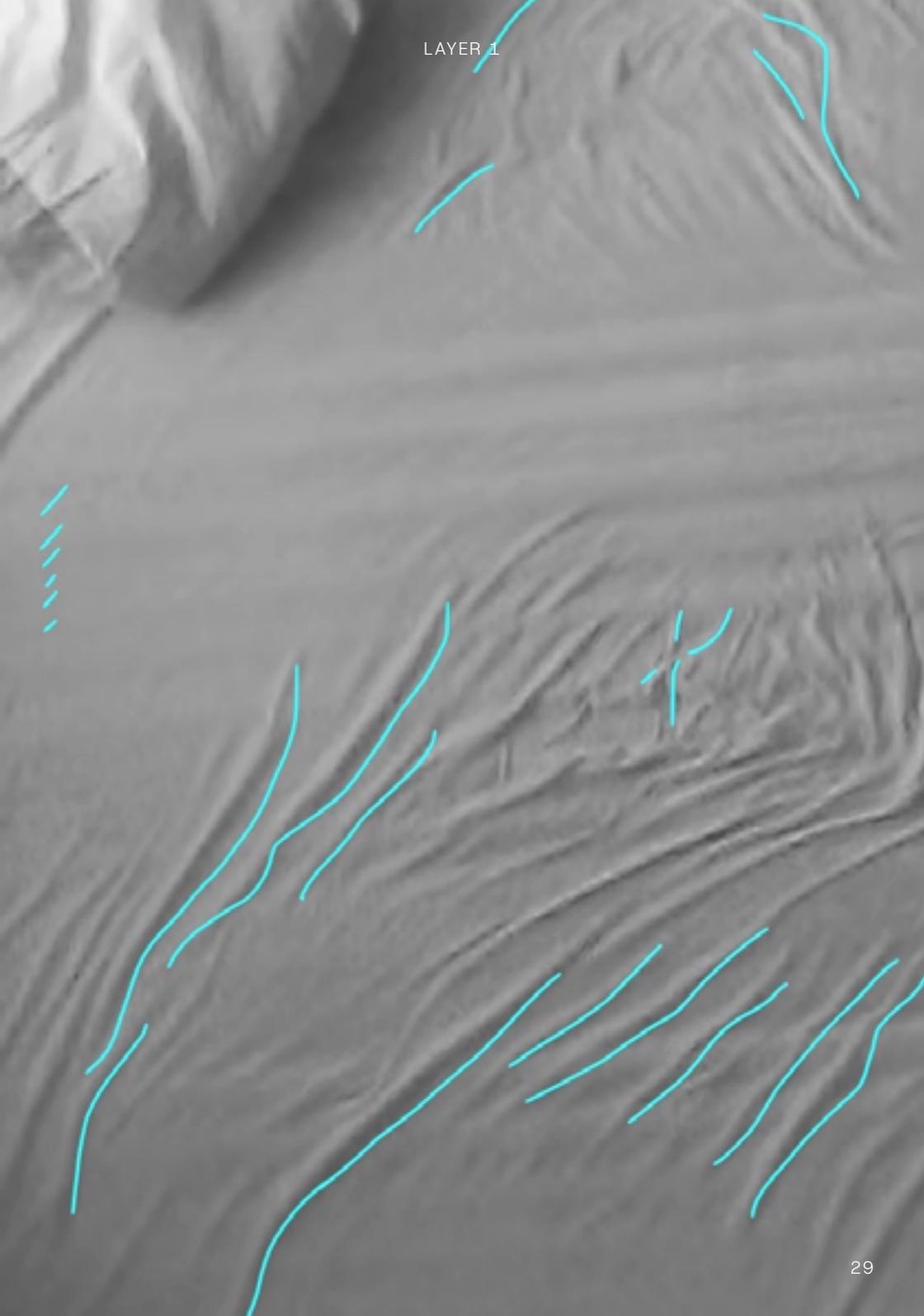
LAYER 1



BEDFOLD READINGS



LAYER 1



Markings show the folds that became significant in the close-ups and highlight the patterns.

If you notice anything in particular to articulate, tell it once to yourself, your nearest person, your journal or text me.

This could be a meaning or pattern or why a specific close-up or angle stood out.

LAYER 2

LAYER 2

TWO

Another perspective is the body in the folds.

Make your bed as free as possible,
except the duvet.

Lie on your duvet and roll in, so that
you are covered as much as you can,
the outer layer of bedfolds has turned
inwards.

the fabrics are the sheets

the clothes

the duvet

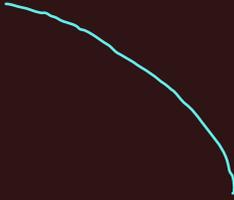
maybe some folds on and in your
body come to you

within your organs, your skin,

spread out from,

emerge

converge



*shoulder pointing upwards is embedded like a
hollow fits into a bedcover – bulge – fold
folds radiate outwards from the shoulder on the chest
forward into the bulge it radiates*

I don't feel the folds beneath me.

I have more mass than the folds.

There are cavities in the lungs.

It goes very deep at the groin.

Like a furrow.

The pants are there.

The eyeballs go into the body.

They protrude backward into the eyes.



*Like a snail
that has a shell and the fragile body
is on the inside.*

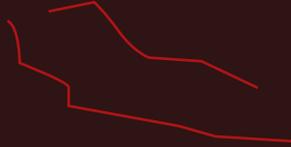
*Folds move in waves to one point
and implode inside,
folded into another.*



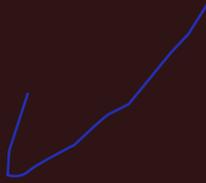
*All the rest of the reality folds
in the black hole.*

*But from the outside
it gets folded
on the inside.*





Inner fold at the sacroiliac joint
I sense the butt crease
because I know it's there.
The fold at the solar plexus
draws inward with the inhale.



A FOLD RUNS LIKE A BOOMERANG

FROM MY BELLY BUTTON
TO MY LOWER
BACK.

SIMILAR TO THE ONE ON MY ARM.

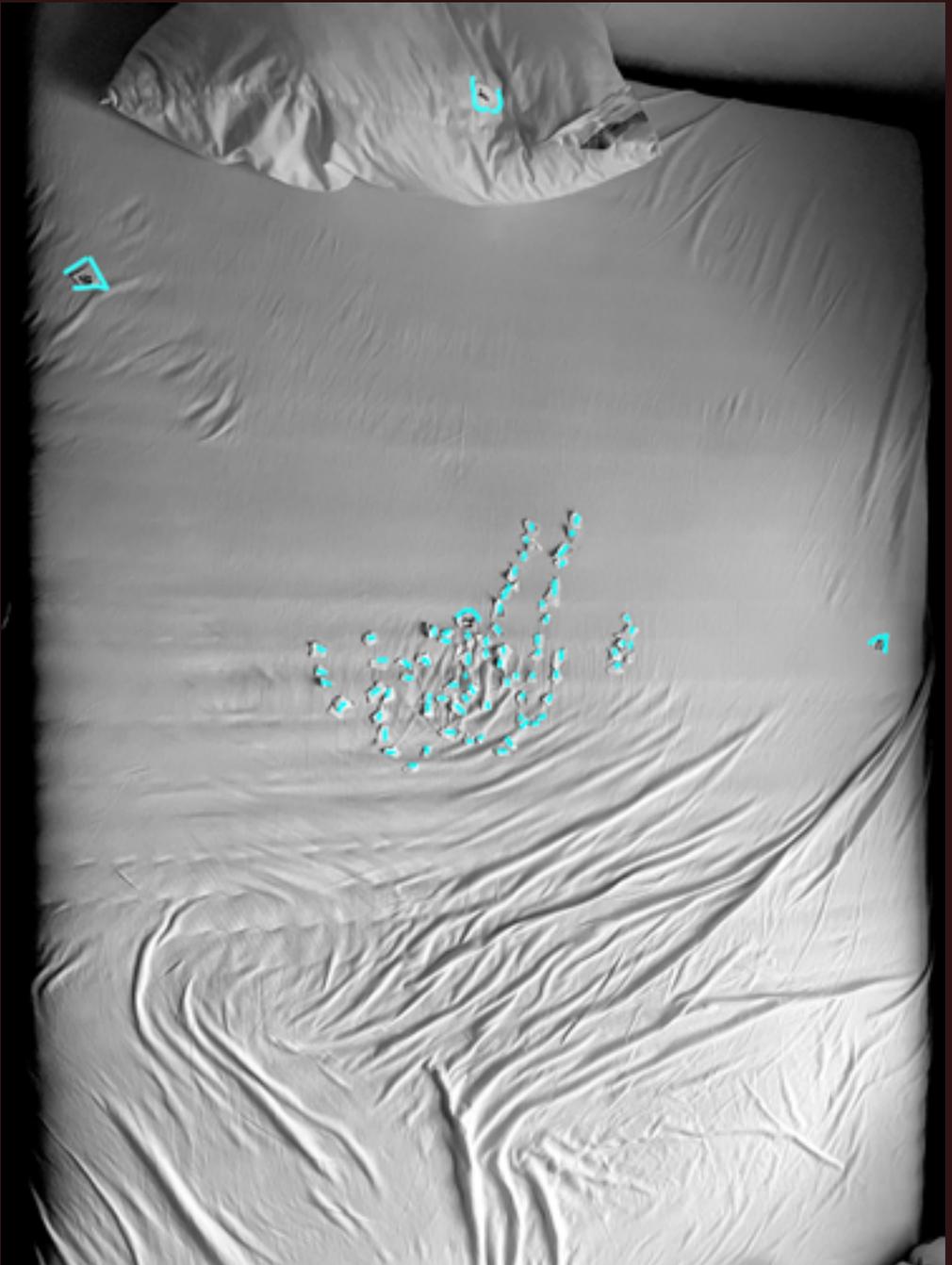
THE INDENTATION OF MY

HALF HEEL, THE CURVE
OF MY NECK,

AND HALF OF THE BACK
OF MY HEAD
STAMP A MARK WITH THE FOLDS.



knees and neck give space for existing





both knees most noticeable
 f a m i l i a r
 my left foot heavier between my hands
 feels like holding sth.
 left cheek
 soft and comforting under
 the right elbow matches
 or mirrors the shapes of my body

there are often the same kind of folds
 bigger folds
 around my body deeper
 and under my body smaller creases that are not
 touching m y s e l f
 tingling all over the nerve
 in the feet and leg tightness in the chest
 and neck
 the head on my shoulders tingling on the leg
 getting stronger
 heart is getting higher



THE SURFACES SUPPORT ME
WHILE RELAXING,
UNDERNEATH MY BACK.

THE LEGS ARE OPENING TO
THE WORLD. LIKE A
TINY AIR PASSAGE NEAR
THE FEET.



FEELING LIKE A COCOON
BEFORE OPENING.

COMFORTABLE AND
PLEASANTLY HELD IN PLACE.

THE RIGHT LEG HAS A
BIT OF TENSION

GOING INTO THE
PELVIS.

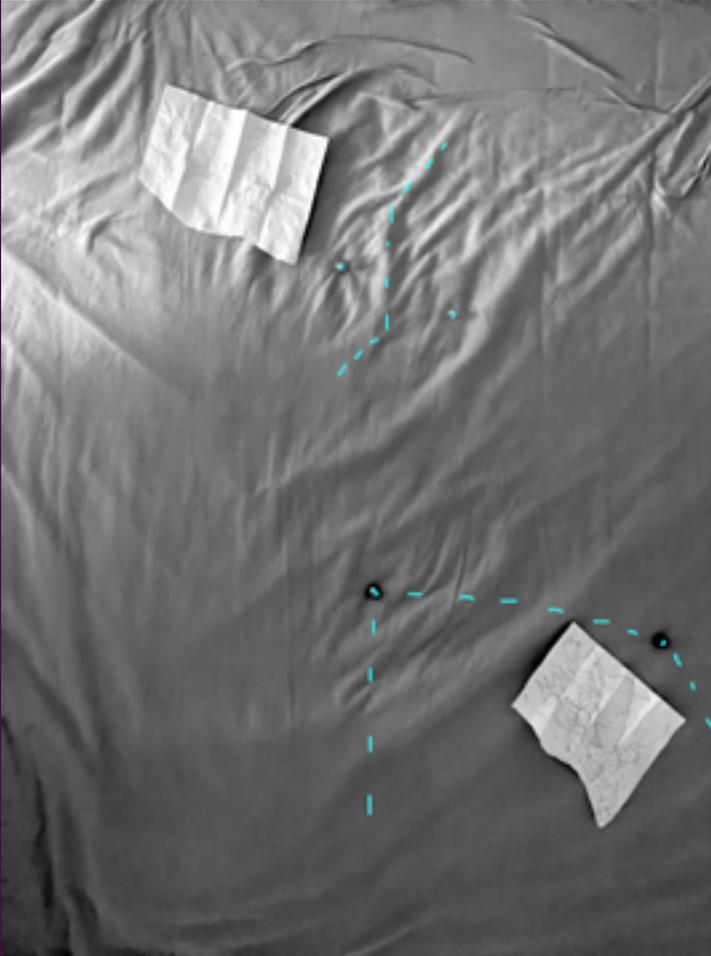


The undersides of my feet float and compress everything together, pressing toward an abyss, a cove. The cove of the lake made of singular layers of rock and subsoil—from tall, half-round sandy bays to hilly earth of roots and tiny stones, to smooth hills and shallow water that gently laps, to a constant depth, to a deep abyss that first marks the boundary between land and water.

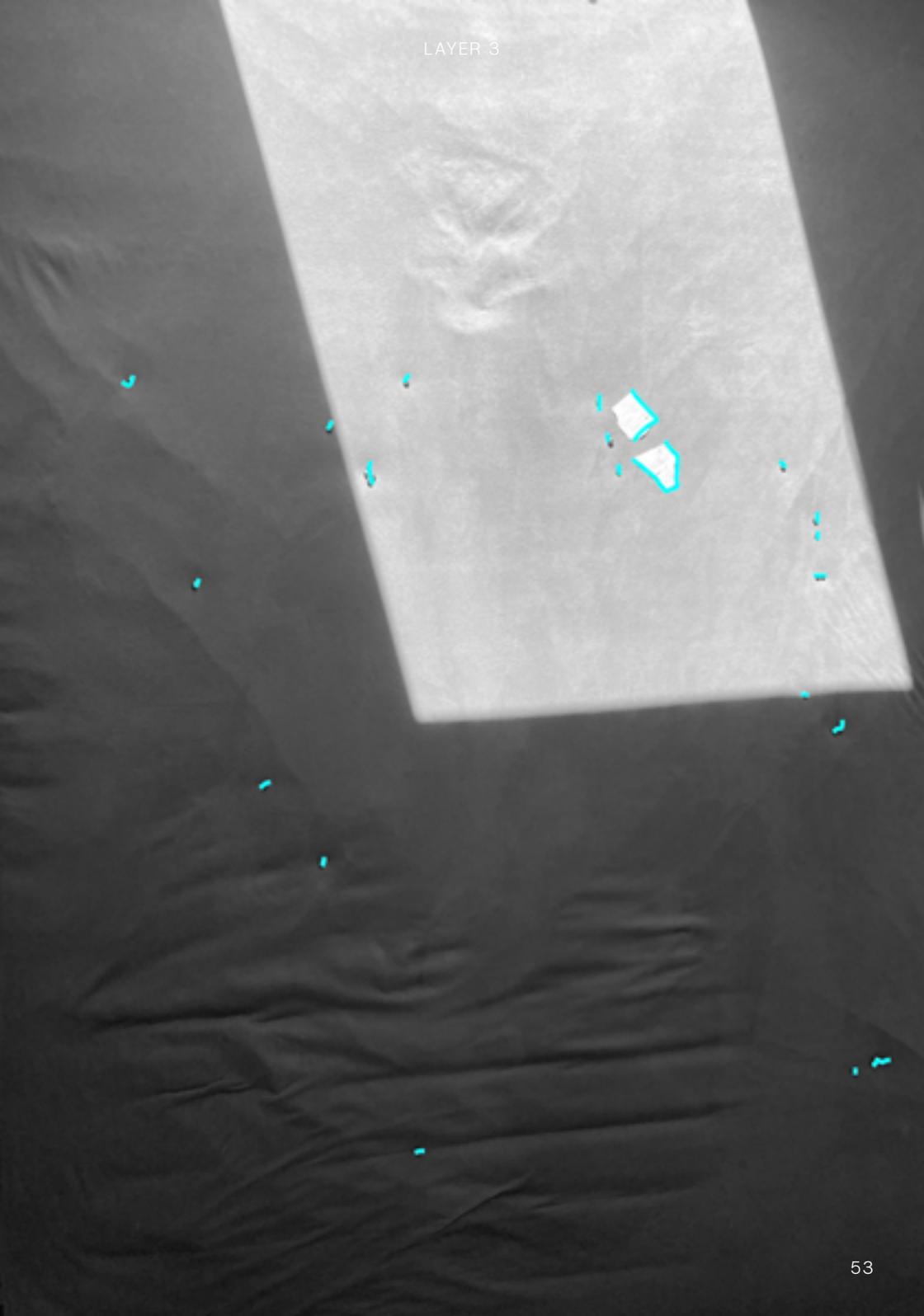
LAYER 3

THREE

Grab your duvet, pull it aside continuously and as slowly as you can until your actual folds pass by.



LAYER 3



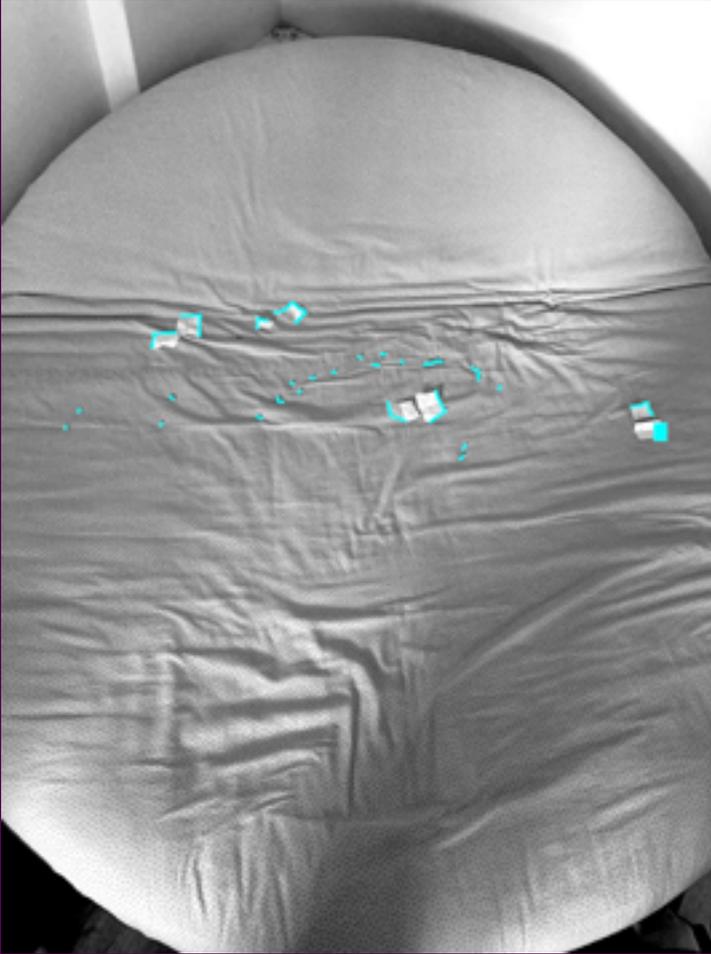
The warm water and the various folding techniques of crumpling, smoothing, and pressing have made the different layers of your paper folds visible.

A pattern, or direction, part of them can be found in the bed sheets.

Allocate your paper on your sheets where to find connections in form of for example analogies, synchronicity, contrasts or something else.

Maybe you can relate the questions on the papers to the folds found in the sheets.





BEDFOLD READINGS



FADE-OVER



Different readings with different forms and from different time periods led to continuous chats and other correspondences. They began with a summary by me, blending the three layers of their readings, like:

*You mentioned the upper part is warm, a
portal, a more introverted area
in contrast, the lower part is the exterior.*

*It seems like a constant shifting and sliding on
the edge of your bed
or the outside crawling beneath the blanket
that glides to the outside, comes really close to
them and disappears.*

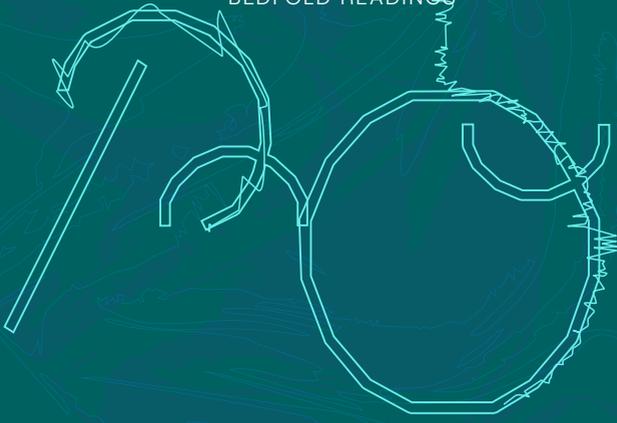
*In some way the folds serve as an orientation
point—physically, perhaps as a center of
gravity, or as a kind of metaphorical anchor.*

*The hollows build protections and support,
feel as something enveloping,
as a reinforcement that pulls inward, like a
hollow or hiding place.*

And continued as resonances of all readings, like:

EXTERN, WIDE ANGLE, DUVET
WE SEE, WE NEED
HOLLOWS
LIKE SHELTERS
A BUNCH OF CONSTELLATIONS
AS A PORTAL TO SOMEWHERE
CROSSING
WEIGHT THAT HOLDS
D I A G O N A L S
THE TREES
OUR DIRT

BEDFOLD READINGS



POSTFACE



In addition to all the people, folds, bodies in bed mentioned here, who have put so much love and work into the readings, I would like to thank the following people for their wonderful collaboration in developing the bedfold readings:

Nora Schneider for production, Eva Königshofen for dramaturgy, Spencer Kennard for magic consulting, René Alejandro Huari Mateus for choreography consulting and thank you, Kadi Windhorst, for the enriching expression of our documentation.

And many, many special thanks to

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If you are interested in doing a bedfold reading with me or have thoughts, comments, questions, the wish to connect, to organize or pictures to share

text me
bedfoldreadings@gmail.com

love – from my folds to yours,
Jeanne

