

Listening to Quantum Resting

Abstract

Listening to Quantum Resting proposes rest as an aesthetic, epistemic, and political method within artistic research. Countering dominant narratives that frame rest as absence, withdrawal, or passive recuperation, this 20-minute performative workshop invites participants to encounter rest as an active act of inquiry and relation. Through guided somatic arrival, collective resting, and a live reading, the session extends Pauline Oliveros' framework of *quantum listening* toward a practice of *quantum resting*, where rest unfolds across multiple perceptual, temporal, and relational dimensions. Rooted in the ongoing Resting Labs initiated in Copenhagen in 2023 by the research initiative *Critical Mass*, the workshop situates rest as a shared, iterative, and communal research practice. Participants are invited into a reflective and embodied field in which rest generates sensitivity, imagination, and attentional depth, opening access to forms of knowing that exceed productive logics. In dialogue with Tricia Hersey's notion of rest as resistance, the workshop frames rest as subtle activism: a refusal of extractive temporalities, a cultivation of embodied presence, and a rehearsal for alternative social and ecological futures. By foregrounding the "resting effect" – the capacity of rest to transform bodies, relations, and environments – the session positions rest not as pause, but as method.

Keywords: rest as resistance; embodied artistic research; collective care practices; speculative somatics

Technical needs: Can be held/adjusted to anywhere. Plan a: A smaller dark room, max. 50 people (no need of speakers etc. Plan b: A larger room, perhaps even an entrance hall, need of speakers and a microphone (no limits of participants).

Disciplinary field: Performance, sound art, philosophy of art

Format of presentation: performative workshop

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Mini-CV:

Lukas Quist Lund (b. 1997, DK) is a philosopher, art historian, and organizer working across interdisciplinary artistic research grounded in philosophical wondering. His practice explores embodied and speculative inquiry, with a focus on listening, resting, and attention as collective, resistant, and transformative acts. He works through research-as-practice and extra-institutional initiatives, including The Resting Labs (Critical Mass, Copenhagen), the Center for Not-Knowing, and the Bureau for Listening. Lukas holds a BA in Applied Philosophy (Aalborg University, 2020) and an MA in Art History (University of Copenhagen, 2024), and since 2020 taught a practice-based course in philosophical wondering at the Danish National School of Performing Arts.

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KRITISK MASSE // CRITICAL MASS is an experimental research, art and social framework - and a theater association. We engage slow, regenerative ways of developing interdisciplinary and cross-aesthetic encounters: artworks, performances, workshops, laboratories, publications and research. We resist the need to conform, and believe in the transformative power of small intentional gestures and their ability to rearrange our interactions with the world.

[Bureau for Listening](#) is an artist- and research-led platform investigating listening as a critical, empathic and artistic practice. Operating nomadically and transdisciplinarily, the Bureau works across sound, philosophy, and performance. Its projects explore how listening can unsettle dominant knowledge systems and open spaces for collective inquiry, care, and attentiveness. Through experimental methods and collaborative formats, the Bureau approaches listening not merely as a sensory act, but as a situated and transformative mode of relation. Bureau for Listening initiates and curates workshops, public programs, research gatherings, and publishing projects, often in collaboration with institutions and informal networks.

The Resting Labs offer exploratory days focused on rest as an embodied critical and artistic practice. Through discussions, practices, and collaborations, and inviting diverse lecturers and practitioners, the labs seek to challenge the logics of production, extraction, and consumption. Each lab explores the (im)possibilities to rest from unique perspectives, aiming to cultivate regenerative ways of being within our strained societies and environments. Partnering with institutions across disciplines, the labs foster cross-sector collaborations, applying rest as a principle from the personal to planetary levels. Rest becomes a radical act—resisting exploitative systems and embracing care, compassion, and presence. Resting not just because it is necessary, but because it is revolutionary.