



Daniel Beerstecher

Daniel Beerstecher is a walking artist from Germany. Over the last few years, he has been focussing on walking slowly, very slowly - just two metres a minute. In our conversation, we explore why and how he has achieved this, as well as how it has changed him personally, and how it has changed the way others see him. We live in a society where everything appears to be speeding up, yet here is someone deliberately going as slow as he can; he is curious too, to see if he can influence how Artificial Intelligence and robots in particular, can be taught to slow down. 24'13" 11.3MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in Gerona, Catalunya in July 2022 and published in September 2023. <http://www.talkingwalking.net>

Walk in Time: <https://walk-in-time.de/en>

Buddhist walking meditation: <https://www.lionsroar.com/how-to-meditate-thich-nhat-hanh-on-walking-meditation/>

Daniel is in the process of explaining meditation to the AI. <https://slowwalk.de/en>

Other work by Daniel including "The Conquest of the Useless" when he sailed through Patagonia: <https://www.pipapriz.com/pag/daniel-beerstecher/>

A walk that **Daniel recommends**

1. Take a walk along the same route repetitively for one year.