

Introduction

This workbook is a collection of practical procedures involving moving, writing and drawing. The procedures propose specific frameworks for generating and exploring ideas, reflections and material. The workbook can be used to support a practice of attention, imagination and notation. It is addressed to the single reader, but the procedures may well be conducted with two or more participants working together, or side by side.

The frameworks can be adjusted or developed as preferred.

The procedures use movement, writing and drawing as generating modes. Feel free to replace them with other modes of your choice, e.g. playing an instrument, running, or engaging in conversation.

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Moving questions

Preparation:
Find something that you would like to use as a starting point. For example a quote, a dialogue from a film, a topic, or an object. You will need something to write on and with, and some space to move in (big or small).

- 1

From your chosen starting point, begin writing on a piece of paper or in a document on your computer.
(5 minutes)
- 2

Formulate three questions from what your just wrote.
(5 minutes)
- 3

Choose the first question of the three.

3.1

Move from and through this question.
(5 minutes)

3.2

In the continuation of moving, write.
(5 minutes)

3.3

In the continuation of writing, move.
(5 minutes)

3.4

In the continuation of moving, write.
(5 minutes)
- 4

Choose the second question of the three.

4.1

Move from and through this question.
(5 minutes)

4.2

In the continuation of moving, write.
(5 minutes)

4.3

In the continuation of writing, move.
(5 minutes)

4.4

In the continuation of moving, write.
(5 minutes)
- 5

Take the last of the three questions.

5.1

Move from and through this question.
(5 minutes)

5.2

In the continuation of moving, write.
(5 minutes)

5.3

In the continuation of writing, move.
(5 minutes)

5.4

In the continuation of moving, write.
(5 minutes)
- 6

Share a surprise or curiosity with someone and/or write it down.

Expanding attention

Preparation:
From any chosen situation or context (e.g. a walk, a book, a film, a conversation), make a collection of approximately 20 words below, describing or denoting what draws your attention. Try to be as precise as possible when circling in on these “attention points”.

Word collection:

1 Sort the words into two stacks in the columns below, either dividing them by theme or topic (e.g., “control” and “contact”), or simply at random.

The diagram illustrates two stacks, Stack A and Stack B, represented as vertical containers. Stack A is on the left and contains five elements labeled 1, 2, 3, 4, and 5 from bottom to top. Stack B is on the right and contains five elements labeled 6, 7, 8, 9, and 10 from bottom to top. Each stack is depicted with a vertical line on the left and a vertical line on the right, with the elements placed between them. The labels are positioned to the right of each element for Stack A and to the left of each element for Stack B.

2 Fill in the grid

3 By reading the words on the x-axis in relation to the y-axis, you now have a number of new combinations – or new “attention points”.

4 Choose one of the combinations.
Explore the attention point created
by this combination by:

4.1 Moving (5 minutes)

4.2 Writing (5 minutes)

5 Choose another combination.
Explore the attention point created
by this combination by:

5.1 Moving (5 minutes)
5.2 Writing (5 minutes)

6 Choose a third combination.
Explore the attention point created
by this combination by:

6.1 Moving (5 minutes)

6.2 Writing (5 minutes)

7 Share a surprise or a curiosity with someone, and/or write it down.

Please feel free to copy and use the forms from this procedure on a new sheet of paper to repeat.

The grid of “Expanding attention” can also be a starting point for conversation, by each participant contributing with one stack.

Making meaning

Preparation:
Find an article/text (ready-made) on a specific topic not directly related to your project. The text will be a vessel for the exploration. The text should mention the specific topic several times. (e.g. trees or tea-spoons).

Copy-paste the text into a document, or you can work in an analogue way, with a photocopy.

- 1

Choose a word/term/topic that you would like to work with for this session.
- 2

Replace the main word/term/topic of the text with your own chosen word (if digital: search-replace).
- 3

You now have a new text with a new set of claims or thoughts. Take some time to read through the text.
- 4

Now choose a first claim/sentence as a point of departure:

4.1

Move from this sentence (5 minutes):
What possibilities and impossibilities does the sentence create?
What does the sentence make visible or draw attention to?

4.2.

In continuation of this process, write a micro-essay starting with the sentence (5 minutes).
- 5

Choose another sentence and repeat 5.1. and 5.2 as many times as desired.

Entering the in-between

Preparation:
Start with a collection of materials, for instance images, drawings, problems or objects. Imagine that each material has its own specific “resonance”. The gap between them will then be an in-between of resonances:
resonance A + resonance B = resonance C
(created by A+B).

- 1

Start with two materials.
Listen/read for 3 minutes.
A specific in-between will form.
Enter this in-between space by:

1.1

Moving (5 minutes)

1.2

Writing (5 minutes)

1.3

Moving (5 minutes)

1.4

Drawing (5 minutes)

2

Replace one of the materials.
Listen/read for 3 minutes, a new specific in-between space will form.
Enter this in-between space by:

2.1

Moving (5 minutes)

2.2

Writing (5 minutes)

2.3

Moving (5 minutes)

2.4

Drawing (5 minutes)

3

Replace one of the materials.
Listen/read for 3 minutes, a new specific in-between space will form.
Enter this in-between space by:

3.1

Moving (5 minutes)

3.2

Writing (5 minutes)

3.3

Moving (5 minutes)

3.4

Drawing (5 minutes)

4

Now you have three texts and three drawings: or six materialized “in-betweens”. Have a look at them. What do they say?

5

Share a surprise or a curiosity with someone, and/or write it down.

Simple reflection

Preparation:
Choose two objects. They can be small things you can find in the room, images, or something imagined.

- 1
- Write down or discuss the similarities between the two objects.
- 2
- Write down or discuss the differences.
- 3
- Interview one object about the other.
Then switch.
- 4
- Expand and explore the gap between them by writing, drawing or dancing.

Object I

Object II

Synthesis

Preparation:
Collect words on a sheet of paper for 10 minutes. You can go into the library, walk around your apartment or go outside. Listen for words and collect. If in a process, you can actively listen “through” your project or use words/concepts/ideas that are of interest to you in the moment. Pay attention to where and how you place the words on the page.

In this procedure, creating a synthesis can be imagined as mixing colors to create a new color - alternatively: circulating, or oscillating (like a swarm) between the colors; or a singular resonance in movement (listening to its shapes, pathways, through movement). The body also creates synthesis, by drawing everything together through itself. The body has no blank lines (although concentration can zoom in and out).

- 1
- Choose three words. Imagine these words as being “mixed together” like colors, forming a non-chronological synthesis (or new color).

Choose your preferred chronology of modes (moving, drawing, writing, or other), or follow the suggested chronology below.

From your first synthesis of words, conduct:

1.1

5 minutes of moving

1.2

5 minutes of drawing

1.3

5 minutes of writing
- 2
- Choose three words to form a second synthesis, from which you conduct:

2.1

5 minutes of moving

2.2

5 minutes of drawing

2.3

5 minutes of writing
- 3
- Choose three words to form a third synthesis, from which you conduct:

3.1

5 minutes of moving

3.2

5 minutes of drawing

3.3

5 minutes of writing
- 4
- Share a surprise or a curiosity with someone and/or write it down.

Opposite

Preparation:
Choose a short text (no longer than one page).

- 1Try writing the opposite of this text.
- 2Repeat as desired.

Connecting the dots

Preparation:
Choose a page of text from a book.

- 1Make a photocopy of it.
- 2With a thick marker, cross out all of the text, except for five words.
- 3Connect the words through moving.

Libretto of questions

Preparation:
Go to a place where there are at least ten books.

- 1

Borrow the last sentence of ten books,
by copying them onto a piece of paper.
- 2

Turn the sentences into questions. Write the
questions down.
- 3

Sing, dance or draw from each of these
questions.

