

We do a brief check-in.

Read an article in which Body Awareness is the basis of self-consciousness, and delight a book. The awareness of one's body being connected to how we perceive the self? The brain sees the body through the imprint of proprioception. We talk about phantom limb syndrome and about foreign limb syndrome (not the right term). Gwyn reflects on the autobiography sharing on Friday last. He noticed how our professions, our art, came up so predominantly in our sharings as a catalyst for change and a way of navigating through life. Knowing what each was working with physically (ie leg, phosma etc) was also very useful when watching the dancers move.

We all gather around the flipchart.

Gw: I want to go deeper in to the collective working around a common idea. What do you sense around what trauma is?

A: I was thinking: why do negative things leave so much more of a lasting mark than positive ones do? Is it because we tend to repeat to ourselves and others around negative things?

Gw: In Britain there's a real tendency for negativity to be very much kept private or not expressed. Often something might sound like traumatic but for me it isn't, while other events are which people might not have thought would be traumatic for me.

A + G: it's similar in our countries.

Gw: We all carry things with us but they're not always present in all moments.

A: You're not necessarily always aware of what you're carrying with you.

Gw: We're trying to understand what we mean by trauma within this context. Like: depression is not necessarily trauma although it can leave marks of course. Depression can arise from trauma. Depression could be also a trauma in itself.

G: I have a fear of rats caused by a vivid memory coming back to me. Could it be that things/trauma can be latent?