

<b>exercise</b>	tactile thinking
<b>trainer</b>	sandra lange
<b>key words</b>	embodied thinking - sense of urgency - action - form - awareness
<b>format</b>	exercise for individual participant or group
<b>duration</b>	instruction exercise: twenty minutes tactile element: twenty minutes sharing: twenty minutes
<b>outline</b>	<p>the participant is invited to reflect individually upon their embodied embedded sense of urgency, by identifying where it is located in their body and materialize with a tactile material the participant is then invited to show their artefact to either trainer or group members</p> <p>as this is an exercise that moves away from word-oriented meaning making and processing, the recommendation is to close the exercise non-verbally after allowing for enough time to really take in the artefacts if a verbal sharing of the individual experience is preferred it is pivotal to allow for sufficient time</p>
<b>objective</b>	<p>this exercise proposes a visualization and materialization of one's embodied motivation and engagement by imagining the form of the urgency that propels artistic practice or activism and the act of molding a piece of clay into that imagined shape it is manifested as an artefact that one can look at urgency then moves from being an ephemeral embodied phenomenon to something one can take hold of and relate to outside the body</p>
<b>requirements</b>	<p>a space where participant(s) can quietly be for a while silence a piece of clay, or play-doh for each participant a moment to reconnect with trainer, individual or group optional: a sharing of findings</p>
<b>tactile thinking</b>	<p>this is an exercise in somatic awareness this text is read out loud and will guide you toward a request to materialize the sense of urgency that is located in your body to materialize the powerful driving force that propels your practice</p> <p>please come and take a piece of clay and try to find a position in this space where you can be comfortably for about ten minutes or so where you can focus on your body</p> <p>you may lay down on the floor or sit with your back against a wall there is no right or wrong way as long as you choose a position that suits you and your body</p> <p>if you have found a position hold the clay in your hand and direct your attention to it feel the temperature, the texture of the material start slowly kneading it squeezing it getting a sense of how the material affects you adjust your body if needed if you feel you are as comfortable as you are going to be please bring your attention to your breathing</p>

take a deep breath  
and exhale  
take another breath of air  
and exhale  
breathe in  
and exhale

and please listen for a moment

bodies process information very differently  
there is a myriad of ways in which information can be transferred from one person to the next  
yet in most societies  
words are considered the most valuable way of expressing one's thoughts  
written words preferably  
a verbal articulation of ideas is already considered less than

but the ability to express one's thoughts through words is not a given for everyone  
your thinking might be image based  
or your body might integrate information through a sensory driven form of processing  
for example  
when i am reading a text can strike a deep chord inside  
subsequently the information is absorbed fully  
it is sown into a quilt of felt knowing  
never to be seen or heard of ever again  
until  
unexpectedly  
concepts seem to creatively connect  
and are transported from the body to the outer world  
as sounds

sounds  
expressing an experience of wonder

[note for trainer:  
the written sounds below are to be read radically slow,  
taking time before articulate the next sound ]

hah  
gggggggggg  
hjäh hjäh hjäh  
jaaaaaaaaaaaaaaaaaaaaah  
hooooooh  
tsss  
naaaaaah  
khhh

possibly  
these are the sounds of experiences on their way to language  
Unterwegs zur Sprache, according to Heidegger  
op weg naar taal  
one would say in my mother tongue

so how can embodied embedded knowledge be excavated?  
hmmmm  
by putting it into action  
practice  
imagine what the body knows

imagine its form, texture, size, and weight  
and let it take its shape  
through the clay or play-doh

in my body  
the sense of urgency  
that propels my practice  
is firmly lodged in my abdomen  
it's green  
and crescent shaped  
its sharp edges are pointing towards my hips  
heavy  
like an arch, it forms a sturdy ceiling  
that consists of two parts  
that can be separated  
in one sudden move, if need be

urgency  
announces itself  
through a sudden shifting of weight  
the ceiling of my stomach falls to the proverbial floor

immediately after that  
a line is drawn simultaneously on either side of my body  
from the outside of my shoulders  
alongside the outer edges of my nipples  
toward my knees  
and rapidly moving to my ankles

I didn't know what my sense of urgency looked like  
until I started to imagine it and wrote it down so I could share it with you (all)  
I have come to see the value  
of these moments  
moments when there are no words  
moments where my vocabulary remains firmly lodged on the tip of my tongue  
and there is a newfound awareness of the presence of knowledge  
a tacit knowing

where is the urge to make things happen located in your body?  
do you know?  
think about it for a moment  
imagine what your body knows  
imagine the form of the urgency that drives you  
even when you question it from time to time  
acknowledge the presence and power of your personal drive  
and let it take a shape  
imagine its color  
texture size sound temperature and weight

where do you hold urgency in your body?  
how is a sense of urgency embodied?  
the urgency to create change  
to start a revolution  
to build an artistic practice  
to keep coming together in hopes of change  
and how does this urgency propel your practice?

where is communication lost  
between the location of urgency in the body  
and words?  
or images?  
what enters these gaps?  
where does this supposed miscommunication, mistranslation help?  
where does it hurt? forgive? forget?  
how can you keep a connection going with what drives you?

please take the next five minutes  
to see if you can become aware of where your sense of urgency is located in your body  
if you are able to, mold the shape of it using the piece of clay or play-doh  
in this task tactile process trumps product

[after the five minutes are up instruct participant to exhibit their artefact in the space,  
allow for time to take in all the different artefacts and a non-verbal moment to reconnect with  
trainer, individual or group or the optional verbal sharing of findings]