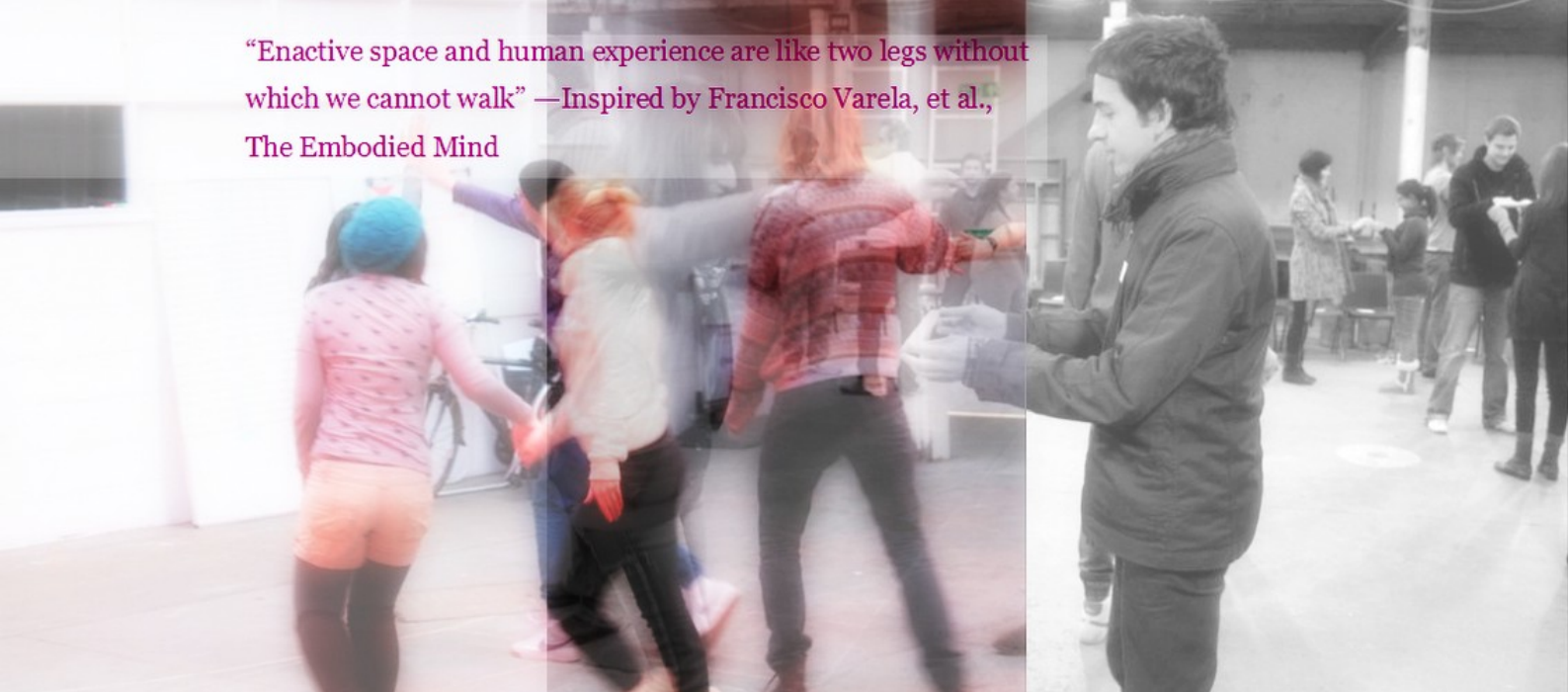


“Enactive space and human experience are like two legs without which we cannot walk” —Inspired by Francisco Varela, et al.,
The Embodied Mind



“Impossibilities unfold the possible if we can “see” or “flow” within our world.”

The Art of Spontaneity

with Andrew Campbell and Beatrice Benne

Andrew recently attended a training workshop in London called The Spring Project. Forty unemployed and 'under-employed' people coming alive by living out one single, expansive idea: **the world is a stage, and we are actors upon it.**

After lunch, leaving the safety of their building they went outside, interacting with perfect strangers on the street, offering gestures of genuine interest, kindness and compassion warmed by just a few words, like **“Please share with me what your brilliance is?”** I saw people operating in momentariness, freed from distorting pasts and fantasised futures. We can always experience this in all our relationships in conversations starting today. The domain of friendship is a social experience that happens quite naturally; we can see, hear even touch one another in heart~to~heart humanness that we always embody.

In April this year, Simon Jenkins wrote in The Guardian:

“Every visit to California convinces me that the digital revolution is over, by which I mean it is won. Everyone is connected. The New York Times last week declared the death of conversation. While mobile phones may at last be falling victim to etiquette, this is largely because even talk is considered too intimate a contact. No such bar applies to emailing, texting, messaging, posting and tweeting. It is ubiquitous, the ultimate connectivity, the brain wired full-time to infinity. [T]hese people are “alone together ... a tribe of one”. Anyone with 3,000 Facebook friends has none.”

Our day together will begin by drinking from this wellspring of embodied connection.

After a welcoming introduction and a few exercises to create a sense of warmth and solidarity we'll go out in pairs, or singly if you prefer, to explore our chosen neighbourhood, connect with the place and the people around, and find ways to act in as spontaneous and mindful a way as possible.

Upon our return as a whole group we will engage in a co-creative artistic activity that captures and amplifies some of the insights from our earlier experience in the neighbourhood.

The close of our day will be a more in depth group reflection, on what patterns or unique events we discovered at every level of our encounters.

As time allows and as seems appropriate, Andrew and Beatrice will offer some insights from their own work and lives.

Best wishes,

Andrew James Campbell

Beatrice Benne

<http://soma-integral.com/collaboration/>

<http://www.springproject.co.uk/>