

Igniting Our Senses

Thinking about our senses:

- How many senses do we have – is it really only five?
- What do we mean by our '6th sense'?
- What about a sense of time? Or a sense of movement? Or a sense of life?
- Can we deepen our experience and understanding of the senses? How important they are and how much we rely on them?
- Think how often we use senses in our daily language: *I was **touched** by... This **sounds** about right... That left a bad **taste**... I **see** what you mean...*
- How can all our senses be used to bridge distance?

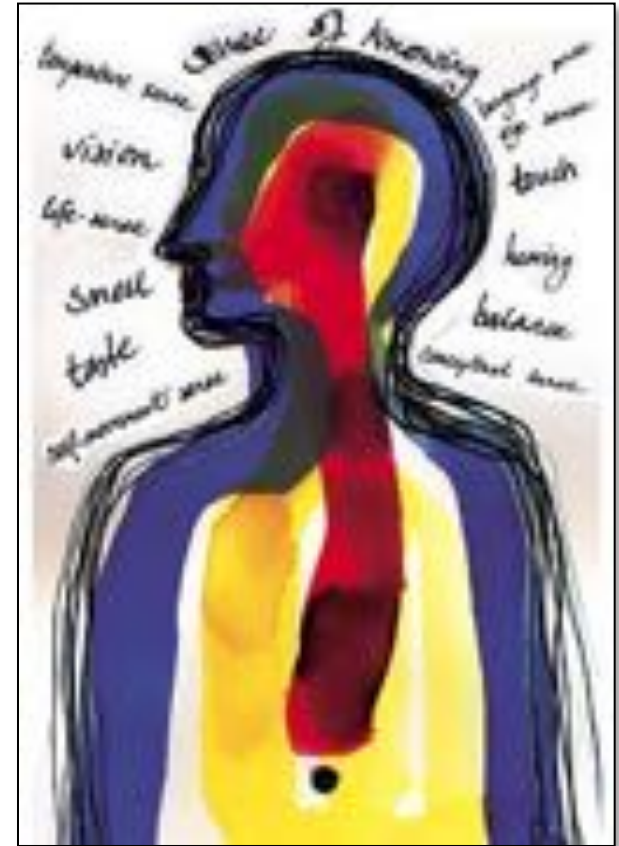


Image by Maria Hayes

Exercises to explore the senses

Looking

Identify two contrasting things – one close and one far away. Spend 5 minutes looking in as focused a way as possible first on one and then the other. Try just to look at what you see without defining it too closely.

Consider what you have learnt about these two things first each one in isolation and then from comparing and contrasting the two.

Think about the difference in seeing and feeling when something is close to us and when something is far away.

Listening

Go outside and stand quite still for 5 minutes with your eyes closed. Listen carefully and try and identify as many different sounds as you can (even in a 'quiet' place it could be 20+).

Consider how much we miss by not listening carefully.

Consider how much attention it takes to hear everything.

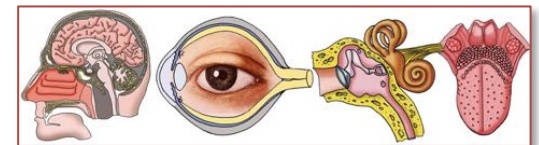
Consider how much attention it takes to hear the noise for itself without assuming we know where it comes from or rushing to identify what it is.

Touching

Take two contrasting objects (for example, a bone and a leaf) and, with your eyes closed, feel and draw each object using your finger tips as 'eyes'.

Become aware of how your sense of touch can be enhanced when you can't look.

Think about how you can connect (touch) someone far away with equal sensitivity.



Observations on the process of being creative

Creativity as a metaphor for partnering

IDEA



CREATIVE PROCESS



PRODUCT/ OUTPUT



METAPHOR



EXPLORING MEANING

Starting as separate



Beginning to connect



Becoming one entity



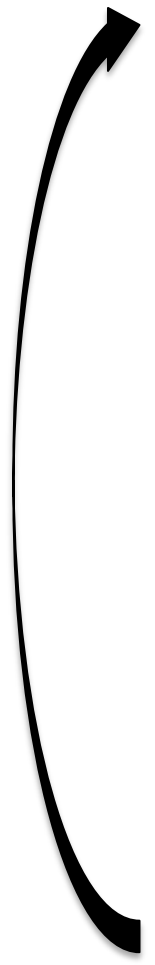
Experiencing a moment of unity



Getting perspective



Letting go of a sense of personal ownership



Mark-making and connecting over distance




Connecting people by joining their handprints from opposite ends of the page

“Being connected across distance does not mean meeting half way, it means really taking the trouble to understand where the other person is coming from”

“The shortest distance between two points is not necessarily a straight line” (Lao Tsu)

“The journey itself really matters – partnering is as much about process as it is about projects. In long-distance partnering, the process can easily get overlooked. Without good processes we cannot deliver”

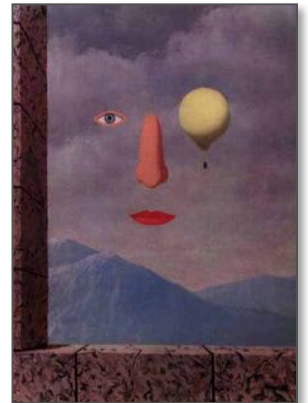


“Remote Partnering is as much about each individual’s unique role in taking initiative and carrying the partnership as it is about being connected”

Some ideas

to help creative exploration

- Use all your senses in your investigations
- Always be looking and listening
- Everything is interesting – look closer / listen carefully
- Notice the many ‘stories’ going on around you
- Look for patterns and make connections
- Sense movement / changes / transformational moments
- Find imaginative ways to chart the journey



The Unexpected Answer
by Magritte

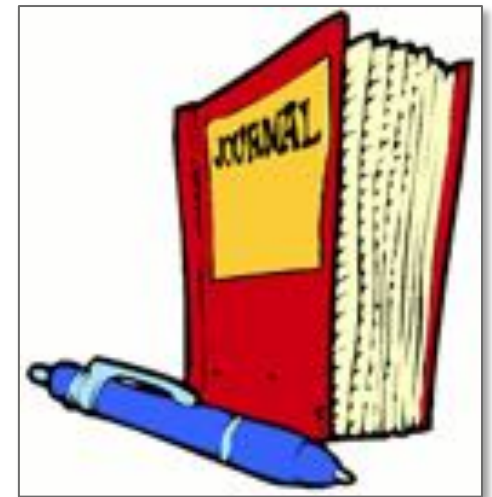
Reflecting & Recording

by keeping a journal

- *What happened?*
- *What does this mean for me / us? (learning)*
- *What might this mean for others in and beyond the partnership? (sharing)*
- *What could it mean for partnering remotely? (change making)*

You might also consider:

Partners compiling an on-line, shared journal to capture the partnership's story that could, over time, become a co-created case study



Using Metaphors

to reveal and explore underlying views



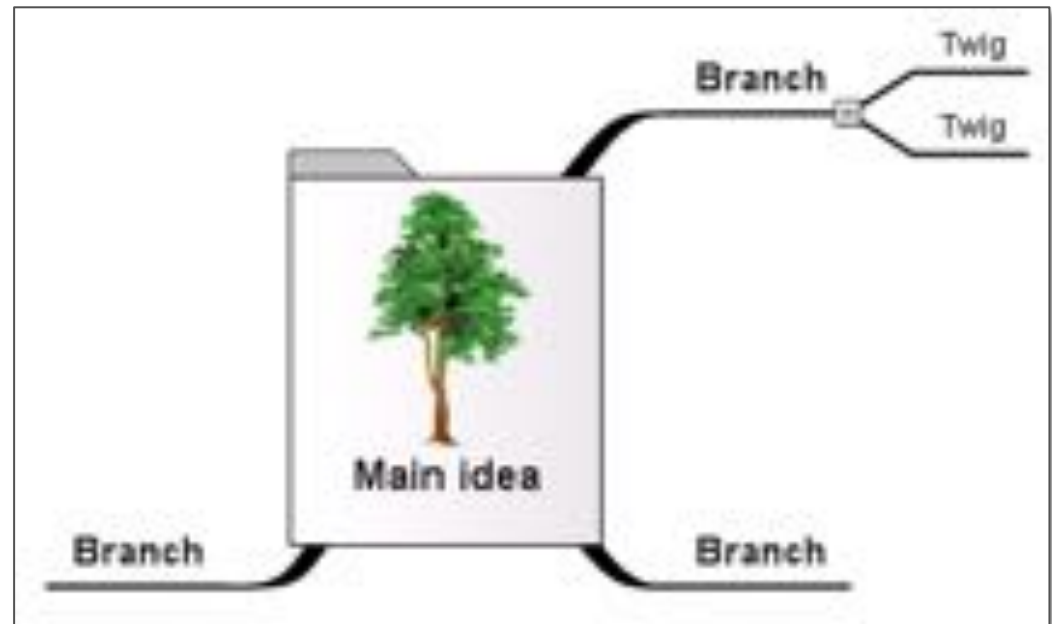
“I think our partnership is like XXX because...”



Action planning

by jointly mind mapping and capturing:

- Hopes
- New ideas
- Actions
- Outputs
- Outcomes
- Flow
- Timelines



Vision-building

by co-creating a poster that:

- Summarizes / evokes the qualities of the partnership
- Deepens understanding of why it matters
- Conveys its diversity
- Captures different contexts
- Communicates the new
- Engages & enthuses others
- Inspires and unleashes imaginative responses



Extracts from *MAKING*

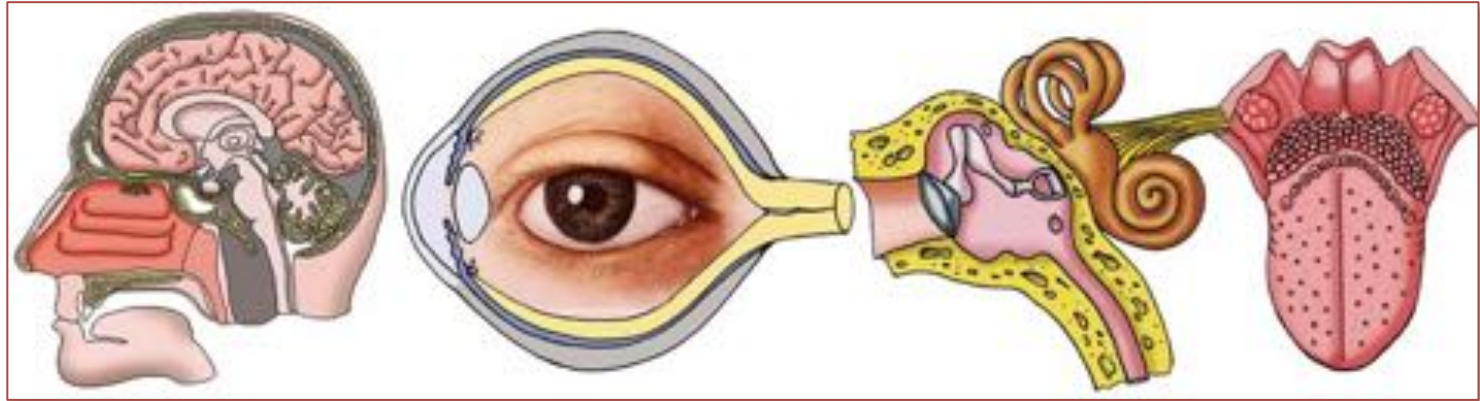
“It is, in short, by watching, listening and feeling – by paying attention to what the world has to tell us – that we learn”

“Learning to learn... means shaking off preconceptions that might otherwise give premature shape to observations. It is to convert every certainty into a question, whose answer is to be found in what lies before us”

“No genuine transformation in ways of thinking and feeling is possible that is not grounded in close and attentive observation”

Tim Ingold





This material is adapted from:
www.remotepartnering.org