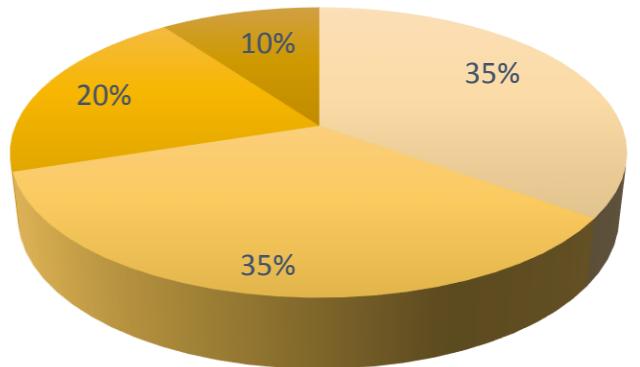


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BACKGROUND	OBJECTIVES	TOOLS
<p>In 2016, as part of our interdisciplinary journey and quest for the underlying drives that unite all things and shape our reality, we decided to embark on an exploration of how our life meanings are constructed, represented and conveyed and how our life experience is transformed by the alignment and integration of our various levels of meaning in a unified meaning continuum. We were soon led to the realisation that, in our Western European cultural context, we primarily needed to address the thinking – feeling imbalance and re-enact the role of emotional organisation and intuition in decision and meaning making.</p>	<ul style="list-style-type: none"><li>❖ Identify personal and shared meaning-making mechanisms and levers</li><li>❖ Identify personal and shared limiting habits and disorganised areas that lead to shrinking and energy leakage</li><li>❖ Establish a dynamic framework of shared beliefs we embrace and wish to negotiate and develop further</li><li>❖ Explore our emotional disposition and how it guides our decisions – open peer observation and feedback to spot inconsistencies and bring hidden patterns to the surface</li><li>❖ Identify the means-whereby that we are willing to adopt in pursuing the objectives set and agreed upon</li></ul>	 <p>A pie chart illustrating the distribution of tools used. The chart is divided into four segments: a large light orange segment (35%) labeled 'Bibliographic Research', a large yellow segment (35%) labeled 'Practising / Exhibiting Visual Art', a medium yellow segment (20%) labeled 'Practising Performing Arts', and a small dark yellow segment (10%) labeled 'Writing articles'.</p> <ul style="list-style-type: none"><li>■ Bibliographic Research</li><li>■ Practising / Exhibiting Visual Art</li><li>■ Practising Performing Arts</li><li>■ Writing articles</li></ul>
<p><input type="checkbox"/> How can we reach the level of self-organisation at which the thinking side of our emotions reflects the feeling side of our thoughts and vice versa?</p> <p><input type="checkbox"/> How does this state of absolute balance affect the overall energy balance and health (prosperity, growth) of the self as a system?</p>	<h3>CORE QUESTIONS</h3>	

CHALLENGES	INHIBITION
<p>Primary challenge: THE SURFACING OF <i>HABIT</i></p> <ul style="list-style-type: none"><li>• PERSISTENT REFERRAL TO THE PAST WITH REFERENCE TO PRESENT CALLS (re-emergence of: trauma, registered patterns, impeding reflex reactions)</li><li>• PROJECTION OF PAST TO FUTURE (fear, overprotective reactions, mistrust, control)</li></ul> <p>EFFECTS: Irrelevant, energy-consuming activity; investment of available resources of the self on unnecessary "defence" = ENERGY LEAKAGE, DELAY IN ACTION</p>	<p>"Inhibition maintains integrity of the responding organism, so that a particular response can be carried out economically without involving inappropriate activity in unrelated parts" F.P. Jones, BODY AWARENESS IN ACTION, 1976</p> <p><b>INHIBITION *</b></p> <ul style="list-style-type: none"><li>□ The prevention of habitual, set behavioural patterns by introducing a minor pause (one hundredth or even one thousandth of a second can be enough) that makes room for judgement and for a conscious, informed response</li><li>□ Postponing immediate action and allowing for observation and judgement, so that response can happen in optimal conditions</li><li>□ Detaching from the immediacy of habitual emotional responses to make room for the voice of true intuition to be heard</li><li>□ Providing relevant response to the specific triggers of a given moment</li><li>□ Discarding "noise"</li><li>□ Steps: stimulus-procedure-inhibit unwanted habitual responses by not stiffening the neck, directing the head forward and up and directing the back to lengthen and widen = EXPANSION</li></ul>
SYMPTOMS	
<ul style="list-style-type: none"><li>□ Exhaustion (mental, emotional, physical)</li><li>□ Depression</li><li>□ Physical pain and dizziness (unrelated to any physical condition)</li><li>□ Panic crises</li><li>□ General sense of discomfort, particularly with regard to the environment and the social networks</li></ul>	<p>* As defined and employed in the context of the Alexander technique and the relevant bibliography</p>

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## RESULTS

- ❖ Approx. 60% reduction in processing time for decision-making
- ❖ Maximisation of non-verbal communication efficiency between team members (up to 100%)
- ❖ Maximisation of verbal communication efficiency between team members in cases of incomplete, interrupted, or inaccurate verbal exchanges (up to 100%)
- ❖ Reduction in irrelevant activity, increase in energy saving/efficiency, increase in energy distribution awareness (approx. 70%)
- ❖ Increase in creativity and productivity (approx. 50%)
- ❖ Reorganisation of personal social networks (100%)
- ❖ Increase in motivation and resilience (100%)
- ❖ Increase in consistency in artistic expression (100% - see appendix)
- ❖ Improvement in body-mind communication and the deciphering / management of “symptoms” by 75%

## APPENDIX

## VISUAL ART SAMPLES FROM FIRST EXHIBITION



## CONCLUSION

Living in a cultural landscape that exalts rational functioning, imposes strictly verbal means of negotiation and exchange, obsesses over end-gaining, and suppresses intuition and creative expression is a shrinking, amputating condition with devastating effects upon human health and development. Intuitive functioning constitutes 50% of the functioning of a healthy system and a reliable watchman for our mental, emotional, and physical, and social health. Learning how to evolve and grow on an intuition and allowing it to fruitfully interact with our intellect is an evolutionary step that can lead to sustainable individuals and, thus, sustainable relationships, communities, and societies.

## VISUAL ART SAMPLES FROM 14th EXHIBITION

