

THE VOICE IN YOUR HEAD

(23 June, 2020 / revised 21 May 2021)

Gibson Notes:

1. Make him co-host...so he can pin me... can he do breakout rooms? will help
2. Check Sound levels
3. make sure everybody is muted...if somebody is making noise, follow up – one or 2 times, will say, okay let's mute everybody...

NQOBILE NOTES:

1. I won't mute and unmute myself then, we leave it.
2. If you mute all players, careful not to mute me as well.
3. Players are mostly muted throughout, only one place where they are unmuted in main room (during the facial expressions game).

BREAKOUT ROOMS (page 11)

4. Remember to unmute them before they go into Breakout Rooms.
5. There are 2 x Breakout Rooms of 5 minutes each, with 2 x people in each room, with a message to be sent to them at 2:30 min mark, to swap to the other person. They occur in quick succession, we only come back to main room for about 20-30 seconds and then go again.
6. They need to be with same players for both sessions.
7. If it's an uneven number, then leave me in lobby with last participant.
8. **Spotlight me whenever I signal that we are in speaker view.**

1. WELCOME ZOOMERS – INTRO / ORIENTATION

SHARE SOUND THROUGHOUT...LET IT BE THERE

Open room 10 minutes before for absolute newbies. Meet and greet participants as they enter room. Friendly chat, get them set up. Leave 10 mins of showtime for it, but can launch as soon as ready to go.

This only happens once – no recording...

CHECKLIST, BY THE END MUST BE ABLE TO:

- switch easily between **gallery view and speaker view** – run some drills
- **headphones, or speakers on**
- double click to pin Speaker (for extra marks – find out how to have only me on screen)
- make sure you're **in full screen**
- **private chat Jim with tech problems**
- **please no side-line chats – stay with the group**
- in speaker view the different options to click on with gallery in sidebar – to show faces or – preferably, to click so only speaker can be seen, as if speaking only to you...
- breakout rooms – accept to join
- unmute and mute yourself – let's try it...
- hide non-video participants...
- chat facility – don't use it unless you need tech support, it's like talking aloud in a theatre...if you lose sound or image, or something is unclear, then write privately to Jim – NAF TECH
- you are controlling and navigating your own experience, so I can't control your volume, your screen, it's brightness, who you are looking at and so on...but I would like you to be visible...sometimes you will have me in speaker view, but I will have you in gallery, so I can see all of you comfortably...so assume I can see you...
- Introduce 2 extra people in the room – NAF Tech support, many thanks to.

- **some shows recorded? how would you feel? it doesn't record breakout rooms, only the main room...is permission given here enough, or do they need to fill in release forms?**
- **is it possible to record only hosts window?...pin it only onto me...?**
- opening music – Max Richter – Elena and Lila...from movie...
as people arrive...

No late comers, after 5 minutes passed, sorry...it's delicate work...stay in waiting room? send them a message to try for the next show.

MAX 2 mins over to enter room for first time...start on min 3...

play 2 truths and a lie with the people arriving, wait before launching into tech talk...

MUSIC PLAY: Max Richter – Elena and Lila – background music...

ANTON: This is your captain speaking...going to run through some procedures with you to make your experience on our flight today more enjoyable....Even if you've heard these instructions before, please pay attention for your own safety as well as that of your fellow passengers...

Our connection here today depends on a many different factors, we won't all have the same experience, we have different technologies, different bandwidths, different spaces, different connectors...so it's similar to how we are when we meet, right? we come from different places and have different projections and expectations, we bring ourselves with to every experience that we have...in some way our Zoom connections magnify this...that where you go – that's where you are,

Zoom brings to the fore many things which are already there...when we meet we bring a lot of ourselves to the meeting, you know? and here we are meeting with machines and devices, so this really emphasizes what we ourselves bring to the meeting – we won't all have the same experience here...because we have different machines, some of our machines are a little older than others...we have different bandwidths, different batteries – maybe we didn't sleep so well, battery needs some charging...or if like me you're older your cache is a bit full, so it might be a bit slower...

but we bring ourselves here to the meeting, and we do the best we can with what we have, that's the decision we can make...so I want to give you the opportunity to have the best experience you can have with the circumstances that you happen to have...

you are part of the show, you and your machine are also part of the experience, we bring ourselves to every experience we have...I am also bringing myself here, with my whole life and everything everything...so I want to ask you to also respect this shared meeting place here...

So, it's up to you to be tech – sound and lights, let's set you up so your stage looks the best for the yourself and others...do you have headphones? A lamp or light from the front? Let's give you the best experience we can give you...You're also part of this show...Can you be in a room on your own with the door closed? That will help with sound and also with focus...

I'm going to tell you the ideal conditions, and then you do your best...even though we can't ever quite match the abstract ideal, can we?

We want to give you the opportunity to have the best experience possible...to minimise any disturbances you might experience...Take a minute or two to get set up...If somebody enters your space they are also entering our shared space, so it will affect all of us...I know some of us live in shared spaces so it's not possible, that's okay, I'm just giving you the ideal conditions and then we do our best under the conditions that we have available..

I want to ask you to keep your camera on and as far as possible stay on screen...if you switch your camera off or walk out of frame, it's like breaking the circle...you can do it, maybe you need to run to the loo, or there might be an emergency, sure...but also realise that if we do see you leaving or breaking out, we might have a response to that like thinking – oh it's some sort of statement, like walking out of theatre...I mean people sometimes do have to walk out of the theatre – there's a problem at home and whatever, but if you do that, you are declaring something, and other people will look at you like a performer, making a statement, possibly about this show, and we can read it in different ways...so I'm just letting you know the bigger picture here...

You're welcome to add a visual backdrop when we slip into the virtual world together.....I'll be doing a lot of that...If you wanted to you could choose the first one on everybody's virtual backdrop, the one of space...because we're going to take off...

Please respect this moment where we are meeting together in a shared space...please stay visible on screen, I can see you ...Zoom helps shy people step forward and also helps to moderate others who sometimes take more space...it's good in that way, of equalising space...Check also to balance your taking of space with others in the room – are you sitting too far away, or too close...let's try to keep that balance, so that we really feel we are here together in a shared space...

But I can't control your view, I can only make a suggestion, you're in charge of your volume, your brightness, so make it comfortable for yourself...take care of your machine, (and of your mind)...

Gibson – tech issues, no other chat please...phones off...give yourself the opportunity to have this experience...

THIS ZOOM CONNECTION

Get your headphones ready, on the side...

strap yourself in...

no backdrop...

blue hat on...

If you want to I'm going to invite you to stand for two minutes, but if you want to stay sitting it's also cool... **you should be in gallery view now...**so we are all together here...

TRACK 1. START MUSIC: ZOOM ZOOM: 1:40

(voice over pre-recorded with sound)

o. SPIRALS WITHOUT THE GREEN SCREEN! Yes.

TRACK 1 STOPS

PUT UP GREEN SCREEN / Hat off / Lights on – slowly, deliberately

SETTLE IN

[SPOTLIGHT/SPEAKER VIEW]

VIRTUAL BACKDROP (VBD): 1. VOYAGER IN SPACE

(Everybody on mute except Anton...)

Fantastic. Thanks so much everybody...we've been sitting too long hey these days... but here we go, let's get our headphones on...strap yourself in, and let's slip into virtual space...

Living on the internet has become a thing, hey? ... How many of you have spent a whole lot more on Zoom in the last while than you ever thought possible, raise your hand? Cool. Before nobody knew what Zoom was, and now it's like – “Just Zoom me, I'll Zoom you – we'll Zoom”...

We're still new to it, so many of us are like, you know, still Baby Zoomers...right?

(see what i did there – eyebrow raise)

Let's all begin in GALLERY VIEW - are you all in gallery view so you see a grid of 12 beautiful people in front of you?...Great...

Let's take a look at who's here...Everybody's screen looks different...but here in gallery view each of you should see me sitting next to you...and you'll be here sitting next to me...*[looks left]* – hello...so each of you is my neighbour...hello...nice...

[greet, smiles to left, looks down and across room]

(waves)...Feel free to wave to all the other guests here...maybe some of them are your friends, or maybe you've just met ... “hi there”...

I want to give you today an experience of all your sense, all six of them, including the mind...You know the Tibetans talk of 6 senses, the 6th one is nothing weird or psychic, it's simply thinking, our minds are also sensing... but I want to remind us of our embodiment, our being, throughout...which sense does Zoom prioritise? *(tell me answer – wait for response)* And which senses are minimised?

Here we are...together in Sound and Sight...of course, there's a lot Zoom misses....we can't touch...I know it's a futile gesture...but try to touch somebody in the room...in the frame next to yours...or what happens **when we touch the screen, or move our hands towards our cameras...only see...and be seen...from so far...each other's faces...contours tracing...expression, emotion...**We do

see pretty close up don't we? Take a moment to look at yourself...and to look at the other people here...

It might be strange in the meat world to be this close (*comes close*) wouldn't it? peering over the edge.....meeting like this is different in ways we haven't quite figured out yet...We're seeing faces so close up...that's kinda taboo in most social contexts, being so close to somebody's face, isn't it?

(face up close to camera, peering over edge...)

we used to sit in a circle, now we're sitting in a square...

you're framed – there's only your face, but there's a **whole you** in there, your space, smell touch, taste...your thoughts, your feelings...a whole you-niverse there with you...

we're here on sight and sound, and other senses are minimised...

but let's take a second to remind ourselves of these other senses...

let's close our eyes, rest our relentless vision for just a moment, and connect with the feeling of touch...

how do your feet feel in your shoes, or on the floor...? right now...what's the temperature where you are? how does it feel on the skin of your face, and your hands...

[gap – connection with body sensations]

...have a go and wiggle your toes...stretch them...can you feel your feet against the floor, and your bum against the chair, the contact places of gravity...can you feel gravity holding you mass in place?

what was the last thing you ate – is there a taste in your mouth?... relax your jaw, rest your tongue...loose...take a comfortable breath in through the nose...Do you smell anything?...sigh it out, relax...

so these sense of touch, taste, smell, are very private to us, and we are each right now experiencing them differently...

VBD 2. ALICE (2)

let's gently open our eyes again...

it's strange to see ourselves all the time, isn't it, in the zoom room...like wearing this mirror everywhere...We keep being reminded of what this 2D head looks like we look like...check it...we see our heads a lot on this...

but when we meet out here, in the meat world...we're headless...right? look around your room right now, where's your head? try it...look at the walls and roof of the room that you're in...where's your head?...you can see out of it, but you can never see it ...

Rumi says: Behead yourself?.. Dissolve your whole body into Vision: become seeing...seeing seeing! RUMI

Douglas Harding, in his book on "Headlessness" has a whole theory of enlightenment based on realising that you don't actually have a head...you as subject, are headless...

and it's tricky to hear your own voice when you speak... it sounds strange on a recording...when you see your image and sound recorded, you realise that you didn't realise you were performing, expressing, showing...

most people are surprised by how they sound and seem, because usually these are invisible...**but Zoom has made us visible to ourselves**...and all this recent technology – selfies, the WhatsApp voice notes...we've started performing for our machines...

Let's give this a go –looking at your image.....give yourself a wave...nice, give yourself a thumbs up? Yo...have you ever done that? Like in the movies, if they're getting

ready for some presentation, they talk to themselves in the mirror, usually it's in a bathroom...look at yourself in the mirror and go, "Yo..." (*double thumbs up*)
 ...nice...give yourself a double thumbs up...yeah...Give yourself the finger guns...whoaa...get on your own side, why not...get friendly with you own being...

Okay let's go ahead and put me into speaker view...and remember if you want maximum effect, you could arrange it that you only see me, and not yourself or the other people...if you're not sure how to do that, no matter... Let's go to SPEAKER VIEW again...Or maybe Gibson can pin me...spotlight or pin me to make me the middle again...Spotlight my face, please...still good to see some of the others, keeps us connected to the shared space...

VBD 3. HYPNOTIC SPIRALS

...where is the image of your face right now? ...is it on your computer, in the fibre lines, the cloud, well, it's also on my machine...I can see you...it's wherever it appears...in at least 12 different places...wherever it comes together with something that can interpret the signals...

We might not be sharing the same physical space, but we're sharing the same time, aren't we?...linked by a wormhole bringing together the rooms we're in and squeezing them all into this flat, two-dimensional rectangle you're sitting in front of right now that's shooting blue light into your eyes. but where is the space we're meeting in? And where is your mind, can you find it?

...there's a similarity in how you're located "virtually" and where the mind is "located"...both emerge in the moment...in this window of nowness...in some way the mind can also be many places...

Is this virtual world "real?"...It's "almost real"..."virtually" ...like the "almost" of our imaginations, maybe...maybe like the stories we make up in our minds that we tell ourselves...they're also kinda "virtual"....

In online therapy sessions, they encourage one to treat the space as real...because, of course, the mind is also virtual, and real...as space...

VBD 4. CLOUDS (1)

[GAP]

2. TANIA SINGER'S DYADS

So we have our own minds, our own sensations and experiences; but our minds are also interconnected with other minds, and if you don't know anybody in this room you'd be having a very different experience to others ...This goes all the way back to our small group clan behaviour, 200 000 years ago when humans lived in small bands of people, maybe 20-30 people in a group...you needed to be accepted by that small group...or else, you **were [ROOARR]** (lion food) ...

VBD 5. LION - *roar sound* - quick dodge down right back, stay there

The fear of not being accepted is a very real survival instinct that's old old old...it's not superficial...

Think how different it is, when you go to a party or a gathering where you don't know anybody...

VBD 6. PUPPET PARTY - *slowly rise to take seat...*

we can feel threatened, more critical of others. We're more likely to find fault with other people, ...*indistinguishable mutters...gossip...*when we're in a suspicious state, afraid...We become defensive, protective... hyper alert – vigilant... ...but then, as soon as somebody accepts us, as soon as there's a friendly face, we recognise another person, we can relax, we're going to survive, we're safe... the adrenaline and cortisol levels decrease...we become more open, more creative...

VBD 7. Clouds (1)

So I'm going to give you that opportunity, to have a brief connection with another person here, and you can see for yourself...This is an exercise from Tania Singer from the *Institute for Human Cognitive and Brain Sciences* in Leipzig, Germany. She found this really simple exercise which had a dramatic effect on people's brains, on their levels of health, resilience, neurotransmitters – all of it...let's just do it, it's so simple....

I'm going to put you into breakout rooms in pairs, and for 2 and a half minutes, starting with the person who has the shortest hair, okay? (That's usually me.) So the first person to speak for 2 and a half minutes is the one with shortest hair, and they will speak for 2 and a half minutes...Simple, right? (decide quickly – who really feels like talking – you can talk first)...claim it...do it...

And when you get into the room, don't hesitate, just go, just start, you can say hello, how are you, who goes first – and go...

The other person just listens, no dialogue, no questions, just relax and really listen, give them space to speak for their full time...you can receive with your face, speak with your eyes...if the time runs out just enjoy sitting in silence...Be a good audience for the other...

I'm saving giving you the prompt – which is something you found disappointing in the last 24 hours, try to find something specific if possible, otherwise you can also go broader... but it's a starting point... there are no wrong answers, however you respond is perfect...it's present...

(build up to prompt...anticipation...don't tell them until last moment? or give them time to consider?)

You'll get a text signal, which will appear in a small blue text on your screen to tell you when 2 minutes is up and to please now go to the other person, with the longer hair, and give them their time to also speak from the prompt of – something which you found disappointing in the last 24 hours ...Thumbs up?

Pair up group into breakout rooms of 5 mins.

Okay the prompt is being sent now, you need to click on accept to join Breakout room...And – here you go...

Message them at 2:30 mins: “SWITCH TO OTHER PERSON”

Welcome back...

Now you’re going to go back, well done, very good...but it’s not over yet we’re not going to leave you on that note...because now you’re going back to the same person, and this time starting first with the other person, you will speak for 2 and a half minutes on something that you are grateful for in the last 24 hours...that’s all, something you are grateful for in the last 24 hours...and go....same thing, we’ll send a text to swap after 2.5 minutes....AND GO GO GO... (*enthusiasm of excitement and play, not frenzy*)

Pair up group into same breakout rooms of 5 mins.

Message them at 2 mins: “SWITCH TO OTHER PERSON”

There we go, we’re back...

Welcome back everybody, well done. you have now been both a performer, of your own story, as well as an audience for somebody else’s story. You’ve experienced what it is like to present, to speak, to narrate, to “say what’s on your mind”, maybe when you started speaking you said something you weren’t expecting...what also happens is we can find there’s an unexpected similarity in some things that disappointed us, something we share...The listener was also able to receive, to hear, to acknowledge somebody else’s story...These are powerful things...

But now you can relax again, you’ve met at least one other person in the room. I’m going to mute you all again. Are you in GALLERY VIEW? Wave to the person that you just shared the breakout room with, find them on the screen and give them a smile...cool cool cool...

We're going to ask you to go back to SPEAKER VIEW please. All good?

3. MINDFULNESS

VBD 8. VID – STREAM FLOWS

Well done, you're doing great, jumping in, I'm going to ask you to put me in Speaker view for the next section, I'll give you a bit of a break from gallery view, you could set it up that I'm talking only to you, or it might be helpful also to have an image of yourself and some of the others at the top or on the side to remind you that you're live, that none of this is pre-recorded... But for now you can relax, you can rest easy...

So, the idea for this workshop show comes out of my interest in Mindfulness... Sometimes when people find out that I'm into in Mindfulness, they can be a bit surprised...they're like – you? Mindfulness? Because I'm generally a pretty agitated person; I get anxious, nervous, fiddly with my fingers, I don't smoke anymore but I have had panic attacks and I do still take sleeping pills sometimes to help me sleep ... But yea, I sometimes think, well ...imagine what I'd be like if I *wasn't* into Mindfulness, what would I have been like *then*???

There are over 1000 academic research articles a year published about Mindfulness – it's a huge area of study – about neurology, and how the practise of mindfulness shapes the brain, helps with emotion-regulation, immunity, resilience, the experience of being alive, consciousness itself... But if you ask most people what they think “Mindfulness” is, they often come up with some pretty simple things – oh it's about relaxing, focusing, feeling better...

All of those things are true as well, especially the part about it's being simple...what could be simpler than just sitting there being aware of your breath, or being aware of being aware, right? Doing nothing...like now...

[gap of 5 seconds]...

Some people say meditation is the opposite of doing...Not that there's anything wrong with thinking and doing, these are powerful when useful and necessary; but we can try to do too much with our minds, too busy...So it can also be a relief to stop doing...slow down...Just be here for a second....

Simple, right?

Let's take 10 seconds, close your eyes, if you're comfortable to do that, and see if you can be aware of the only mind to which you have direct access...your own...let's try it...

10 seconds gap...

TRACK 2: RICHTER 17

There it is...your mind...*(smiles)*...

Mindfulness doesn't necessarily change our thinking, our stream of consciousness... thoughts are involuntary, they just pop up, don't they?...like an echo from the past...but Mindfulness could change the way we relate to our thinking...

The problem is sometimes the way in which we try to solve a problem is the same as what caused the problem...And we *think* we can apply *thinking* to solve problems created by *thinking*...

But it is also possible to simply be aware of our own mind without any theories, or concepts or ideas on it...just a glimpse, maybe for a moment...there it is...

[WHEN TRACK FINISHES – INVITE TO OPEN EYES AGAIN]

You can open your eyes again...Welcome back...The definition I learnt from Rob Nairn of Mindfulness, was knowing what's happening while it's happening, without preference.

PAUSE / WAIT – line up next ones...

VBD 9. WATCHING DUDE (CLOUD BACKING)

Sometimes it's better to take a step back to become aware of what's happening...
To try to see what's happening while it's happening; instead of reacting habitually,
automatically...

In a way, mindfulness is the opposite of doing, it's not *results* orientated...if you go in
striving for a result, maybe you're missing it...I mean people do go for mindfulness
goals: sports teams, business executives...even snipers in the US military use
mindfulness to help them squeeze that trigger more ...effectively...

(SQUEEZES TRIGGER / DUDE FALLS)

VBD 10. CLOUDS (3)

But it's a bit of an abuse I reckon, or at least a diluting, narrowing down and reducing
of this enormous potential, the power of our minds, the meeting with the vast
unknown, our capacity and potential as humans...We know probably more about
space and of our solar system than what we know about our own minds...it's not me
who said that, but the Dalai Lama in Durban. the last time he was allowed into the
country...

Well me, I'm interested in Performance and Mindfulness, you know, I work in a
Drama Department and I've been looking into it...

VBD 11. HAMLET AND SKULL (23 seconds version)

But I sometimes wonder also if they're in some ways opposites – the idea of
expressing, performing...and mindfulness... .. really noticing, being aware of what's
going on in your mind ... to really feel, experience, *to really be... to be* a subject... *to*
be aware of your experience right now, whatever it may be...*to be...*

VBD 12. CLOUDS (3)

And if you do want to push it in a certain direction, to use your mind and its enormous power to shape your reality... your experience...then you have to be so careful about what is really the very best thing ...not only for your mind...but because you are also connected, to other beings, other minds... you're connected, even to your enemy...

...if you did want to have a goal, to engineer the power of your imagination, to train it in a certain way – what would be the best thing for yourself and the people around you? ... how would you want to train the voice in your head and the stories it's telling you... ?

VBD 13. HAMLET 2 VID – HOBBLER UP AND OVER

If you want to build mental power to manipulate, or exercise hatred, greed, encouraging the negative emotions – it's not going to give you a good result...because you're also mixed up in the results; they're not separate from you...Nothing you do with your mind, or that your mind does with you is separate from you...there's only one mind...

VBD 14. WHEEL

Your awareness, your consciousness, your mind – what else is there? Your body, even, is an expression of your mind...all of your activities, not only your thoughts, but everything that grows your emotions, your motivations, wishes, instincts, all of that...your actions follow your thoughts like the cartwheel follows the ox...

What's your relationships with thoughts, with the voices in your head? Your thoughts can be helpful servants, they can assist you; but they can also become tyrannical masters...if our thoughts control us, if we identify with them and think we need to do what they tell us, then we're prisoners, we're not free...Julian Jaynes came up with this theory of the bicameral mind, (on which the series *Westworld* is based, incidentally), is that around 75 000 years ago we first evolved thinking, the

appearance of thought ... and when it happened people thought it must be coming from outside us, a deity, and so they did whatever the voice told them to do...

4. STORIES WE TELL...

This might sound way out, but in a way we're still doing it, still obeying whatever our thoughts tell us – who we are, how to feel, what to do...we often simply obey the voices in our heads...

We imagine all kinds of things...we fill in the gaps with plots projected by our inner monologue...like if you send a text message to somebody and they read it but don't respond? what do you do? Especially if it was something a bit vulnerable, or honest, where you may have revealed that you're not perfect, or that you may have some weakness or actually need something...

What happens when you see the blue tick? Yea? You imagine...you become a storyteller, you start writing out the whole plot, the full story in your head...And more often than not...it's a negative story, isn't it? Because we're primed for survival Rick Hanson says that the negative emotions are like Velcro for the brain, they stick to it, the brain attracts them...

Like before we were on top of the food chain, when we were constantly in danger from predators, we had to be super vigilant and alert, and 1000 times you heard a twig snap you'd have to whirl around – and 999 times it wasn't a tiger or a lion or a puma or a bear, but that was okay because it had saved you the one time that it was... But we can overdo it and be on the alert all the time...

We're uncomfortable with not knowing, with allowing it to be unknown, open... Often, we're very busy all the time in our minds with subconscious gossip, which is what Chögyam Trungpa called it...or spreading rumours...a rumour starts to build...

[Mark Williams story of rumours in the 2nd world war...?]

5. TEXTS IN MY HEAD...

VBD 15. ALICE (2)

All the time, you know, our minds are busy with “mind reading” ...we’re trying to understand the minds around us...

You’ve had me in speaker view, but I’ve had all of you in gallery view, so I’ve been watching you, you’re not invisible, and even though I’ve been trying to remember my lines up here, I’ve also been trying to interpret your faces...

So, all the time we’re trying to read faces, interpret them, to access them, from the symbols they use; their gestures, their texts...when we’re not *performing* then we’re *audience*...or, one could also say *readers*...

We’re trying to read the world around us...Have you heard of the Sapir-Whorf hypothesis – that the language you grew up in shapes the structure of your reality? Benjamin Whorf was a fire inspector, but he came up with this quite interesting theory of language, which maybe you’ve even thought of yourself as well...

My home language is German, but I don’t speak it very well...it was strange for me to visit Germany when I was forty...it felt like a foreign country, but also strangely familiar...I could recognise something about tone and spirit and a way of looking at things, even if my vocabulary and grammar were dodgy...

Some of the voices in my head are unshareable because I don’t speak their language...some are unshakeable, but too low for me to hear, from my unconscious, maybe, which Jacques Lacan said was shaped like a language... ... I grew up studying English literature and culture, so those voices have inhabited me...sometimes we continue speaking to those gone...

VBD 16. TEXTS BOOGIE

Like the voice of William Blake....[text] whose grave I visited...[picture]...I wrote him a poem that I left there on his tombstone (*turn and leave poem*), you can see; also the voice of Fernando Pessoa [text]...his words....running through my mind, he said “*if it could think, the heart would stop beating...*” I also left a poem for him...[image]... at his statue in Durban and in Madrid [image] ...look at his head there, shaped like a book...I even got to meet him as well, ten years ago, but he was quite reserved, which I respected.....

...

earlier on the voices of the Americans were strong in me....Emily Dickenson, Jack Kerouac, Charles Bukowski...also, Alan Ginsberg, Walt Whitman, Fitzgerald, (*as you move forward look up*) and so many others, Samuel Beckett – who said he wanted to bore through language to let whatever was on the other side – whether it was something or nothing – to seep through...and Borges, Somerset Maugham, William Burroughs, James Joyce, Ionesco, Kafka – Dostoevsky (*Build to excited climax*) and and and...Sappho, Roberto Bolaño, Christina Rossetti, Coleridge and Cummings and Larkin and - (*gesture of flipping page, right to left...*)

All this ink I resonated with...the interior voice of reading...hearing another mind inside you...

And maybe you're wondering – what about local writers, South Africans, why hadn't they taken root? (*Or maybe also that I couldn't find them as easily online to add to the slide show*)... Like, my mind had been taken over...

My favourite part of the Wim Wender's movie “Kings of the Road” (*Im Lauf der Zeit*)

VBD. 17. IM LAUF DER ZEIT ... (*wheel back between them, look up at each in eyeline*)...is where at the end, one guy tells a story to another guy about how, when he

was in a break up situation with his girlfriend, it was a sad time, and yet, in his mind he kept hearing these rock songs, these top 40 American hit parade songs about break up and loss and longing and regret – My Baby left me....So Blue I could Cry...
(*finish note/ pause*)...

And then he comes up with this great line, that he says “America has colonised my subconscious” ... even in deep emotion, his thoughts were not his own, his feelings felt borrowed...

yea, there are these voices of power... and I’ve also got it, also susceptible to it, aware of the powerful voices in my white male brain, sure... angry voices which rise up in me when they feel challenged, when threatened...voices which should also take a step back and chill the flip out and listen some more...

VBD. 18. MESSY TEXT

yea, it’s a mess in there...

“word”... is a word...

we all have a polyphony of voices we carry with us, don’t we?...The voice of our parents, mostly, or the lack of their voices, for some...

some cultures include more than themselves with the voice of themselves...
how many other people do you include with your idea of yourself...?

when you speak...who do you represent? is there a little being inside you? your real self, looking out? like a homunculus? does the voice in your head have a gender? does it have a race? an age? *are you* yourself?

or what other voices, what polyphony roams inside of us...? what are your sources...when we meet, please provide a bibliography....

our outer voices are linked with our bodies, right? I mean the voice is a physical thing, isn't it, it's air interacting with vocal cords and with the resonating chambers of your physical body...but voice is also invisible, like spirit, imagination, where are the words we say? like the images on our screens they can be many places and nowhere...

our inner voices, in the Broca region of our brain (*indicate on skull*) lights up when we are talking to ourselves, when we have inner speech...(I don't know why I'm showing this area here, I don't really know where the Broca region is, but let's say it's here)...and when an outer voice is dominant then it conflicts with this region...what is our inner voice interacting with? ... your memories, feelings, the last outer voices we heard...?

So you've all been a little **bit passive now, maybe you may have lost touch with that feeling of your feet you noticed earlier**...and the temperature in the room...the taste in your mouth...you were swept up in sound and ideas, hmm...

You've been watching me, as an audience again, but as I said I've also been watching you...I've got you all in Gallery View so I can see you [*name names? – point out?*] I can see your faces lighting up your screens...you're not invisible...even though you're just listening...

How does that feel for you? Being seen? Being watched? Does it make your heart go a bit quicker? Does it make you a bit self-conscious, do you want to fix your hair?

Or does it make you want to join in, to also speak, to give your opinion, your views, to add a comment, ask a question... tell me I don't know what I'm talking about?

If you really wanted to present yourself, to put yourself forward, then I guess you could unmute yourself and start declaring, you could move your body and draw attention to yourself...and if you started moving or speaking out loud in the group, and got everybody to watch you and hear you, then you would become one of us: a performer...

VBD 19. VID: REBIRTH 2**TRACK 3 – REBIRTH [MUSIC / SFX VOICE]**

You see, then you wouldn't be audience anymore...

That's how it is...

TRACK 3 FADE OUT

(PAUSE)

6. LOOKING AT FACES GAME**VBD 20. CLOUDS (1) / SKY – OR OFFICE?**

Aha – so maybe you'd like to join in a little bit, to perform with me, to add your face to the mix...

...Let's go to GALLERY VIEW again.... please...click on top right where you see "Gallery View" hi everybody...give each other a little wave...how you all doing? Still with me? That was quite a long interlude there for you to look at...

Looking at other people's faces is also a way of reading them, by trying to interpret them, to understand them...In a way we can read facial expressions like we do a mask, yea? Trying to understand what is being communicated...

But we don't always realise what our faces are saying, right? ... Jacque Lecoq said we all have 3 masks – the mask we think we wear, the one we actually wear, and the mask we all share...

Here in the Zoom Room world, we really do look at faces a *lot*, don't we? It's really so unusual to look so intently at somebody else's face...it would be pretty rude at a meeting or a lunch to really sit and stare at somebody like this, wouldn't it? But check it out, you can do it now...choose somebody to look at... (*pause*)...

Can you feel somebody looking at you?

Point to the person you think was looking at you in the Zoom Room...

If we wanted to look straight at each other...We could each take a turn looking directly into the camera...like this...am I making eye contact with you now? Hey there! Except to me you now look like a little black rectangle...with a hole in it that says Logitech...and if I go too close, I'll start squinting...ouch...

Even when we're muted, when we're not speaking, we're communicating...with our faces, right? You can unmute yourselves now, go ahead...

Do you know that there are 6 universal facial expressions recognised by every culture from every language in the world...What do you think they are? Go ahead and type your answers in the chat window. What are the universally recognisable facial expressions?

[unmute yourself – gallery view encourage responses.]

VBD 21. LISA SCREAM (HIDDEN)

That's it – Fear, Anger, Disgust, Surprise, Sadness, Happiness...

Shall we see if this is true? See if we can all make these faces and recognise them?

What do you look like when you're afraid? Go on, I dare you, show me your fear face...feel free to come right up to the camera so we can see you...*[demonstrates, moves to left... ..reveals Munsch Mona figure hidden behind him]* ... there you go, brilliant... nice, I like that one...look at each other with fear, try it...

Let's unmute you all there for a moment. Feel free to shout out...see who gets it first...*(unmute? try to shout out answer?)*

How about this...can you recognise this face?

VBD 22. RED ANGER

[Does "anger"]

Yes, excellent...let's see your angry faces...go...do it...what makes you mad...hmm, nice...what's a sound that would go with that expression? ...Great!

[Try with mic's on and off...Cacophony, interrupting sound]

Let's try disgust....

VBD. 23. DISGUST

ooh, nasty....what is that smell...show me...euww...get away from that...ahh....yes...go...

And what's this?

VBD 24. SURPRISE

[Surprise]

And this?

VBD 25. SADNESS

[Sadness]

Cool...and then finally ...let's see your

VBD 26. HAPPY (CLOUDS 1)

happy face...show me.... exaggerate it...here's mine...come on [Jason]...happier...yea, cool...Hap-py! Hap-py!

MUTE ALL AGAIN

Very good everyone...do you know in this study they found there was a 7th facial expression which wasn't universal?...This one is more recent, a newer emotion, which crept in some time during modernity...

Fear and anger are the oldest, most primal emotions, for survival...sometimes they raise their heads when they're not needed anymore, because they're so wired into us...so they cause different kinds of problems...we needed them before when we weren't on top of the food chain...right, so we don't need them as much...

but yea...this new modern one, with industrialization, urbanization, we've become a little alienated... I think you'll recognise it, because it's all of us, all of us connected to our machines here...this is us...we're the ones who can see this one and who live it out...when the story in our head tells us we should...

what do you think it might be? (*guesses?*)

it's embarrassment...shame...yea...how do you look when you're embarrassed? This is me.....let me try...it's tricky...

VBD 27. EMBARRASSMENT

Tries "embarrassment" ...11 seconds of memory recall...

Yea, that's it... shame...embarrassment... right... it's weird, with the other ones I can check my image to see if I'm getting it right, but for this one, I don't want to look at myself...maybe it's a form of not being able to face yourself...turning your aversion inside...disconnecting from yourself; not only alienated from others, from the group, but also from yourself...

How do you look when you're embarrassed? Want to try?

We need belonging, connection, the group, we need each other...Even if sometimes these voices can lock us up...chain up our minds...

At this point, I thought to maybe improvise a story about humiliation, or shame...I don't know if I can do it...

ALTERNATIVE EXERCISE – THEY EACH RELATE A BRIEF STORY OF SOMETHING EMBARRASSING IN A DYAD BREAKOUT ROOM?

OR TELL BOYS HIGH DEBATE HUMILIATION STORY...

SPOTLIGHT ME AGAIN...Speaker View

VBD 27 SARAHA QUOTE VID

William Blake called them the “Mind forged manacles” ...

9. THE SPROUTING LOTUS FEATURE...

VBD 28. SPROUTING LOTUS VID – roll back for heads

...we have these different voices don't we...
we wouldn't get anywhere without being curious

[curious head pops out...5 seconds, peers over shoulder]

we want to know more...how does it work...what's behind it, what's inside it...
not knowing can make us frustrated

[frustrated head pops out]

we can't figure it out,
voices telling us to try harder, do better, do more
voices telling us we have a right to be angry

[angry head pops out]

– what's wrong with this, why don't they listen?... get it right...
and this makes us sad

[sad head pops out]...

it's not what we wanted...I didn't ask to be born...
nobody understands, and then ...
we get scared

[afraid head pops out]

what do they want, what are they up to, who's controlling everything, we get
depressed; nobody hears us, nobody sees us...

[calm dude with cup of tea, watching...]

and we watch it all going on...on and on and on it goes...and we watch it go...and it's
all kind of okay...even sometimes, when we're really happy

[happy dude pops out from other side of tea drinker, who notices him]

– and everything is cool...we watch that too...just sitting and seeing it all go by, the
good and the bad, the happy the sad the greedy the mean, it all goes by...

[happy guy winks and thumbs up to the tea drinker?]

fear, anxiety, shame...
all of that...

...pride...jealousy...lust...hurt...joy...

and the voices of...the media...

voices of our parents

our education...

our ancestors

our own inner critics...

our outer critics...

Rumi writes in “The Guest House” that:

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,

some momentary awareness comes

As an unexpected visitor...

[Indian outfit enters, flowing...]

Welcome and entertain them all!

Even if they're a crowd of sorrows,

[Jim's cameo – the dark thought...]

who violently sweep your house

empty of its furniture,

still... treat each guest honourably.

He may be clearing you out

for some new delight.

The dark thought, the shame, the malice,

meet them at the door laughing and invite them in.

[*Boorish shirtless dude*]

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

VBD. 29 BORGES HEADS

(Deep breathe) This backdrop behind me is from the notebooks of the Argentine Jorge Luis Borges, which looks like a monster made from the heads of dictators... Which is also what our thoughts can become...look at those claws, those talons...

10. YOUR INNER VOICE

Sometimes there are harsher voices in our heads, voices telling us we're not doing enough, or that we're not good enough...harsh voices of our Inner Critic...

You know, we all have, at some times, a quite negative voice in our heads that tells us we're not good enough, or we deserve to feel bad...and so on...We sometimes speak to ourselves in a way that we would never speak to other people...

One of the greatest challenges we face is to become friendly with ourselves, to make peace with our voices...They're with us for the long run...we might as well make friends with them...Be kind...even to your judging mind...

Let's go back to the GALLERY VIEW

VBD 30. WHEEL

Looking into your screen right now, could we become aware of the screen itself, and not only swept up by its contents? Our awareness is a screen on which all kinds of projections play out...sensations, ideas, memories, hopes, feelings...all coming and

going, illuminated...but our awareness stays...the same way consciousness is ever present, irrespective of the content playing out on it...

We're inside this performance of our lives, this show we're creating ...

We're inside this show we're watching...

You're inside the performance of yourself...

11. SPACE TO SEE

VBD. 31. SPACE

(Invite them to all put their own virtual backdrops on, the very first one you get free on Zoom, of Space...?)

SPACEBACKDROP

We're near the end here and I'd like to give you one more experience... I'm going to play you some music which takes exactly five minutes and fifty-five seconds...we'll open our eyes during the last two minutes...and then we're done...If you do have some quality earphones, now is the time to plug them in, because there's some quality music coming up...

MUTE ALL – PUT YOUR VIEW IN GALLERY VIEW

If you're comfortable with it, I'm going to ask you to relax your eyes, to close your eyes, for a short time...

Closing our eyes, we're here together in the dark, letting the eyes rest... resting in darkness like space...

We can remember the feeling of our feet on the ground, held up by the earth, the feeling of temperature on our skin, the feeling of our bodies right now, and the space around our bodies...the feeling of our body breathing...the whole body breathing...

Alive, here, right now...in this moment, at this time...here we are...

We could be aware of our breath...aware when we're breathing in, that this is how it feels to breathe in, and breathing out – this is how it feels to breathe out...

Noticing the subtle differences - how the in breath feels...taking in the world, rejuvenating ourselves, and releasing... breathing out, letting go of what we don't need...the breath relaxes us, letting go...

We become aware of sound, as phenomenon, sound as something happening...

You'll notice it takes no effort to hear...sound happens...like a thought...it simply occurs...the ear doesn't have to open or close...hear sound here as phenomenon...something happening...

5 min settling relaxation... [BODYSCAN OR HEARING MED]

...Here I'm going to start the music...it's by Anne Muller from Berlin, an album called Heliopause...

TRACK 4 – ANNE MULLER WITH VOICE MIX (5:55 min)

Last 2 minutes – just looking in silence at each other...

TRACK 3 ENDS - STOP

SPOTLIGHT SELF FOR ENDING...

VBD: END CREDITS

Drop out of the picture....

Stop virtual screen, go to neutral...[see green]

TAKE DOWN GREEN SCREEN SLOWLY FROM BEHIND...

PUT HAT BACK ON, LIGHTS OFF...

CLOSING MUSIC: RICHTER – ELENA AND LILA...

Thanks for joining the Zoom room folks...that's it...we'll keep the room open a bit longer if anybody would like to stick around or has any questions or comments, or would like to follow up on any of the references mentioned. I did quote from some sources and am happy to share that Bibliography with you or send it to you if you'd like to see it.

Very happy to have you, and hope you enjoy the rest of the Virtual Fest! Back in my office again...

THANKS

The material in this show was influenced by and included brief paraphrased quotations from Rob Nairn, Mark Williams, Antony Osler, Donal Creedon, Paul Gilbert, Rumi, Rick Hanson, Douglas Harding, Ted Desmoines...and the Mindfulness Africa Curriculum.

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MUSIC

1. “Zoom Zoom” Mazda commercial, Original **Song from** Zum Zum Zum Capoeira Mata Um (Film), by Capoeira Experience
2. “Rebirth” from “Shutters of Africa” album by HA!Man (Francois Le Roux).
3. “Nummer 2” from album Heliopause by Anne Muller
4. 2 x Max Richter tracks.

POEM

“The Guesthouse” – by Jalaluddin Rumi, translation by Coleman Banks.

The foolish reject what they see, not what they think; the wise reject what they think, not what they see... Observe things as they are and don't pay attention to other people.

HUANG-PO (9th c.)

To one who knows nothing, It is clearly revealed.

MEISTER ECKHART (1260-1327)