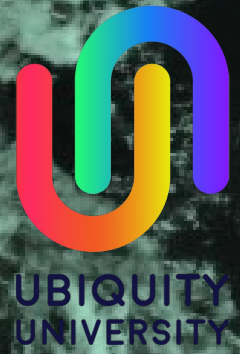


Global Social Witnessing Program



GSW_Conference.Lab 2021

Unit 2: Art as Global Social Witnessing

March 15th - 18th 2021



ACADEMY OF INNER SCIENCE



IfGIC

Institute for Global
Integral Competence

Global Social Witnessing

Global Social Witnessing offers a way to restore possibility, an essential new social technology that's about turning one's attention towards rather than away from challenging events in the world. The witnessing process, done in groups, creates increasingly coherent "We Spaces" that can be profoundly supportive for growing community coherence and resourcefulness. Practicing over time, Global Social Witnessing supports new awareness in individual group members, elevating the overall capacity of the group and generating a more conscious holding community for events in the world - a subtle activism for healing, peace-building, and global citizenship.

from "Witnessing the World in Me / And Me in the World" - R.Buxbaum/C.Gerike/M.Johnson

Goal of the Global Social Witnessing_Conference.Lab 2021

The Global Social Witnessing_Conference.Lab 2021 will provide a space where diverse perspectives/experiences from artists, scientists, spiritual practitioners, and political activists will inspire participants to better understand and embody GSW within their mind, heart, and body. Throughout the lab, we will co-create new ideas, strategies, tools, and energy to help us become mature global citizens in our times of disruption and transformation.

Explore global social realities with international artists and scientists.

Generate compassionate awareness and interconnectedness while deepening your felt sense as a global human.

Stay in touch with a natural sense of possibility and vision to tune into the sweet spot between awareness, change and activism.

Hold the tension between reality and possibility to unfold your potential in the world.

Witness that some possibilities may not be realized in one's own lifetime to enable a deep trust and commitment regardless of outcomes.

Lean into an embodied practice of compassionate global citizenship.

.... Let's co-create global social witnessing!

GSW Team

Leading Questions for 4 days

Inner exploration:

- How do participants experience artistic exploration and newness with regard to their inner world space?
- What kind of new perspectives, expressions and insights arise?
- How can it be expressed in word, sound, color, movement, etc?
- What touched you particularly and what did you learn about yourself that you did not know before?

Outer exploration:

- Do participants notice a new sense of empowerment to act or engage with self and others – family, friends, colleagues, community?
- Are there new ways to express yourself and be creative with?
- Be concrete, describe possible next steps, scenarios.

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March 15

Host: Adrian Wagner

14:00 – 15:00 CET / 9:00 – 10:00am EST / 6:00 – 7:00am PST

Opening: Kazuma Matoba

4 sync-meditation: Manda Johnson

Orientation: Ingrid Pickel & Kazuma Matoba

15:00 – 17:00 CET / 10:00 – 12:00am EST / 7:00 – 9:00am PST

Input Speech “Art as Global Social Witnessing”: Thomas Hübl

This keynote experience will kick off three days of GSW workshops with 12 artists, including various mediums such as visual art, dance, music, poetry and film. Thomas will frame how artists witness the world, creating a strong coherence between themselves, their direct audience and the world. As the artist witnesses various dimensions from subtle energies to materialized items and events, s/he transmits a greater awareness of the patterns that we typically overlook or assume are “normal”. More often than not, these unseen patterns are symptoms of a traumatized world, which we were born into and accepted as our destiny. Artists and their work facilitate a co-witnessing of the world for anyone who is willing to look. This event will include a talk from Thomas, live Q&A, and a guided practice.

17:30 – 19:00 CET / 12:30 – 2:00pm EST / 9:30 – 11:00am PST

“The Art of Witnessing”: Kerstin Schubert-Strauß & Philip Stoll

Witnessing is love. It’s a real art of self. It requires full attention and great courage. What a challenge to open our selves to the raw complexity of the world’s processes! What a task to let go again the witnessed reality and return to a healthy emotional, mental and spiritual life. And what an opportunity to cultivate and explore GSW together. This GSW workshop offers a new beginning in how we become more sensitive, active global citizens. Inwardly hosting the unfolding of world processes can create a space of transformation for our selves and that which we witness. In this workshop we will explore some key witnessing capacities and qualities like attention, self-awareness, self-regulation or listening. We will also give some tools to regulate yourself after taking in

Click to see
your local times
in Google Calendar

challenging world-events. In order to tap into each ones witnessing capacities we will give space for peer-sharing – to listen to each other – and use our collective intelligence to develop GSW as a group. We as hosts of this workshop are two visual artists working with processes of transformation. We will share with you our learning from the artistic work and how this can be useful for GSW. We are also excited to use some artistic exercises to support the process.

Preparation & Materials

- Please try to answer the following questions in advance:
 - Observe what is happening when you give attention to something/somebody!
 - Can you witness yourself when you witness something/somebody?
 - What can you witness in yourself on the mental level, emotional level and on the level of my body
- when you observe?
- Paper DIN A3 or larger
- Charcoal and soft pencil e.g B4, B6...
- Colored pencils, oil chalk, if possible.
- Smartphone to take photos and send to the cloud link:
<https://cloud.ientertainment.de/s/rffoJHHPEPD2g2f>
- Space for drawing on A3 paper (on the floor)
- Place your computer in a way, that you are visible in a standing position and can shift to a sitting position
- We recommend you to view at prior to our workshop: „Marina Abramovic e Ulay MoMA 2010“, <https://www.youtube.com/watch?v=OS0Tg0ljCp4>

[19:00 – 20:00 CET / 2:00 – 3:00pm EST / 11:00 – 12:00am PST](#)

Virtual Café with breakout rooms

[20:00 – 21:30 CET / 3:00 – 4:30pm EST / 12:00 – 1:30pm PST](#)

“Land in’ Presence”: [Darius Matthies](#) & [Angela von Rotz](#)

-land on the land on which I stand expand the present moment attend to the precious movement unfolding from within-

Through guided attentive walking, movement and voice we will explore the power of slowing down, deeply landing in ourselves and with the earth. From there we explore

ways and tools to become a vessel to let more of the world land in us. As a third step we will flow into a creative dialog with a specific topic we are witnessing, using our body and voice as a medium of expression.

Preparation & Materials

- Question to ponder on before the workshop:
How do you land? As you arrive in a new place, what can you actively do to support yourself in landing?
- If possible chose a room with enough spaciousness to move and walk and also where feel comfortable using your voice
- Place the computer in a way that you are both visible from a standing position and can shift to a sitting position.
- Turn the volume loud enough so that you can comfortably hear us as you move through your room. Organize good speakers to be able move to music.
- Have paper and pen ready - A3 Paper and Pen
- Comfortable clothes to move.
- Water to drink
- Please arrive 10 minutes earlier to land in the space

March 16

Host: Diane Keyes

13:00 – 14:00 CET / 8:00 – 9:00am EST / 5:00 – 6:00am PST

Daily Witnessing – Co-create and Co-here: Christine Gerike & Christopher Then

Global Social witnessing is the art of co-creating a subtle “installation” of awareness in relation to a world event. We will use this hour to practice key competencies, broaden our inner sensing and witnessing awareness, and share in small and large groups. We will facilitate a safe space where we each and as a collective body explore the practices of 3-sync body attunement, slowing down and turning towards. Participants are invited to turn their inner lens back on themselves to integrate and digest what is alive in/ for them during the conference.

14:00 – 15:15 CET / 9:00 – 10:15am EST / 6:00 – 7:15am PST

“Witnessing as an Act of Love”: Daniel Remigius Auf der Mauer

The highest potential of photography lies in the creation of a mutual recognition between the witness and the witnessed – a profound seeing and being seen beyond the visual. In this revelation of “I am here with you”, the photographer, the photographed and the viewer of the resulting images are all transformed through a strong experience of authentic relation. At its core, photography is an act of love through unconditional witnessing.

Daniel is an award-winning photographer for international publications such as The New York Times, Der Spiegel, GEO, NZZ Folio and many more. Two of the most beautiful compliments he ever received were by Christian Lohr, member of Swiss parliament, who told him: “You are the first photographer to really see me”, and by Walter von Kanel, CEO of luxury watch brand Longines, who said: “You are different than the other photographers. You let me be myself”. Having documented events such as the indigenous mass burials of Guatemala’s civil war, extreme famine in Niger, the decline of traditional bedouin culture in the Sinai desert or the structural sexual abuse of women in India, Daniel has also been face-to-face with existential crisis, conflict and collective traumatisation.

Preparation & Materials

- Research question: All of us use photography and take pictures on a daily basis. How does your own photography influence your witnessing capacity? Does it enhance or reduce your ability to connect to your environment? And when you take a portrait photo, who actually witnesses who?
- For a general perspective on the power of witnessing in portrait photography read this interview with photographer Alec Soth:
<https://www.nytimes.com/2019/03/20/t-magazine/alec-soth.html>
- While the focus of our workshop will not specifically be on conflict photography, the medium of photography has played a crucial role in the witnessing of war, catastrophe and crisis. On this topic I recommend the following two documentaries:
 - (1) "Salt of the Earth"
For a powerful synthesis of the human ability of destruction and the immense beauty of creation and nature, watch Wim Wender's documentary about photographer Sebastiao Salgado:
<https://www.youtube.com/watch?v=OivMIWXtWpY> (for rent) (contains some strong images which may be disturbing for some viewers)
 - (2) "War Photographer"
For a detailed perspective and felt experience of war photography and the responsibility of the photographer witness, watch the documentary about renowned war photographer James Nachtwey:
https://play.google.com/store/movies/details/War_Photographer?id=F1AAAE2404908664MV (for rent) (contains strong images which may be disturbing for some viewers)
- I am aware that the three documents I have recommended all focus on white male photographers. While there is much more diversity in the field of contemporary photography nowadays, many documentary movies tend to still focus on the male "lonely wolf" paradigm common in photography for many decades. While surely influenced by white male privilege and partly embedded in a "white saviour" culture, I do respect Nachtwey's and Salgado's inner transformation in their evolution as witnesses and their dedication to not look away amidst darkness, but rather look deeper and with evermore compassion.

15:30 – 16:45 CET / 10:30 – 11:45am EST / 7:30 – 8:45am PST

“Position, Placemaking, Play”: Stephanie Miracle

Awakening the senses towards embodied action through playful experiences that invigorate our sense of sight, touch, smell, hearing, taste and proprioception. We will use choreographic tasks and scores to physically engage with the tangible environment around your personal space. We will return to the virtual space more activated and curious about our connections despite geographic impossibilities.

Preparation & Materials

- Please set the function in your zoom: "Hide non participants*" view, "Hide self-view**", and the "Annotate*" function.

**Hide non-video participants: (1) When you are in Gallery view, you can click on the 3 dots at the top-right corner of any participant box that either has their video off or joined by telephone. (2) Click Hide Non-video Participants to hide all participants without video.*

***Hide Self View: Simply right-click on the window that has your face on it, and click "Hide Self-View" or "Hide Myself." The other people on your call can still see you, but you can't see yourself.*

****Annotate: To annotate while viewing someone else's shared screen, select View Option from the top of the Zoom window, and then choose Annotate. A toolbar appears with all your options for annotating, including text, draw, arrow, and so forth. You can also disable attendee annotation altogether. (In deutsch heißt die Funktion "Kommentieren")*

- You should have some space around you to lay down on the floor. It is also ideal if you can move their laptop computer around to different locations during the session.
- Please watch as preparation: https://www.youtube.com/watch?v=hS1MUpltx_M

17:15 – 19:15 CET / 12:15 – 2:15pm EST / 9:15 – 11:15am PST

“The Responsive Body: GSW in Motion”: Ingrid Pickel

With our body-mind-system we are connected to centuries of biological and human evolution as well the light of the future. Our capacity to feel, resonate and play with other human beings, natural entities and objects is deeply involved with human development and intelligence. The body often senses our inner and outer world before we can express these experiences with words. This workshop proposes meditational

and playful improvisations that enable us to enlarge our inner space and capacity to resonate with and discern different energy constellations. We will do this by connection with natural phenomena, sensing their outer form, energy, and frequencies as first inner then outer movements and gestures. By mutually witnessing our gestures and ongoing movements, we expand our awareness into our social body. A witnessing field is emerging, we sense what is present in us as a group and what cannot be spoken with words yet.

Preparation & Materials

- Please make sure, having enough space to move around and
- Dress in clothes you can freely move in
- Please position your device/laptop so we are able to see each other moving
- Preparation for the webinar:
 - if you want and have time to do so, go out on the street, or in a garden or park, stand at different spots or plants, trees, stones, etc .
 - Try to sense the energy/frequencies of this spot or plant, do this without effort, in a smooth and playful way.
 - Maybe you cannot sense much or also nothing, that's okay, just try it and sense through your body if and how you resonate.
- Preparing question: (You don't have to have clear answers to these questions, it's more like paying attention to what you notice, in a playful way)
 - How or through what can you sense the energy/frequencies of different spots in your environment?
 - How does these frequencies show up in you physically, emotionally, and mentally?

19:15 – 20:15 CET / 2:15 – 3:15pm EST / 11:15 – 12:15am PST

Virtual Café with breakout rooms

20:15 – 21:45 CET / 3:15 – 4:45pm EST / 12:15 – 1:45pm PST

“Me’ and the World: Subject-object relationship through the eyes of a filmmaker”: Ayşe Kalmaz

In this workshop we will explore together the composition of the moment and locate the role of our own perception in the creation / co-creation of reality. A filmmaker is often called upon to decipher the subtle composition of moments, to break them down into individual parts and, if necessary, to reassemble them. Especially in documentary

work, all sensory perceptions from visual to auditory and other deeper, more intuitive ones are asked to synchronize with the moment of the event. It is not only about following the moment in the "outside" or an object, but rather about exploring how the subject, through his perception and synchronization, co-creates the movement and the nature of the object and vice versa. With simple technical means, and special exercises that sharpen and precise our perception, we will put the exploration of subject-object relationship, co-creation processes in the context of "global social witnessing".

Preparation & Materials

- Some space for movement around you would be good.
- DIN3 paper, pencils
- Smartphone for filming
- Headphone
- A large monitor (screen) for the zoom call, if possible
- One music that touches you deeply
- An object to which you have a special connection
- If you like, you can make a short recording of about one minute with your smartphone of something that moves... everything that "accidentally" crosses your path, attracts your attention, and invites you to follow the movement.
- Cloud link for Uploads: <https://cloud.ientertainment.de/s/Myao32JZN5t4S5f>
If it does not work: WhatsApp +49-177-2381039
or Wetransfer to: barthel@ientertainment.de

March 17

Host: Darius Matthies

13:00 – 14:00 CET / 8:00 – 9:00am EST / 5:00 – 6:00am PST

Daily Witnessing – Co-create and Co-here: Manda Johnson & Robert Buxbaum

Global Social witnessing is the art of co-creating a subtle “installation” of awareness in relation to a world event. We will use this hour to practice key competencies, broaden our inner sensing and witnessing awareness, and share in small and large groups. We will facilitate a safe space where we each and as a collective body explore the practices of 3-sync body attunement, slowing down and turning towards. Participants are invited to turn their inner lens back on themselves to integrate and digest what is alive in/ for them during the conference.

14:00 – 15:30 CET / 9:00 – 10:30am EST / 6:00 – 7:30am PST

“Technology for Transformation: Kundalini Yoga and Y.O.G.A. for Youth”: Keval Kaur Khalsa

The practice of Kundalini Yoga develops awareness, consciousness, and the courage to act from the heart as a “spiritual warrior”. Kundalini Yoga balances and strengthens all the systems of the body, disciplines the mind, and connects the practitioner with spirit. A regular practice of Kundalini Yoga & Meditation can move us beyond perceived barriers, experiencing the Oneness that pervades all.

Y.O.G.A. for Youth is a non-profit organization based in the US, founded in the mid 1990's by Black yoga master/pioneer Krishna Kaur. Y.O.G.A. for Youth is dedicated to empowering youth and families in underserved communities through the principles and practice of yoga.

This workshop will be a combination of experiential work, lecture and discussion. Workshop participants will be lead through a practice of Kundalini Yoga, with time for sharing their experience of the practice. Workshop leader Keval Khalsa, Y.O.G.A. for Youth Regional Director, Teacher Trainer and Board Member, will share information about the Y.O.G.A. for Youth program and curriculum, and results of two research studies completed to-date.

Preparation & Materials

- Please dress in clothes that you can freely move in.
- You should have a yoga mat or a surface that is not too hard (could use a blanket if they don't have a yoga mat).
- These are two websites that would be helpful for you to look at prior to my workshop:
 - <https://kundaliniresearchinstitute.org/>
 - <https://www.3ho.org/>
 - <https://yogaforyouth.org/>

15:45 – 17:15 CET / 10:45 – 12:15am EST / 7:45 – 9:15am PST

“ESSENCE Here and Now - Workshop Initiation of ‘Lakou’” Laura Beaubrun

The Lakou in Haiti reflects a way of life. It's a way of living and being that unites individuals in community and establishes values and principles. In the "Here and Now", reminds us what is essential to know our origins and who we are. This song, drum, and dance workshop, "Initiation of Lakou", teaches this essence. This workshop shares the roots of Haitian culture and spirituality through dance, drum, and song, where attention is directed towards body and mind consciousness. Through a pedagogy adapted to all audiences and at all levels, each class will include a brief presentation on the origins and deeper spiritual meaning of the rhythms. Here are the themes and rhythms that will be shared with the participants: Yanvalou (ceremonial dance of water) Nago (The warrior and fire dance) As a complement to body expression, Laura Beaubrun started a new training in art therapy, she will work on other mediations, such as painting or clay, etc. in order to bring a continuation of movement and transformation in individual and collective creation. (If face to face is allowed)

Preparation & Materials

- Space: clear and comfortable Space (move unnecessary things).
- Wear comfortable clothing for movement
- Altar: If you have an altar, I invite you (as you feel it) to put a candle and water in a cup on it. If not, you can still place the candle and water somewhere comfortable for you. This is an invitation it's not mandatory.
- Painting: I invite you to bring papers, if it's possible a little bit thick, and colored pencils or painting.

17:45 – 19:15 CET / 12:45 – 2:15pm EST / 9:45 – 11:15am PST

“I Yawn Because You Yawn: Intercorporeal Art as Political Witnessing”: Qais Assali

Through a collective experience of seeing, listening, writing and drawing, we will create tactile and temporal evidence of senses. We will see, listen, describe and trace deep narratives and archives in order to witness our past as a means to change our futures. Gaining skills to hone in our collective consciousness, the act of individual recognition as presence, being here and now may help us to acknowledge our intercorporeality. ‘I yawn/scream because you yawn/scream’.

Through several acts of recognition of other presences and existence, explaining archives, memories and a-tonal music from a specific year, the year of 1948, we will explore the journey to remember and hold on to those histories. Through a global and social-distanced contagious yawn, how might we project that year from a Palestinian perspective onto the German landscape?

How to use the tool of art as a form of political witnessing in order to develop a practice of intercorporeality and art as global witnessing to empathize with the other within our own global contexts. We will develop a concept of intercorporeality where it is not about one empathizing with the other but learning how our struggle is already about, related to and affecting each other.

Preparation & Materials

- Pre-Workshop: Please prepare yourself to write words and sentences and draw lines and pictures. Pen, colors and sketching paper are necessary. You might use the zoom chat to share your words.
- Post-Workshop: If you are interested in sharing with us and/or with the students of GSW, please take photo(s) or scan and share with Artist Qais Assali at: qais.assali@gmail.com

19:15 – 20:15 CET / 2:15 – 3:15pm EST / 11:15 – 12:15am PST

Virtual Café with breakout rooms

20:15 – 21:15 CET / 3:15 – 4:15pm EST / 12:15 – 1:15pm PST

“Re-sounding Global Social Witnessing: The Batesonian Instinct / The Jazz of GSW”: Rik Spann

Experienced professional musicians, mainly in improvisational styles like jazz, often tend to develop specific, unique ways in their interactions to find a dynamic balance, a state of consciousness, a 'groove state', a 'jazz bubble', that might provide an alternative perspective and experience for those who are interested in developing GSW competencies.

This workshop is an invitation to explore this approach, building on generative metaphors, embodied learning, complex responsive processes and insights and approaches that have been co-developed by IFGIC / Kazuma Matoba and the CMM Institute for Personal and Social Evolution. Starting point will be the jazz album Kind of Blue by Miles Davis and connected ideas from Steps to an Ecology of Mind by Gregory Bateson. (The Batesonian Instinct). The facilitator is an organizational scientist, writer, researcher. Also he is a professional improvisational musician, artist, applied musicologist and lecturer at international business schools. He works as a board member of the CMMi, published with Sergej van Middendorp and Barton Buechner on 'Moral Injury : an encounter between liminal experience and the transformation of meaning', will be publishing soon (Taos Focus Book Series) on 'Re-Sounding : Introducing an alternative metaphor for organization change', is a co-leader and facilitator at Fielding Graduate University (Sta Barbara, Chicago), and worked in several projects with IFGIC, Kazuma.

Preparation & Materials

- Listen a few times to the following 3 compositions: All easily to be found via google/Spotify
 1. 'Lonely Woman' from the Ornette Coleman album 'The Shape of Jazz to Come'
 2. 'Stolen Moments' from the Oliver Nelson album 'The Blues and the Abstract Truth'
 3. 'Naima' from the John Coltrane album 'Giant Steps'
- What does listening to these songs Do to you, also emotionally and physically? Does this change when you listen repeatedly? Which song do you like best? Does this change when you listen more times? Why?

You don't have to have clear answers to these questions, it's more like paying attention to what you notice, in a playful way.

March 18

Host: Sergej van Middendorp

14:00 – 16:00 CET / 9:00 – 11:00am EST / 6:00 – 8:00am PST

Witnessing Session: Manda Johnson, Christine Grike, Robert Buxbaum, Christopher Then

Witnessing ourselves as integral pieces of a collective body, Global Social Witnessing supports us to listen deeply to our humanness and grow relatedness of ourselves, each other and the world we are part of creating.

Our focus in this session will be towards embodied listening in community, to acknowledge what has been, activated, dislodged and emerged new, resistances and movement streams. We will digest our experiences of the Conference and bring awareness to what's enlivened and ready to emerge through each of us as citizens of the world.

16:30 – 17:00 CET / 11:30 – 12:00am EST / 8:30 – 9:00am PST

Virtual Café with breakout rooms

17:00 – 18:30 CET / 12:00 – 1:30pm EST / 9:00 – 10:30am PST

Social Presencing Theater: Ingrid Pickel, Adrian Wagner, Lukas Herrmann

On the last day, we will use our bodies as vehicles for integration, expression, and sensing into new arising impulses. This session is inspired by Social Presencing Theater, co-developed by Arawana Hayashi and Claus Otto Scharmer. We will embody the learning from the conference in the form of a "sculpture", and see where it wants to lead us. Further, we will witness each other's sculptures, holding the space for one another, and inquire together. This way, this session is intended both to integrate and digest and to enable an embodied experience of the way witnessing wants to grow in your life context.

18:30 – 19:30 CET / 1:30 – 2:30pm EST / 10:30 – 11:30am PST

Virtual Café with breakout rooms

19:30 – 20:00 CET / 2:30 – 3:00pm EST / 11:30 – 12:00am PST

Ending: Kazuma Matoba & Sergej van Middendorp