

Not Knowing led by Rajni Shah

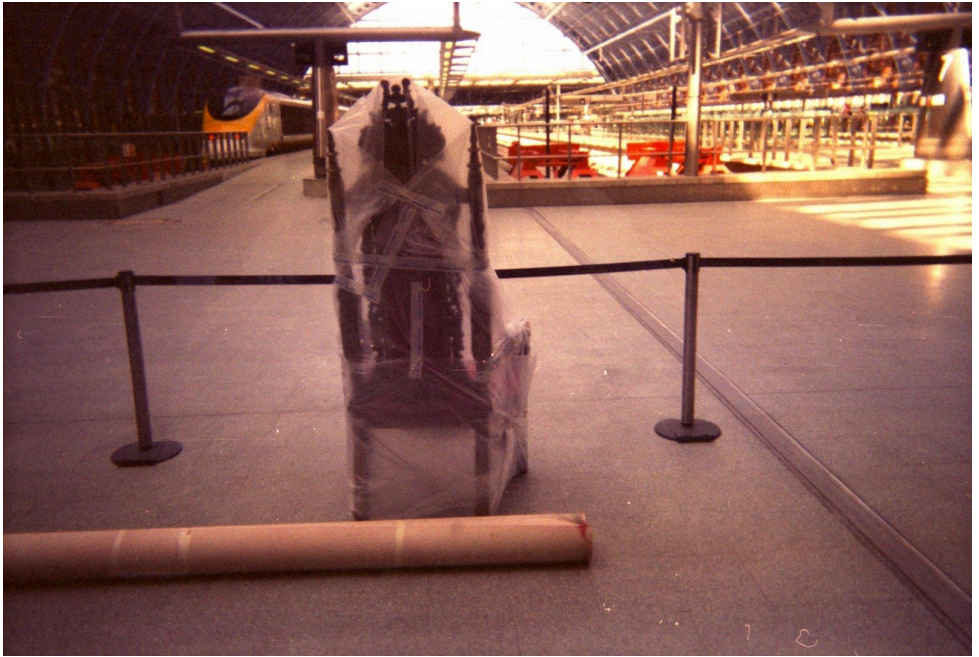
Participants: Paula van Beek, Emma Benson, Andrew Broadley, Karen Christopher, Alex Eisenberg, Alister Lownie, Elspeth Owen, Katherina Radeva, D Rosier, Natasha Vicars

description

A 3-day workshop about the act of not knowing, and about the value in not having the answers; a choreographed series of encounters and spaces for reflection in the city of London.

For two days participants will wander collectively, undertaking a series of gentle and surprising activities as a group; on the third and final day, each participant will undertake a randomly selected solo activity or encounter in a public space, followed by a shared meal prepared by Rajni. Participants will come in knowing nothing about the journey they are about to undertake except that it will throw them into a space of not knowing, of journeying, and finding a new way of looking at the world. All three days will be led by Rajni with interventions from other professionals.





the guests

Sarah Duggan - Inner Architecture yoga teacher

Helena Suarez - Technology and Communications Specialist for non-profits across the globe, sometime photographer

Ted Atkins - Institutional Equities & Equity Derivatives specialist

Savita Shah - Rajni's mum - specialist in living with visual impairment

Dr Madeleine Reeves - Centre for Research on Socio-Cultural Change

day three solo activities

inspired by tickets to:

St Pauls' Cathedral

Shoeburyness

Tanabata Star festival

guided walk in Richmond Park

Kew Gardens

Ice Worlds show at Planetarium

tea at Mayfair hotel

Roller disco at O2

Odeon cinema

In the Realm of the Senses at National Film Theatre

reflections

"I had truly forgotten what "a clean slate" felt like but somewhere along the three day journey I was reminded that all kinds of things are possible if you step aside from the "known" and wander down a different path."



"But the need to know sprang like cartoon springs from everyone and the writing of notes was so furious that some people may not have noticed the moment as empty but as panic. We were waiting but the waiting was without margins. Much different from the earlier periods of waiting. Expectation, prediction, and anxiety about outcomes instilled a nervousness in us. This was a very instructive moment for me. I came outside myself and saw again how difficult it is to manage the in between, the indeterminate, the slowly changing, the mid-flight stall, a lack of progress ... Eventually Rajni rose and walked toward the door of the building, nothing having "happened" in the lobby. No guest from the world of theatre to take us on a tour back stage or into some rabbit warren of costume storage. We were now leaving. Something else might happen and we were helpless to guess what it might be. Clues evaporated as if they were never there."



"There is a fearfulness in this new me (who I am continuing to practice in my home places): suppose thro' practice I become able to drift, to wait, to dance, what will happen to the making of new work? Without the stimulus of "trying to make an impact" or "wanting to be noticed", how will I feel pressed enough to make anything? I need to become like a musician, improvising, inventing within, and without a framework. The frame becomes part of the invention I will be practising every day."



"And now thinking about the power of giving I think of you, the great gift you have of giving. And I don't mean notebooks and pencils, tickets or dinner parties but I mean your energy, Rajni ... In my life I would like to know. I am so often impatient. When I want something I tend to want it right now,,,but with you, in your presence, I am so relaxed, I can wait. Not waiting, rather allowing space for other things."

images by Alister Lowrie
words by Andrew Broadley, Karen Christopher, Elspeth Owen, Kat Radeva