

Active Space: Movements in spaces to unleash Transformative Possibilities and Power of the Urban

The best way to experience and understand this set of ideas and instructions is to practice first



Illustration: Keith Haring Painting the dancer Bill T. Jones from 1984

Close your eyes and do a sensory scan of the relation between your body and the world. This includes:

Feel the skin and touch. Sense how we touch the ground/seat as part of the gravity that pulls us towards the earth. (outer space)

Take a deep breath. Smell the air and imagine how the oxygen is produced by plants and trees all around the world. (natural space)

Listen to the sounds. Pay attention to how the space sounds such as the voices from the street or make a sound to hear the space (social space)

Begin to add words and name the feeling that drive the actions/movements. How would you describe it to others?

Find words that describe the direction and goals for the movements

Body Space - explorations

Social Space - agenda

Societal Space - action

Let go of the individual senses and explore how the whole experience of the situation feels (body space)

Then move your attention to an experience of a situation that made you feel powerful or free to act. Activate a spatial imagination that gives you the feeling of being there. (inner space)

Keep that feeling in mind as a motivation or energy for the future actions - movements

Describe the relevant societal context for the movements - what are the problems, possibilities and power dynamics?

Produce a scenario for how to act in this context to achieve the goals