

## Brainstorming the Design Studio:

### Originating from Zone '0'

Wongsanit EDE – February 2009

- 1) Which direction are you facing? What phase is the Moon in?
- 2) We're not thinking of 'mind' and 'body' as separate 'substances' – rather we're speaking in terms of 'mind-body,' a synthesized, unified whole. Body is the sensing pole of Mind.
- 3) Tan-Tien – The Taoist conception of an 'inner fire,' the source of creativity, located in the lower abdomen at approximately the same location as the second chakra. Thus in movement exercises, we want to focus on this area – loosen up the hips, rotate and gyrate the groin – stir up some creative energy before sitting down to work. Sure, it might seem sexual at times, and might stir up some sexual energy, yet this sexual energy is a (the?) potent creative force. We want to activate it.
- 4) Movement exercises as “awareness through the body.” Full body awareness as a pre-requisite to good ecological design.
- 5) Some exercises include: moving around on the floor like cats, then elephants, snakes, frogs?
- 6) Deep breathing and chanting leading to transformation of consciousness. The 'biddas' (?) – different chant sound for each chakra.
- 7) Loosen up shoulders and neck area each time.
- 8) Silent walk at night – opening up all the senses – seeing without the eyes.

- 9) Do body movement and awareness exercises, *then* go sit quietly on the land and observe.
- 10) Ergonomics – we’re designing spaces for our bodies. Ecovillages are human-scale; the dwellings therein need to be body-scale.
- 11) In Design Studio, provide more opportunity for sketching (i.e. right brain flow and hand-eye coordination).
- 12) Integrate right/left brain ways of knowing according to Kolb, ‘apprehension/comprehension.’ De-emphasize ‘language,’ that is, linear left-brain processing. Emphasize symbolic, even gestural, communication.
- 13) Improv theatre anyone?
- 14) Provide opportunities to stimulate right-brain thinking/perception. How many participants are left-handed? Draw with less dominant hand
- 15) Circumnavigate the site, first counter-clockwise to remove old energy, then clockwise to instill new purpose.
- 16) Find center of site geographically, then locate center of site energetically by walking around on it.
- 17) Pendulums?
- 18) Relationship between body acupuncture and landscape acupuncture.
- 19) Working with energy points on landscape. Dowsing and looking for ley lines. Creating an ‘energetic’ overlay *before* bubble diagram.
- 20) Shiatsu – open up meridians before designing?
- 21) Reference Nala’s ‘ecosomatics.’ (proprioceptive)
- 22) Body ‘technologies’ – abilities humans have yet to tap/develop.
- 23) Ecological design as a yogic practice. We can do yoga throughout the day; we don’t need to go to a studio with a bamboo floor. For example, I do yoga when I am weeding.

- 24) Traditional Village design. Try to get this on the agenda for the EDE by having the Design Studio located near a village.
- 25) Can we get aerial photos?
- 26) Ask participants to write a page or two: What is your ideal living situation?
- 27) Try standing with perfect posture. Really notice the spine. While sitting, keep the back very straight, raise the head high above the neck, feel the space created there. Then imagine a golden cord running the length of your spine: as the cord extends downward, it eventually reaches the center of the Earth. Everyone who is doing this exercise, no matter where they may be located on the Earth, will all have their golden cords touch at the very center of the Earth. Now imagine the cords extending high above our heads. Each person's 'cord' will reach out and touch a different star. Thus, our common humanity is at the center and our unique individuality's lie out in the cosmos.
- 28) Try the square figure/round figure demonstration. Then compare with settlement patterns
- 29) Two people sit back-to-back. One person gets an image in their mind. The other person has a sketch pad. The one with the image attempts to explain to the drawer the details of the image they see, while the drawer records on sketch pad.
- 30) Movement mirroring exercise...