

## Intentionsrapport ved forsøg

### Fakta

- Forsøgets titel: DREAMING IS SOMETHING WE DO WHILE WE SLEEP: research towards the creation of a participatory artwork: the night-visioning a post capitalist society while we sleep.
- Forsøgets hovedspørgsmål: How to include the states of dreaming and sleeping into participatory performance making? How to tap into the potential of this part of our consciousness? Within this overall framework the two main focus of the forsøg are : preparations for dreaming and sleeping. What kind of stimulations and information produces what kind of dream and sleep? What is the impact on the collective experience/consciousness to share the same sleeping space?
- Kontaktoplysninger på teatret/projektet og forsøgets projektleder  
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- Navne og faglig baggrund på de medvirkende

Main contributors:

Jacob Langa Sennek- set designer/ visuelt design, Vera Maeder-choreografer/theater director, Marga Socias-performer and maker with background in sensory theatre, Suvi Lappaenen, performer Finland, Kai Schoppe, t'ai chi teacher and working with t'ai chi of the night/dream Qi Gong, Inge Agnete Tarpgaard, dramaturge and performance maker, Eero Tapio Vuori, director and performance maker Finland, Robert Stejn, Choreographer.

- Tidsplan

Forsøget will be done in different working periods:

October/November at Vestjyllands Højskole ( 2 weeks)

Workshop at Forsøgstationen with Robert Stejn ( 2 days in April 2016)

Workshop at TEAK-Theatre Academy Helsinki with MA students, 3 weeks in April/May 2016

Sharing-seminar and research night by hello!earth 14/15 October 2015 at Forsøgstationen

### Udgangspunktet for forsøget

- Hvorfra kommer ideen til dette forsøg?

The idea derived from a curiosity, to facilitate a collective situations within participatory artworks, where the states of mind while falling asleep and being asleep would be a central part of the work. Especially we are interested in the potential of our mind in dream and sleep states. What can they teach us, what is the capacity of understanding and visioning embedded in these states?

Furthermore we are interested if dreaming and sleeping together in the same space could be a transformative space, as well as a space for visioning together.

And in the fragility of the situation of sharing the same sleeping space and the impact on the collective/way of being together with others.

- Hvorfor ønsker I at undersøge netop dette spørgsmål?

We presume, that the night is a very creative, transformative, and different mental and bodily space to be in, then the day time consciousness. Curious to give that space and focus, both on a level of research how we could facilitate spaces where these less known territories in ourselves can unfold together with others.

The night and dreaming has in other cultures a great value — from dream schools in Borneo, to shamans specialised in dreaming in indigenous cultures, they are a vital part of social life. The night and dreaming has a concrete function, and is part of the collective sphere of society, rather than it is an individual endeavour and process. In this project and forsøg we are drawn to see what kind of different space “the night” can be within our cultural heritage and surrounding. Can it be something else, then a rather materialistic and functional space for “functioning well “ the next day or an individual psychological space?

And how can such collective dream space address and be a response to political and social questions of our time?

- Hvad består forsøget i:

The forsøg is to unfold different aspects of the research questions:

What stimuli, produces what kind of sleep and dreaming?

By working with sensory explorations, text, sounds and kinaesthetic exercises we engage in a quest for evoking liminal states of mind between being awake and dreaming-working with different layers of intuition, visualisation and aware dreaming as embodied process.

Different focus within this:

- how to create situations that make people connect to “source”
- the state of mind between sleeping and staying awake: how to prolong and activate that state of mind?
- the shift of consciousness in between falling asleep and being awake: is it possible to awaken the lucidity of the transition between the two.

What is the effect of spending a night together on:

- the quality of the collective
- is dreaming and collective visioning in dreams possible?

## **Fremgangsmåde**

- Læner I jer op af andre teoretiske og praktiske erfaringer inden for jeres forsøgsfelt? Hvilke?

We draw from our previous experience for creating participatory artworks. Facilitating participatory situations that lead to an extra sensitive state of awareness in the participants as well as awareness of relation to others and surroundings, have been a concern and aspect of it always.

We will create a basic structure for spending one night together. The dramaturgy of the structure is based on the function for the experience the participants go through and engage with. We will not work with narrative, fiction or alike.

Phases and turning point in this structure are:

- the preparation
  - the moment before falling asleep
  - sleep
  - interruption(s) of sleep
- the transition between sleep and waking up
  - the waking up
  - the sharing

For each of the phases we create and test different participatory situations.

- Hvilke arbejdsmetoder har I tænkt at anvende?

Theory:

Reading relevant materials:

- Dreaming, sleeping and dying, Dialogue of Western scientists with the Dalai Lama, edited by Francisco Varela.
- Charles Eisenstein: Sacred Economy

Practice:

Learning and practicing different kind and approaches of dreaming practices: dream yoga/lucidity, dreaming as part of rituals and rituals as communal activity, etc.

Sensorial research : effect of smells, sounds, light, kinaesthetic stimulation/touch, breath  
Impact of different kind of information/text

In each of the research periods, we have 1-4 different versions of facilitating a night, meaning that some of us will be sleeping, others will be facilitating participatory situations in each of the stages of the night.

As basic equipment , we will have mattresses, duvets and pillows. Varying are toothbrushes, tea, food and specific props.

For the research period at Vestjyllands Højskole, there will be in total ca 30 participants from the school for testing the nights. Number of hello!earth artists: 4

In Helsinki, we will have one night for outside guests. Number of students working on the research: 10

The 2 nights workshop with Robert Stejn at is open for everyone, with a number of max 20 participants

The Sharing at forsøgstationen in October is open for ca. 25 participants.

### **Forventninger til forsøget**

- Har forsøget allerede et givent formål?

The forsøg is part of the basic research of the upcoming production: the night-visioning a post capitalist society while we sleep. The research towards the production will continue with a 2nd part, focusing on models of economy and economy/relation between humans and interlink it with the dreaming and sleeping research.

As well as we might generate a method on how to include liminal and half-conscious states of mind in participatory performance making.

### **Formidling af forsøget**

- Har I ønsker om praktisk formidling af forsøget?

We will have a final sharing of the sleeping& dreaming research at forsøgstationen : a night with invited special guests from diverse relevant backgrounds as well as anyone interested, with a sharing of the experience the following day.

We will also open a blog for the research project, which is open to anyone who has been in touch with the project, and intends to build a kind of community around the project on an open source principle.