



Dr. Tomie Hahn: Sensational Knowledge: Find How the Senses Empower,
Make Connections to World, Offer Creativity.



Dr. Tomie Hahn is an artist-scholar who has devoted her life to the understanding of embodied cultural knowledge. Find out how your personal sensory experience uniquely influences your understanding of the world.

TOP EMBODIMENT TIP: Be Present to Yourself and the Senses.

Inhabiting Our Own Sensory World: **The Body is a Field Site**

- The body is a place you can explore like an anthropologist explores a field site.
- Use your senses to discover how you situate yourself in space, how your senses take in the world and interpret it, and how you communicate that experience to others.

Benefits of Increased Sensory Awareness: **Getting Oriented**

- **Sensory information helps us organize and orient**, explore, and heighten our awareness.
- Try a simple exercise of spending a few minutes with a natural object. How do you experience it?

What Sensory Awareness Teaches Us: **We Are Diverse**

- We each inhabit a unique sensory world. Your experience of the world is necessarily different from anyone else's. It follows that nobody else's experience exactly mirrors yours. **We are diversity embodied.**
- Realizing this, we understand that each person has their own experience. This helps us develop empathy - we realize **we can't assume at any moment that someone else has the same exact experience as us.**

Practicing Sensory Awareness: **Daily Practice**

- **Decide every day to practice something.** Set aside time to spend with an object, draw, free write, etc..
- Even 5 minutes of doodling before bed can help you connect inward, and express your experience outward.

Resources

- ❖ **Books:** *Sensational Knowledge: Embodying Culture through Japanese Dance, Arousing Sense* (Forthcoming)
- ❖ **Website:** <http://sensationalknowledge.com/>
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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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