



Arawana Hayashi: Social Presencing



A beginner's intellectual and embodied immersion to the Social Presencing Theater, led by its creator: Arawana Hayashi, a choreographer, dancer, and educator with a deep background in contemplative practices and social justice. During this practice, participants are guided to connect with their body intelligence to reflect in a fresh way whatever stuck they are facing by letting them unfold.

TOP EMBODIMENT TIP: Embrace feeling “stuck” as a reflection tool, a pearl of internal wisdom to be explored.

Social Presencing Theater: It implies a collective knowing and individual practice. It is specifically about groups and how to make visible the wisdom patterns in the group and the patterns that keep us stuck through the (individual and social) body. And it also works with the U theory (a theory of change).

- **Presencing:** A combination of words: sensing and presence.
 - Sensing: With our 5 senses and all the other ways we sense and know our world (individually and collectively). Here, our direct perception serves as a base for care, creativity, and honesty.
- **Theater:** A place where something (significant) becomes visible, where we can enact what it is to be a human being with others on this planet. Here, the body is the tool of visibility and communication, where a community can join in and journal a story.

The Social Body: A living organism that wants to go towards healthiness, towards what is open (just as the individual body), but that is sometimes stuck in a variety of patterns that keeps it from moving towards that direction. However, it has a pearl of internal wisdom that can be explored.

- Being aware of this Social Body makes us more capable of extending out our social antennae to feel the space, the social fabric, the social field (family, teams at work, students, communities, etc). The goal is to establish a healthy social field soil, so that healthy plants, creativity, and innovation can grow.

Feeling “Stuck” is a **part of the creative process that can offer wisdom if it is seen, appreciated, and faced.** By combining it with a practice of body awareness, the body can tell what it wants to do to come out from that unsustainable way of living (stuck is not sustainable); It’s also a system issue: systemic forces, internal and external, are always in the game.

Collective Stuck: To work with the collective stuck it is suggested to see what works better for everybody to achieve a healthier, saner, and more caring organism. **To do so, we can:**

1. Ask each of them to embody their expression of the stuck, creating a group sculpture conformed by the individual part of how they experience the Stuck.
2. See what happens in the way towards Sculpture 2. It is widely recommended to go slowly: to intensify the stuck (appreciate it, settle in their bodies and see what the stuck has to say), then let go, and let it come as they start to move. The idea is to boycott the tendency of wanting to figure out or control the situation.