

# Reflections after several weeks on explorative workshop

How did you explore the room?

For me it was great experience of exploring everything by listening. As a musician I suppose to do that a lot but after our experience I discover something completely different (What did you discover?)

step by step, walking slowly, making noise with zipper hoodie

I was trying to orient via my sound locators (ears)

I chose to follow the edges where I knew where the obstacles would be

Using what tools there is if lacking others

Working with limited features

What other roles did the others take from your perspective?

It was great listening and very interesting way of working together.

ants circlepit

It's hard to say, but for sure some people were louder and someone was quieter

Some were noisy. Some went into a marching rhythm and did not do anything new on their own.

Metaphor

What role did you take in the workshop?

I was a chaos maker

unexpected noisemaker

The role of a silent mind diver!

Survivor

I know the space from several years so I used my inner map and tried to go as fast as I could to the other side of the room. And I did go fast!  
(:

What strategy did you use?

adopt. explore. release.

Actually I was not sticking to some strategy and tried to be spontaneous.

Not sure. Not bump into anyone. Wait to see (hear) what others did

Not sure. Not bump into anyone. Wait to see (hear) what others did

How did you experience the others in the room?

It was great to listen them. I enjoy a lot.

Quite friendly

I was hearing people and feeling their presence, it was interesting in a way because I couldn't define who exactly is near me

Interestingly enough I didn't bump into anyone. There others were also alert and listening

# Reflections after several weeks on explorative workshop

How did the other participants affect you?

It was great listening and very interesting way of working together.

everyone was careful and creative

I felt better and more comfortable understanding that we're all share the same experience

I tried to find contra sounds

How do you think you did affect the others?

I probably mess up a little bit common rhythm.

harmony way

It's hard to say

Don't know

What did you feel during the workshop?

I enjoy it a lot.

discomfort at the beginning, and complete unity at the end

I felt a little bit of confusion at the beginning but then I felt more comfortable and even had something like a psychedelic experience from all that was happening

Curiosity

What role did the community play?

Some kind of conversation

surrounding noise that you should deal with

Il don't know if I understand this correctly, but we indeed felt united in this experience and it enhanced the overall feeling

Not sure

What do you think/feel was the core driving forces of the community?

Love and empathy

the common experience of unexpected circumstances

Our passion to music I would say. When we started to make sounds it all became clear that we all know what to do

Trust and being curious where it would lead

What was the aha moment for you? If you had one..?

Somewhere in the middle I discovered how not important I am. It was a very liberating feeling.

cowbell sound with garderobe stuff

Maybe it happened during the "percussion" performance when we all found some sort of a rhythm and united in it!

Not sure yet

# Immediate feedback after explorative workshop in Tallinn

How do  
you  
feel?

Okay. What is that? Um, so I feel at the beginning afraid. I was really fearful of not watching what I gonna hit and then yeah, adjusting and then, uh, to the new situation. And I was really looking forward to meet someone after, before experience. I was like looking to another person. And then, yeah, when I find my spot, I stick to it and I didn't search for anything else. And then I try to create sound instead of making rhythms. That was my main purpose. And, uh, and yeah. And at the end I was, uh, trying to disappear. That's it. And I, I really enjoyed the music.

Um, at the first five minutes, of course, I was unsure and secure because I couldn't do what I usually do and see what I usually see. So I had to adapt to that. But at some point I got myself, uh, in the field that after like 10 minutes of being blind, I adjusted to that. And actually it helped me to, uh, it helped my mind to, uh, to go on the autopilot, except like this was the new reality, and I could hear and orient myself much better than before. And it was kind of like cool, because usually, um, I use like, uh, side to to see the world understand how it works. But now with the sound, it was kind of like a new experience. And I really liked it, even though at the first place it was, um, unsecure, let's say. But because of the fact that I know this group and, uh, I know the people, and I can feel the, like, sounds, it was still like a, um, welcoming community environment, even though it was, uh, not like I used to. So I really enjoyed it. Cool.

So after I combined, I felt like I'm in other world. It was very nice. It was, uh, um, I felt free. Uh, I was very, uh, interesting about like what will happen. Uh, yeah. Yes. And I have like, I clear my mind, um, with this, um, experience. Uh, it was very, and, uh, the, the most interesting for me experience was, uh, I fought, I was standing there for whole and just, so when I'm just with my scarf, I was like, oh, it was, it was very nice. <laugh> like telepathy <laugh>. Yeah. And I feel like now like, um, uh, like,

Like, like I have, um, fresh, I'm fresh. <laugh> <laugh>. Okay. So, um, for me, the experience was, uh, you know, going into this room after, you know, after outdoors and just taking off a jacket, the switch jacket, and it was like, so, uh, unexpected and fast, you know, <laugh>. But, and, uh, then, then I was like, in this scarf. And, uh, but then at this moment, I understood that after, uh, Cracko and Mal, I'm not really, um, feeling bad about it. I'm not really surprised in a bad way, you know, like, oh, okay. Ah, okay. I wear scarf and go around <laugh>, uh, making noise. Okay. Okay. No, no problem. <laugh>. Okay. Yeah. Uh, and yeah, this was nice. And, uh, uh, I really like listen music, uh, in, uh, with my, uh, blindfolded eyes, you know, like this closed dice. So making music with closed dice is even, uh, um, even more fun. Yeah. So I like it.

Scar, all my eyes. Uh, but it was, uh, soft and friendly when we were walking and exploring the surroundings. Uh, then I checked several sports and found the one, uh, near the chair. And, uh, it was cool to listen to the neighbors that were playing some different, uh, sounds. And then you, oh, okay. There's cops probably, oh, there's a wardrobe. It sounds like a cow bell. It also looks cool. And, uh, it was a cool experience when we were separated the groups. So we, uh, heard how the each group sounds, and then the mix of two groups, two groups and another two groups. And then we are finishing all together. So probably that the really, really cool, cool experience to, uh, create intuitive kind of music with a, I'm not a musician by myself, but I'm a music lover, so I can just imagine how it works, uh, better for the bands just to close your eyes or maybe just take them hands and, and, and start creating. So that, that's a core of creation.

Yeah, I think it's all relaxing to have this blindfolds and don't see anything for a while. And, uh, yeah. And it's nice to us to walk around and, uh, you meet people, but you don't know who they are. And then, uh, yeah, just walking around a bit and the music also looks really nice. Yeah. Thank you.

# Immediate feedback after explorative workshop in Tallinn

How do  
you  
feel?

Marcus  
Facilitator

Uh, for me, I kind of put the, put in the same basket, like understanding the room as a, as a physical room and understanding the room as musicians or people or whatever. Uh, it kind of, they all went the same way for me because I was first starting somewhere from this corner, and then I thought I was on that table, but I was also already there in the end. And then when I was like, what the hell, it's not supposed to be like this <laugh>. And then when I understood that, oh, okay, it's, it's, it's in the end of the room. Then I tried, okay, let's now like, understand the room actually. So I went to this couch and crossed it and uh, like, sort of understood the room room better. And, and I guess the same thing happened when we all started. So it was like, uh, uh, you know, confusion and everybody was, you know, making their own, own very jazzy zones.

Hämta  
mer  
häriifrån

Mm-hmm. <affirmative>, which then come, go together mm-hmm. <affirmative>. And then, uh, like it sort of happened that, okay, now we're in the same rhythm. And, uh, for, for me it was, uh, interesting to see also that there are like, you know, as a, what's the <inaudible> in English? Conductor Conduct, conduct conductor. And that, uh, the tempo changed. So I was playing like six 16 notes at one time. And then the next, uh, time I was playing, uh, uh, eight triplets. So, but the same, same pace, <laugh>, I was like, okay, I can't play faster, so I'm gonna switch to eight triplets or something like this. But already, like, in music terms, but it was, it was very fun how you just, okay, now it's completely different. So I just, and uh, I think that's how light works. So those were triplets. Ah, Return to current position  
Auto-scroll

So you start like, uh, making really teamwork, so to say. And the same situation was at the, with the ending. So nobody know when to end, what to do. And uh, so you just managed that and it was really cool. The same situation was, was interesting for me. Fill in the space and how you like, uh, nobody bumped into each other thanks to this echo locator so called. The only one, um, dangerous situation for me personally was when, um, gk, she took like plugs into her hands, <laugh> and started making, started making some noise with this. So, but thanks God, everything is okay. <laugh>, uh, where is she by the way? <laugh>? Yeah, that's was, so, yeah, so it was a great experience, really. Uh, the, like, the line is, uh, that it's really a team even unconsciously. So that's, that was the main line for me.

Uh, but but the same interesting, uh, thing that I just noticed, uh, about that you were talking. Uh, so when we, when we got like the first task about like choose your sound, like your unique sound or something like that. So everybody start making his own sound. And when we started, like to make everybody like together, like, I don't know, song or some, some sort of this. So you start like making the same rhythm. So who used the voice, start making some rhythm sounds and so on. And so first, so you just, it was unconsciously, I suppose, um, transferred to like one community, starting from unique person, like to, to be a part of community. And even the same when you like, uh, we were, um, comparing like, uh, composing, I don't know, groups, uh, different colors. So you start like making the same rhythm and it was like triplets or something like that.

Mm-hmm. <affirmative> Lou. Yeah. No, but it's hard for, it was hard for me not to participate in a way. <laugh>. I've done not a lot, some similar, uh, things before, so it was a little bit hard, sort of like, I wanna join too <laugh>, why am I here? Um, but no, at first like looked a little bit like zombie mode, but then the more the music came, the more you see the life in the people because first person I can run. So that was the interesting to see like the creating an expression from nothing. Like,

Yeah, I was, um, I was thinking, what is going on in their minds? What are they thinking? Uh, and then I, I was so surprised because maybe some of you that have quite low energy coming in today, <laugh>, and you were the most like, uh, like prolific or maybe like, uh, avid, uh, doers and really immerse yourself into this because it's a, maybe it's, I don't want, maybe it's an easy thing to do. It is a primal thing. It doesn't go through like, uh, a theory of who you are. Something it's like very easy to, to uh, understand or to, to del well into. And some of you picked a very, very, very easy, um, like you could say a Lacey spot and <laugh>, something like that. But then, and, and then I thought the personalities that are like always going the wrong way and being their own person in a group, and you can, you can, you can see it's like, oh, I don't want to do anything.

But they're still like, um, being, uh, themselves without even knowing it, so to speak, <laugh>. So, um, so that was interesting. Psychological things coming up. And also this, uh, this tribal thing was, uh, interesting. Uh, and the root of the music sort of. Uh, so, um, yeah, it's gonna take a while to dissect this and this is maybe how a community works cuz we are building a community. What are the driving forces of the community? Uh, what are driving force forces for the individual in the community? And could we make a, like, some kind of service from this digital, digital product that we can use ourselves. So, um, it'll be helpful to, um, create something. Uh, uh, and it is also, uh, the last thing is I wanna say is like, uh, this could be like the road, like how you create innovation really when you limit yourselves, uh, because, um, nowadays we don't, uh, create innovation.

It's like this almost the same, uh, interventions or the same. It's not really, we have, we haven't got that wow. Intervention that really, really changes our whole lives. That that intervention innovation that, that we've been waiting for, we don't know what it is. But in order to, uh, create something like that, you have to let go of the ev your personality or your everyday thinking, like outside of the box of course, but what is outside the box. So if you remove stuff and then you create from a space like, like, uh, where you were in somehow in that space, I don't mm-hmm. <affirmative>, I don't know what to call that space. Hmm. Yeah. <laugh>. So <laugh>. So, uh, so thank you very much for, uh, pulling up with this, uh, these hours of, uh, playfulness and immersiveness and now you're free to be grown up and to, oh no, your emails <laugh>. So, and to interact and eat

Opening activities

Opening up

Building trust

Sharing

Listening

The transition from one activity to another

The transition point

First minutes

Fear of the unknown

Unsure

Insecure

The adjustment phase

Adapt to the new unusual situation

Being somewhere else than where you actually are

Going from my individual position/perspective to the community experience

Strategy

Create the new experience

So after I combined, I felt like I'm in other world. It was very nice. It was, uh, um, I felt free.

The new situation was liberating

Share the experience afterwards - "That did you experience, what did it experience, did we experience the same or was it different? And who was it different?"

How do we know when to stop?

Start creating an ending on a given signal

And it's nice to us to walk around and, uh, you meet people, but you don't know who they are.

Key finding



People who were tired, beat and unhappy were the ones that most needed the exercises. And the ones that expressed the, selves the most. Unexpectedly.



Key finding

Removing a sense: for example vision



askthescientists.com

### Making Sense of Your Five Senses

Explore how your nervous system and sensory organs create your five senses. Learn the details of hearing, touch, sight, taste, and smell. And why your body depends on your senses.

www.sciencedail...



### Is there a universal hierarchy of human senses?

The accepted hierarchy of human senses – sight, hearing, touch, taste and smell – is not universally true across all cultures, new research shows.



New kind of experience when I removed one tool that I often use but it made me more focused

Sometimes it might be very tiring to use a lot of senses. Then what you can do is to block out some senses.

Focusing on one sense heightens and deepens the experience

Scenario: Musicians in a room blindfolded finding their way creating sounds, to not bump into each other. Then being asked to find a sound interaction with the room that they like and stick to that. Then listening to the others divided into groups of two, then listening to all of the group, then creating an ending together.

Study revealed that cultures which placed particular value on their specialist musical heritage were able to communicate more efficiently on describing sounds, even when non-musicians were tested. Similarly, living in a culture that produces patterned pottery made people better able to talk about shapes.

www.blindfolds....

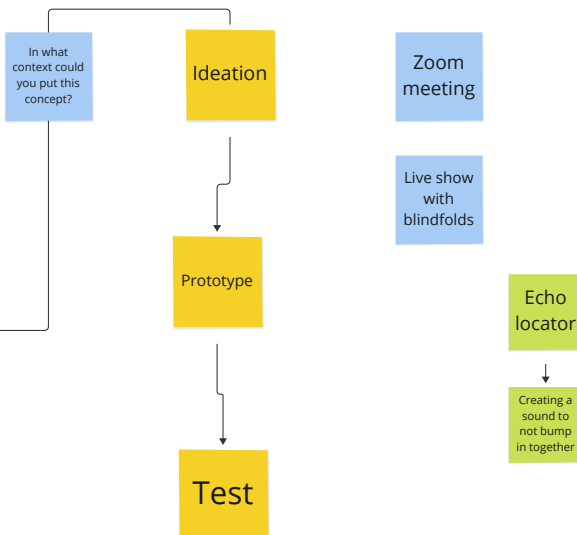


### Blindfold Games

A range of blindfold games kits and blindfold games ideas for you to consider using in your team builds and events. A selection of ideas for blindfold games and team building activities with blindfolds and blindfold goggles and problem solving activities...

Scenario removing vision in a zoom meeting.

We focus more on the voices we hear when we remove the vision. Vision tends to be more invasive and often takes over as the dominant. Removing vision, or vision impressions from the senses can deepen other senses, like sound, immersing in sound, movement, feeling secure not bothering if others see you because everyone is in the same experience.



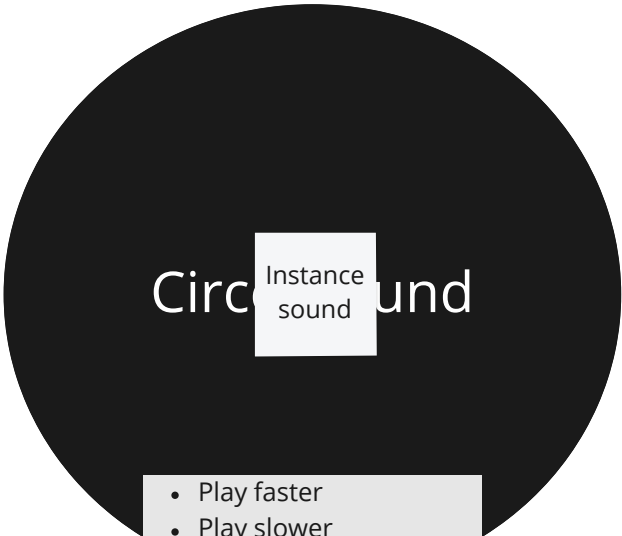
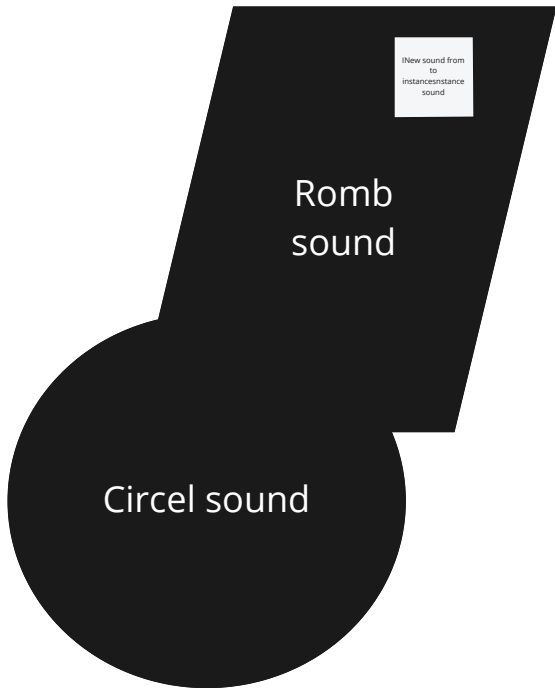
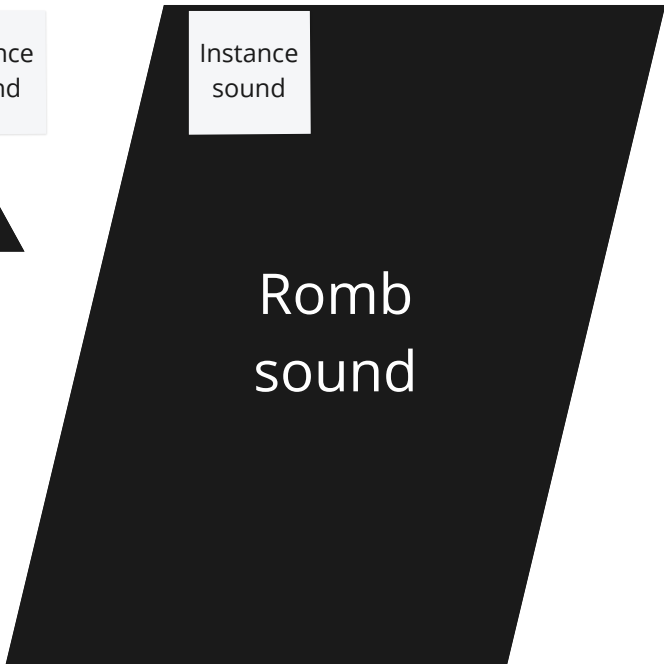
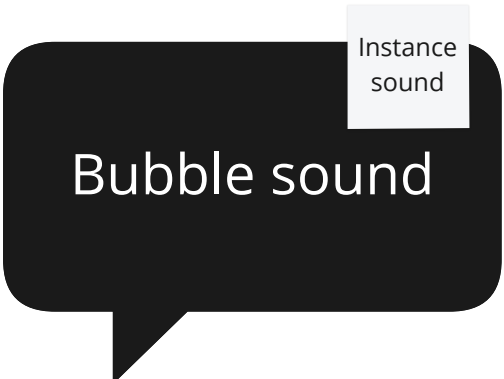
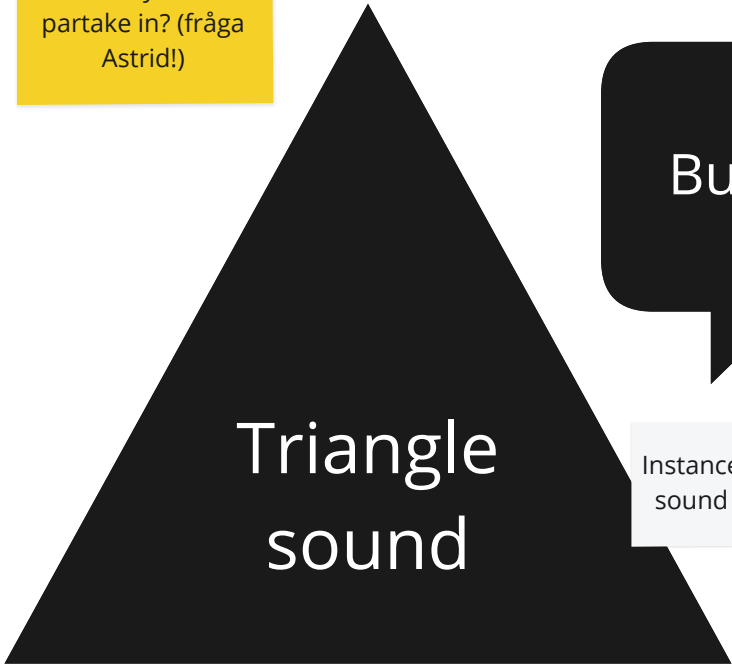
# Key finding

Im provise together without knowing how to play. Create music withoit knowing how to play.

Creating sounds "what is the name of that open scale that everyone can partake in? (fråga Astrid!)"



[www.incredibox.com](http://www.incredibox.com)  
**Incredibox - Pump it up and chill!**  
Incredibox is a music app that lets you create your own music with the help of a merry crew of beatboxers. Choose your musical style among 8 impressive atmospheres and start to lay down, record and share your mix.



- Play faster
- Play slower
- Play parts of the scale/sound
- Play lower sound
- Bend the sound
- Play backwards
- Connect with other sound and make new instance

Instance sound

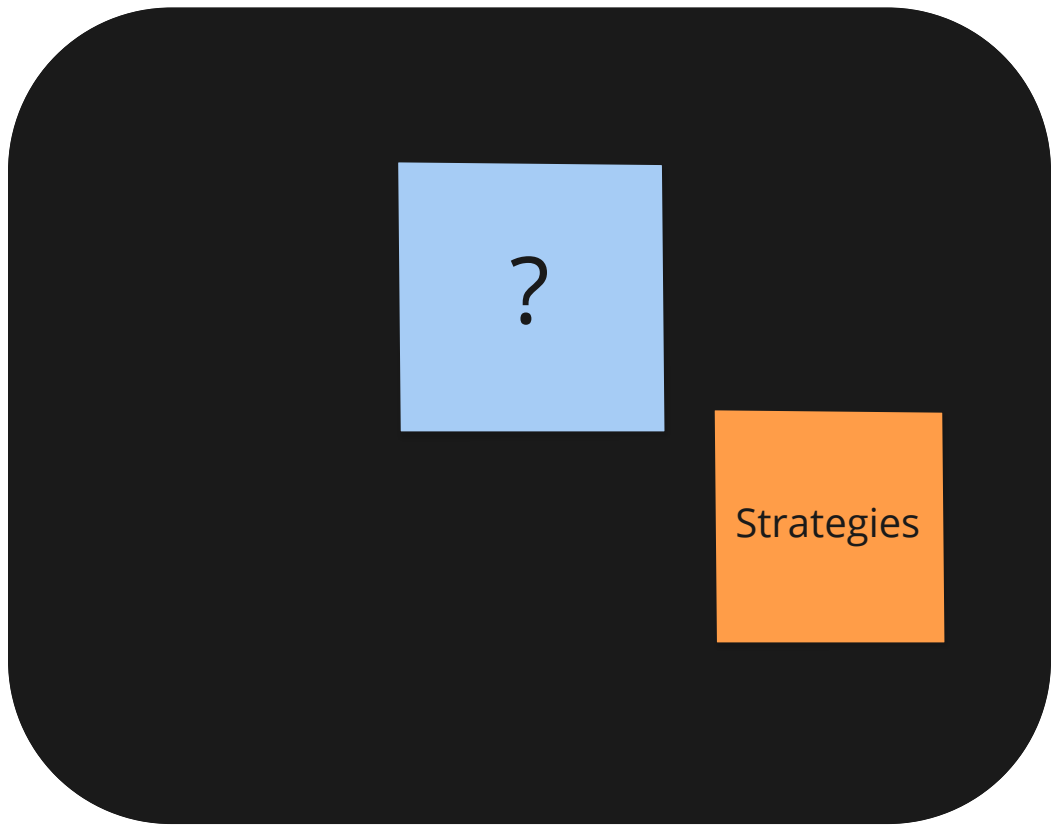
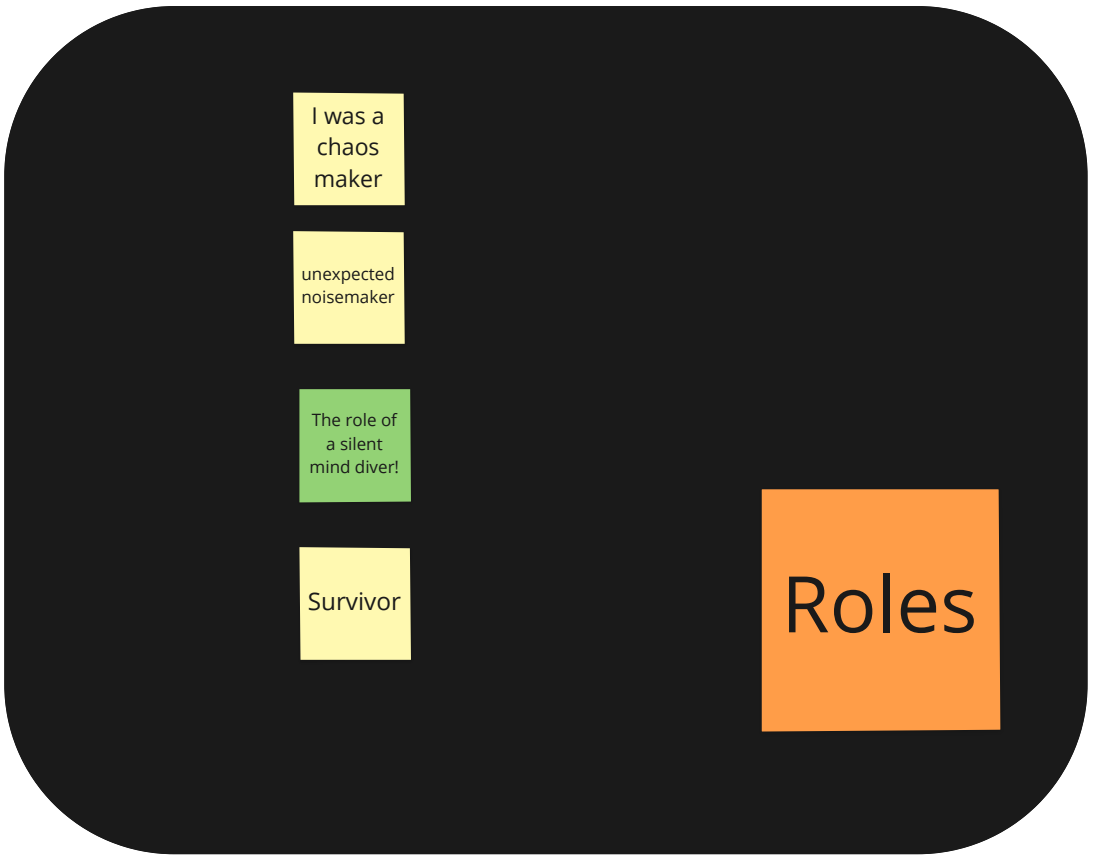
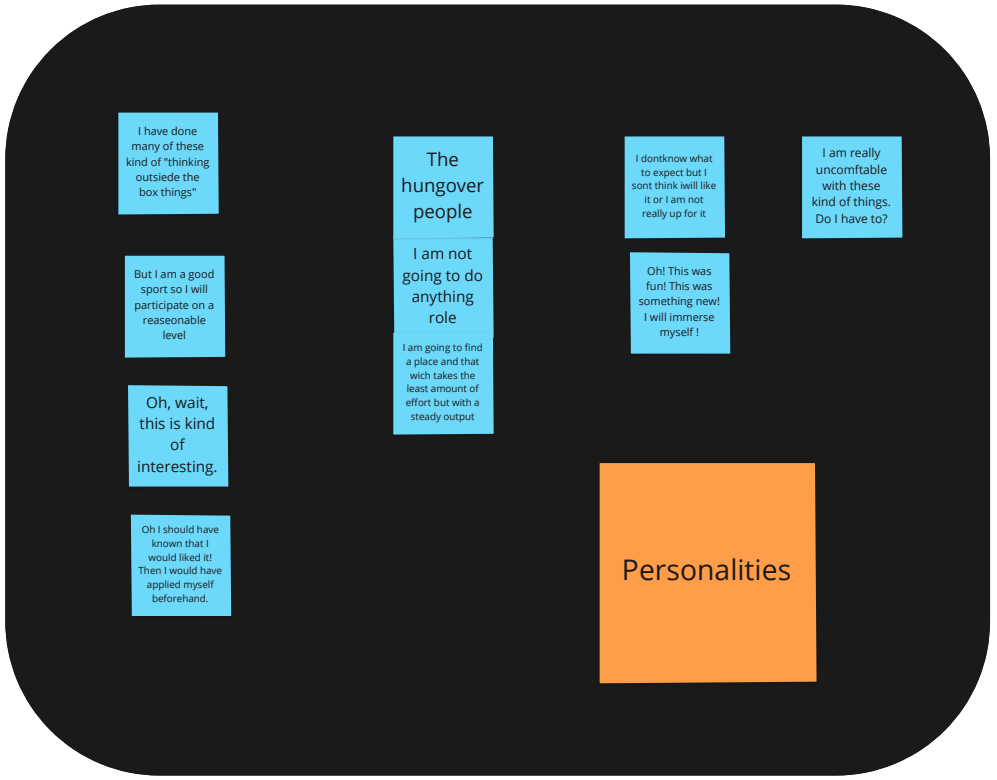
Instance sound

Instance sound

(New sound from to instanceinstance sound)

Instance sound





The question  
to be  
answered still  
is:

What is this communities driving forces?  
From individual driving force to community  
driving force.

The big questions are:

- Should we be the full experience of finding people and engage people in innovation processes and the also provide ways on how to make these innovations, til ideas becomes fruitful?
- Or should we do parts of it?
- Or should we join forces with other organisations and is it about the creavie sector at large and is that a better way to adress the ROOT problem?

- We do not want to educate artists on how to make it/ survive in the music industry by education them into being graphic designers, managers, agents, bookers, conceptual artists, pro minglers etc
- But do we want to educate the artists on how to understand the music business and how it works and where my position is right now?
- And educate artists on how to take care of them selves i a sustainable way
- And being able to change their way of thinking and behaving in order to change themselves and the becoming change agents and then changing the system
- It only takes on person, one idea to change things, but a million failed ones to learn from