

THINK LIKE A FOREST : **Integrating art, science & activism** **in a time of climate crisis.**

A HANDFUL OF RESOURCES FROM THE **LABOFII**

“The new picture of reality that the arts and sciences promise is one of a deeply sentient and meaningful universe. It is *poetic* – productive of new life forms and ever-new embodied experiences. It is expressive of all the subjective experiences that individuals make. It is a universe where human subjects are no longer separated from other organisms but rather form a meshwork of existential relationships – a quite real ‘web of life’.”

Andreas Weber , *Enlivenment: Towards a fundamental shift in the concepts of nature, culture and politics*,
2013 Heinrich Böll Foundation.

“We may see the overall meaning of art change profoundly – from being an end to being a means, from holding out a promise of perfection in some other realm to demonstrating a way of living meaningfully in this one.”

Alan Kaprow, *The Real Experiment*, 1983 Artforum, 12/number 4.

“The State is a condition, a certain relationship among human beings, a mode of behavior, we destroy it by contracting other relationships, by behaving differently toward one and other... We are the State and continue to be the State until we have created the institutions that form a real community...”

Gustave Landauer, in Lunn, Eugene *Prophet of Community*, 1973 Univ. of California

INTRO

These are some resources that we have collected together based on things we touched upon during the course on Vallisaari. There are web links embedded in the text and some of the resources are also available as pdf that we will put up on the course [blog](#) .

ARTACTIVISM

ACTIPEDIA

[Actipedia](#) is an extensive inspiring resource of documentation of creative forms of activism old and new. It is a joint project of the [Center for Artistic Activism](#) and the [Yes Lab](#) and is an open format for sharing your actions too !

You can search by issue, from [science and technology](#) to [animal rights](#), [Natural resources and energy](#) to [revolution](#). Or by medium, from [Performance](#) to [writing and manifestos](#).

Beautiful Trouble

[A free web site](#) and book, co written by dozens of world wide Art Activists (including the LABOFII) filled with [tactics](#), [principles](#), [theories](#) and [case studies](#) put together via relationships in a pattern language so you can flow from one to the other, a great resource.

The book is now in 7 languages including German and Turkish. [BEAUTIFUL TROUBLE: Handbuch für eine unwiderstehliche Revolution](#) and [Bela İyidir: Devrim Kılavuzu](#)

The Laboratory of Insurrectionary Imagination (LABOFII)

JJ wrote a kind of poetic bibliography of art activism that is a useful resource of books and inspirations *In The Footnotes of Library Angels* [here](#) and pdf in library

For those of you who want to see one of our similar talks, [this is the video of one](#) we did in the Basque country in 2015 for the festival ACABAR CON EL MAL

DEGROWTH and ART ACTIVISM [This is an article by JJ about the role of ARTIVISM](#) in the degrowth movement.

This is a [good interview with us](#) that links art activism and permaculture, it also appeared in the book [Art & Activism in the Age of Globalization](#).

[Here is a conversation between us and Rob Hopkins](#) (a British permaculturist and inventor of Transition Towns, a permaculture influenced movement for towns to face peak oil and climate change).

A little free book looking at art, activism history by JJ and art historian Gavin Grindon that is translated into numerous languages including German. *A Users Guide to Demanding the Impossible*, Grindon & Jordan, Minorcompositions, Autonomedia. [The web site with all translations](#). (pdf's in library). Gavin Grindon also wrote this short article which is a great intro to art activism [The art of protest](#) .

This is our letter to refuse to take part in the Kremz festival in Austria, due to the incoherence between the 'aims' of the festival and the sponsors, which explains a lot how we try to merge ethics and aesthetics, and how we attempt a certain coherence between what we think and how we act in the world: [An open letter in the dark](#) (also in pdf library)

If you want to stay in touch: [info @ labofii.net](mailto:info@labofii.net), and our [FB group](#), [Blog](#) and [@labofii](#) on twitter. IF you are on facebook you can also befriend us individually of course.

LIBERATE TATE

A collective doing unauthorised performances in the Tate Gallery. Launched by the LABOFII after the Tate Museum tried to censor us, [Liberate Tate](#) successfully forced the Tate to drop fossil fuel company sponsorship following 7 years of actions and campaigning.

[This is a lecture and slide show by JJ](#) showing some principles of beautiful trouble in the work Liberate Tate.

THE YES MEN

[The Yes men](#) are the fabulously funny duo who we saw in action at the Tampere world conference on textiles, pretending to be the WTO with their gold leisure suit ! They always pretend to be from the corporations we hate, and get away with it using their over-identification techniques. They even made an online [cookbook](#) for learning to do what they do !

THE YES MEN FIX THE WORLD film. Here is a [link](#) for downloading.

REVEREND BILLY and the CHURCH OF STOP SHOPPING

[Rev Billy](#) is the Infamous “preacher” who was banned from “All Starbucks of the known universe” for a sexual act on a coffee machine and years of invading multinationals with his wild church services against consumerism. *What Would Jesus Buy* is a feature film about Reverend Billy and his actions against shopping, [the entire film is here](#).

THE SPACE HIJACKERS

Sadly they no longer exist, but [The space hijackers](#) were a bunch of anarchists trouble makers who found extraordinary ways to retake public space in London for over fifteen years.

YOMANGO & ENMEDIO

[Yomango](#) were collective who tried to make [shoplifting an art form](#) and much cooler than fashion. The artists from this collective were very influential in many joyful actions against consumerism and the housing and banking crisis in Spain, and continue to be so via [enmedio](#). See this [very funny short lecture](#) by Leo Martin, a key member of the collective. We watched the video of their [party in the bank](#) during the course.

ZTOHOVEN

[Ztohoven](#) are a Czech group hacking reality with their “media sculptures” including the Czech Parliament and live TV [weather forecasts hack with a fake nuclear bomb explosion](#) which also won them an art award !

TOOLS FOR ACTION

[Tools for action](#) are a German based art action collective, who have developed lots of inflatable sculptures to take the streets and lots of space and confusion for the cops.

BRANDALISM

[Brandalism](#) are an international collective that has the fine art of being able to get into advertising bus stops, using allen keys, to replace the adverts with something better and more poetic.

A very good resource for SUBVERTISING and great writing about ANTI CONSUMERISM is the magazine [ADBUSTERS](#) (see also Finnish VOIMA below).

WHIRLMART

[Whirl mart](#) was invented by a US collective in 2001. The action was so simple and easily replicable, it spread to numerous countries and was performed simultaneously on the first Sunday of every month. When confronted by security the participants would say “they were still looking for something to buy.”

The Hacked Nazi March

We watched this on Vallisaari too, [The hacked Nazi march](#) where nazis end up marching for charity against nazis. A great example of putting your enemy in a dilemma position – you win whatever way they react !

The Centre for Political Beauty

[The Centre for Political Beauty](#) are a controversial group based in Germany, doing spectacular performative and media actions around migration. We saw their [project which stole the crosses](#) commemorating the dead from crossing the Berlin wall, and moved them with exiles and migrants to the fences of fortress Europe.

Jari from Voima sent us some Finnish art activism examples below:

Loldiers of Odin

We watched some of the sons and daughters of the Labofii's Clown army, the Finnish Loldiers of Odin, one of the most fun and effective piece of recent art activism in Finland. This is pretty much the [best video](#) of their actions. They can be found on [facebook](#).

Then there is also have Riikka Yrttiaho, who [registered the Soldiers of Odin trademark](#) and startet to sell pink unicorn patches with their name.

Sampsa

Street artist Sampsa has been interested in creating change with his art. His first exhibition launched a Commons Sense in Copyright Law petition for the Parliament. He managed to collect needed 50 000 signatures for the petition and the parilament did have a vote on the issue.

<https://torrentfreak.com/finland-writes-history-with-crowdsourced-copyright-law-130722/>

He's also spent a lot of time in Paris:

https://motherboard.vice.com/en_us/article/qkv8zw/paris-censored-anti-copyright-street-art

Sampsa has an exhibition right now : <https://www.facebook.com/events/159387138233577/>

Häiriköt-päämaja/Voima-magazine

Voima has been doing subvertisements since 1999. The most interesting thing that has happened in the past few years is that the subvertisements are now included in the curriculum of Finnish schools. Voima members have been teaching teachers and students quite actively.

Jani Leinonen

Leinonen has been playing with brands and such for years. In Budapest, his exhibition looked like a fast food restaurant and had different cues for the rich and the poor. The topic of the exhibition was homelessness and poverty.

<https://publicdelivery.org/jani-leinonen-hunger-king-budapest/>

And here's Leinonen's take on Tony the Tiger:

<https://www.youtube.com/channel/UCtiyxVeXyURJ3Aukxk0-ZTQ>

ART AND SCIENCE AND ACTIVISM

There are numerous groups trying to bring art and science together, Mari and Kira are part of the Finnish organisation [BIOart society](#). There are also an increasing number of artists working on the issue of the Climate Crisis, see this blog [Artists and Climate Change](#), that collates these practices. But very few bring in the third element that we think is crucial, activism. For the Labofii the idea is to go beyond representation and observation and find a way of merging these disparate disciplines to find solutions and actively block the sources of the problem. We think merging art, activism and science is one of the keys to the future, a new adventure that just began at Vallisaari, if you find any other examples, please do pass them our way.

CRITICAL ART ENSEMBLE

One of the most infamous collectives to do this is the [Critical Art Ensemble](#), who since 1987 have developed projects that transgress limits of science, art and politics and exploit art as an agent of chaos that provokes the authorities everywhere they go. Their works have ranged from dealing with hacking, HIV cures, surveillance, data collection, genetically modified food, the Human Genome Project (CoNE), reproductive technologies, genetic screening, nuclear bombs and transgenics. See [this talk](#) where Steve Kurtz (one of the founders), explains their project [Radiation Burn](#), which used theatre in public space, a fake nuclear bomb and a nuclear physicist to show the fairytale nature of the dirty bomb myth.

Kurtz was infamously arrested (following the unconnected and unexpected death of his wife) for buying bacteria and playing with it. [This site tells the dark story](#) of how the FBI viciously attacks artists and scientists who blur the boundaries.

The seven books Critical Art Ensemble has published and other printed materials can be found free of charge on [their web site here](#).

Mel Chin

“If Michelangelo takes a block of marble and starts to make a David, he carves it and carves it. The art is this idea transformed into reality. But what happens if your material isn’t marble, but a toxic, dead medium—earth that can’t sustain life? Scientific process, not artistic process, has to be the tool. To take that soil and make it live again, to sculpt a diverse ecosystem from it — that to me is beautiful.” Mel Chin

We talked during the course about the 1991 art and science project *Revival Field* by [Mel Chin and Dr Rufus Chorney](#), using [bioremediation plants](#) to clean heavy metals from a toxic site. Mel Chin said that the project was “a way of thinking about how the relationship between art and science cannot just be about application of a principle in an unusual way. Either way, from art to science or science to art, it can build bridges to achieve a mutual dream of something not formed before.” *Revival Field* was started not as a way to apply science and knowledge to art, he said, but rather to create a science.

At the time, neither the U.S. Department of Agriculture (USDA) nor the Environmental Protection Agency (EPA) were allowing such research to take place, he said he was told by Dr. Rufus Chaney, a senior research agronomist at the USDA, who had done some work on the topic but didn’t have enough funding to continue. Ironically the art funding caused a scandal for Mel Chin's notion of [“an invisible aesthetic”](#) according to one of the funders the project sounded more like “science fiction” than art. [20 years on, Revival Field has become a classic model for the partnership of art and environmental](#)

[science.](#)

Mel Chin's recent project looks at detoxifying the lead contamination in New Orleans following hurricane Katrina, which poisoned over 50 percent of the children in the city. [The project involved children across the country.](#)

RADICAL MYCOLOGY

Mushrooms are now being experimented extensively for Bioremediation (mycoremediation). A key group working on this, that defies any reductive definitions of artist, activist and scientist is [Radical Mycology](#) who claim mycology is a neglected mega science and want to build an ecologically-conscious, solutions-oriented, and non-discriminatory grassroots movement of applied mycology practitioners. They use mushrooms to clean toxic sites (see Paul Stammets below) and heal human bodies. Their work was shown in Geneva with other artists using bioremediation, [La Sémiosphère du Commun](#), linked to the [Utopiana](#) residency which has an art, science and activism tendency. [This video documents the exhibition.](#) They have a [webinar series](#) where you will learn about seeing and working with fungi. There is a whole section on lichen, their relationship to forest and the beginnings of life.

NATALIE JEREMIJENKO

Natalie Jeremijenko blends art, engineering, environmentalism, biochemistry and more to create real-life experiments that enable social change. Her background includes studies in biochemistry, physics, neuroscience and precision engineering. Jeremijenko founded and directs the *Environmental Health Clinic*, which re-defines what health is, framing it as connected to the external polluted world and a collective responsibility, and develops prescriptions for citizens to remediate local environments and coordinates diverse projects that seek to radically shift our relationship to natural systems and other creatures. It inspired similar [public interventions with citizen scientists](#) in Barcelona. This sizeable body of work (all prefixed with her hallmark 'x' for experimental design) has pioneered a form of public art that engenders collective action and measurable environmental gain. [A talk about her work is here.](#)

Helen Mayer and Newton Harrison

Pioneers of the eco-art movement, [Helen Mayer and Newton Harrison's](#) wide-ranging practice has been dedicated to creating art that benefits the ecosystem since 1969. Throughout their long collaboration, they have worked with everyone from biologists and architects to urban farmers, exploring creative

ways to protect biodiversity and connect communities. Using the tools of the scientist and the cartographer, the Harrisons have also created detailed mappings of the effects of global warming on regions around the world, raising awareness and impacting public policy with their work. Their project [The Center for the Study of the Force Majeure](#) brings together artists and scientists to design ecosystem-adaptation projects in critical regions around the world to respond to climate change.

STRATEGISING & ORGANISING

Collective work

Both these groups have a load of resources, tools about collective decision making, facilitation, anti-oppression and diversity, group building, hand signs, etc.. [Training for Change](#) (US based) and [Seeds for Change](#) (UK based). There is also a similar group in Germany with all these tools in German: [Skills for Action](#).

The Empowerment Manual – a great guide to working in groups with loads of examples from Starhawk's own life will be put on the resource page.

'Violent' and 'Non Violent' struggle

[Starhawk](#), one of our teachers, witch, activists, writer and permaculturist wrote a [great essay](#) (also in pdf library) on rethinking non-violence and moving beyond the dichotomy of violence and non-violence.

This blog around Non Violent forms of resistance has some great news and a column on [the art of protest](#).

A Ward Churchill's book [Pacifism As Pathology](#) can be downloaded for free. He argues that pacifism is non revolutionary and helps the status quo.

The ZAD and other autonomous territories

The liberated territory of 1650 hectares against an airport and its world where the LABOFII is now based and which was presented at the Perpetuum Mobile in Helsinki. For those who missed it here is [the live stream](#).

A short booklet about life on the zone, written in 2015 by people who live there. The english version is [Defending the Zad](#). A text JJ wrote about the evictions which preceded our arrival

in Finland [The Revenge Against the Commons is here](#) .

Two short films made by telsur TV about life on the zad [are here](#) .

And a longer film by artist Oliver Reissler [can be found here](#). For updates in english check out our [blog zad for ever](#).

Art historian TJ Demos author of *Decolonizing Nature: Contemporary Art and the Politics of Ecology*, Sternberg Press, 20016 (which features the LABOFII) recently wrote an article in e-flux: [The Great Transition: The Arts and Radical System Change](#) which includes the zad and Standing Rock indigenous water protectors.

We often mentioned the Zapatistas, indigenous rebels and their autonomous territory of 60,000 families in Chiapas (Mexico), whose poetic writings redefined revolutionary practices. They are a big influence for the zad and us. This 2016 documentary film [The People Without Faces](#) tells the story of their rebellion for land and dignity.

THE WORK THAT RECONNECTS

[This is the work of Joanna Macy](#). She explores the need to acknowledge pain and grief in the face of ecological and social crisis. We used a few of her exercises, such as the open sentences and the conversations with ancestors. She calls the methodology [The work that reconnects](#) and merges system theory, Buddhism and activism. This is her [facebook group](#).

PERMACULTURE

The LABOFII tries to use Permaculture design in its life and work. We had a tiny intro during the course including the attitudes. Permaculture the design system that learns from the ecological systems. For a good introduction to Permaculture see co-founder Holgrem's short essay [here](#).

For the Permaculture principles see <https://permacultureprinciples.com/> and the LABOFII publication: [13 Attitudes](#).

Dancer Nala Walla has written a short essay [THE EMBODIED ACTIVIST: Where Permaculture Meets the Arts](#) about learning permaculture theory through the body, for actors and dancers. She writes about ritual, Meridith Monk and improvisation as earth activism.

THINKING LIKE FOREST

How trees 'talk' to each other

Suzanne Simard is a professor of forest ecology and leader of The Mother Tree Project. Her work has tested theories about how trees communicate with other trees. She uses radioactive carbon to measure the flow and sharing of carbon between individual trees and species. [This is the TED talk](#) which we never had time to show as the sauna lured us away !

Fungi can save the world

We talked a bit about mycelium and fungi, Paul Stamets is one of the world's biggest promoters of the art and science of growing mushrooms to save the earth with. His book [Mycelium Running: How mushrooms can save the world \(pdf here\)](#) is a handbook for everything related to fungi, from healing ourselves with to clearing radiation with. His 20 minute slide talk about 6 ways mushrooms can clean pollution, make insecticides and treat flu [amongst other things is here.](#) His longer talk full of great stories about the the whole history of mushrooms and their power, *Mushrooms, Mycology of Consciousness* [is here.](#)

THEORIES

How a small action can change our worlds

After Hannah's incredible Quantum Mechanics lecture, we mentioned the similarity between the unknowable nature of quantum and the unexpected nature of social change, which is summed up in a beautiful short book by Rebecca Solnit, that shows how the results of our actions are always unexpected and how hope as a commitment to act in a world whose future remains uncertain and unknowable. Hope is sometimes not knowing what will happen next.

Read it when you feel the darkness of the world is too much. If there is one book in this resource pack to read, let it be this one. Rebecca Solnit. *Hope in the Dark : Untold Histories, Wild Possibilities.* Haymarket books, Edinburgh. 2016 (the pdf is on the blog)

The Invisible Committee

When we talk about the idea that freedom is constructed through the ties and relationships with have

with worlds, rather than the idea of being free from constraints, our influences include *The Invisible Committee*. They also talk about the idea of deserting the system, blocking infrastructure, that all friendship is political, that we have to go beyond individualism and the greatest art is paying attention to worlds:

All their books are available online Most in English - other languages also available on their site)

CALL ([English](#))

The Coming Insurrection – [English](#)

To Our Friends – [English](#)

Situationist International (SI)

Perhaps one of the most important groups to have influenced the *LABOFII* and also *The Invisible Committee*, the SI defined themselves as the last specialists, neither activists nor artists but living a revolutionary life now where art and revolution, play and politics became one. Growing out of the surrealist movement their radical ideas about art, everyday life, pleasure, spontaneity, the city, consumerism and the society of the spectacle become more and more relevant as time goes on.

A good introduction to the SI is Stewart Home, [What is Situationism, a reader.](#)

One of the best overviews of their ideas and actions is Sadie Plant's, [The Most Radical Gesture: The Situationist International in a Postmodern Age.](#) (all in Pdf Library)

A full bibliography with links to all the key texts by and about the SI is [here](#).

A playful book that traces the forgotten history of art, politics, fun and music from Dada to the sex pistols, via Situationism and many other stories: Grail Marcus, [Lipstick Traces: a secret history of the 20th Century.](#)

ISABELLE STENGERS - chemist, critical philosopher of science.

Isabelle Stengers has a fabulous critical view on science our views of nature and activism, she was one of the inventors of the term Gaia. Her pragmatist concepts are applicable to art, science and activism. Her article [Reclaiming Animism](#), which speaks of magic, science and 'bridge making' between disciplines is relevant to our course.

A video of her mind bending lecture [Cosmopolitic: Learning To Think With Sciences, Peoples And](#)

[Natures](#) is here. This is the pdf of her book [Capitalist Sorcery: Breaking the Spell](#), which proposes a political 'magic' capable of creating new possibilities. The 'magic' is all in the technique, and the technique is all in relation. It is veritable toolbox for an anticapitalist politics of collective empowerment.

Andreas Weber - biologist and cultural theorist

We sent you the pdf *Enlivenment*, which you can [download here](#) if you lost it. Its ideas were central to many of the ways we thought about framing the course, highly recommended reading. According to Andreas Weber, our mono-cultural worldview is literally preventing us from understanding the deeper causes of our multiple crises. Weber gives us a glimpse of the different scientific paradigm now coming into focus. He calls it “Enlivenment” because the new sciences are revealing organisms to be sentient, more-than-physical creatures that have subjective experiences and produce sense.

Fritjof Capra - Physicist, system theorists and deep ecologist

After Hannah's lecture on Quantum physics, where she said that it was impossible to understand, we had some discussions about whether eastern philosophies and mysticism, and the notion of soul, could be a way of understanding the mystery of quantum. Physicist, system theorists and deep ecologist Fritjof Capra has been a big influence on the Labofii, partly because he writes in a clear and lucid way for non scientists like us ! His best selling book [The Tao of Physics](#) makes exactly this link between quantum physics and mysticism.

His later books try to apply quantum theory to other disciplines and from it emerges what he calls “the systems view of life”, a new science of qualities rather than quantities, seeing the life no longer as a machine of separate parts, but a network of inseparable relationships. According to Capra this perceptual shift from objects to relationships must inform the way we change the world. In his book [The Web of Life: A new understanding of living systems](#), he develops a new scientific language to describe interrelationships and interdependence of psychological, biological, physical, social, and cultural phenomena. (A shorter [essay synthesizing his ideas is here](#)).

His beautifully clear lecture about this unified vision of systems theory, pattern thinking, webs of life, self generating forms of living networks, mind as a cognitive processes and the end of the Cartesian mind/body divisions, [can be watched here](#).

UTOPIAS

Isa and JJ's book/ film project *Paths Through Utopias*, was the result of a journey through 11 utopian spaces in Europe, from anarchist schools to occupied factories, permaculture farms to squatted

villages, the book is only in french, german and korean sadly ! But the fictional documentary film that came with it is [available to view for free here](#) with english subtitles.

Gustave Landauer

Philosopher, art critique, anarchist and utopian. His ideas about founding revolutionary communities are still as relevant as they were in the turn of the 20th Century when he was writing them.

For more on Landauer's [philosophy about radical community](#).

Murray Bookchin and Social Ecology

Bookchin's theory of social ecology is a key influence for the LABOFII, because he sees all 'ecological issues' with their roots in forms of domination between human beings and calls for an ecological, feminist form of communalism. We have put a short essay that defines his ideas and a few books about him etc. in the library. This is a pdf online of a key book of his: "[Social Ecology and Communalism](#)".

Ecofeminism

Ecofeminism is an approach that sees critical connections between the capitalist exploitation of nature and the domination over women. As Mies and Shiva explain, ecofeminism aims to "address the inherent inequalities in world structures which permit the North to dominate the South, men to dominate women, and the frenetic plunder of ever more resources for ever more unequally distributed economic gain to dominate nature..."

Some key texts (all in pdf library and links) are:

Mies Maria, Shiva Vandana, [Ecofeminism](#), Zed Books, London 1993 which reclaims nature as a living form.

Merchant, Carolyn, [The Scientific Revolution and the Death of Nature](#), is an extensive and shocking history of how science (and patriarchy) turned nature into a dead form to be tortured "for her secrets".

Starhawk, our friend, anarchist witch has some great books including – [Webs of Power](#), an eye witness account of the alter globalisation movement via an ecofeminist frame. (in pdf library too)

A mixture of Social ecology and ecofeminism is through the work of Chaia Heller, her book: *The Ecology of Everyday life: rethinking the desire for nature*, Black Rose Press, 1998. Here is an interview with her about the book [Ecology, Desire and Revolution](#). (in pdf library too)

THE ART OF PAYING ATTENTION

In the LABOFII we have always been uncomfortable with Western definitions of art, as something separate from everyday life and something that gives the monopoly of creativity to artists. As Joseph Beuys said, “everyone is an artist”. In Balinese culture, like many other non western cultures, they say “we don't have a word for art, we just do everything in the best possible way we can.” Alan Kaprow the 'inventor' of the term 'happenings', a form of performance where there was not division between audience and performer, wrote that “Art is simply paying attention.”

“A certain discipline of attention” is how *The Invisible Committee* describes communism, in their manifesto [CALL](#), which celebrates a radical exodus from the metropolis. To “pay attention” to the world is *communicating* with it, its a tool against separation and distraction, its a weapon of reciprocal relationship. It means observing the world in the same way an artists observes her material, the cook his ingredients, the dancer her gestures, the gardener her seeds, the hacker her code. Its an act of focused sensing, not just with the eyes, but with the entire sensible mind and body. Alan Kaprow might have called this 'art', but Bhuddist call it “mindfulness”, neuroscientists “direct experience”, christian's “contemplation” and in arabic it is know as “sabr” - a key practice of islam. This surrendering to the present moment that seems to be a central ritual practice of human society, bypasses the existential ego of the self and overcomes the anxiety of past and future. In such a state we can experience information coming into our senses in real time, we pay attention to the world once again.

In *The Guide book for Alternative Nows*, we wrote an article which talks about this idea of the art of attention. The [book is free here](#). And has numerous relevant articles for the course.

Alan Kaprow

His fabulous book of *Essays on Blurring boundaries between art and life* can be [downloaded here](#). The essay entitled The REAL EXPERIMENT and the other essays he wrote in the 80's are the most relevant to redefining art and notions of attention.

Sit Spot

This is the permaculture practice of observing nature that we did, where we try to observe and connect to the natural world from a perspective that is different from the one that normal activity allows. For more information see this [site here](#).