

NOF toolkit No one Forgotten Practice Hope Art 08

Title: "TOUCH AS DEEPER FEELING" (SENSES AWARENESS)

Duration: 30 minutes

The aim of this activity is to become more aware of the sense of touch. As in any theatrical performance when the actors and other artists start working, they need to get to know each other but in a more substantial and holistic way. We can only succeed by consciously using our senses. In the following exercise we examine the connection through the sense of touch.

Step 1: Make a circle (either sitting on a table or on the floor). Everyone offers their palms to the participants on their right and left side. Left palm faces the ceiling, right palm faces the floor. All the participants involved look into each other's eyes.

Step 2: After 3 minutes the participants close their eyes. Concentrate on the invisible network that connects us through the palms. Stay there for 3 minutes. Share what you have observed.

1. In their bodies (for example, heating/sweating/trembling/ feeling cold, etc.)
2. Possible feelings arising
3. Possible thoughts forming

Reflecting procedure: 10 minutes

Important notice: The awareness is focused on the palms observing differentiation in the bodies while this current penetrates everyone and flows from one person to the other through the sense of touch and specifically by using palms.

- Palms are spots in the human body where energy flows in and out easier. The key is to send our awareness to our body and retain a calm breath.
- This way we begin to get to know the artistic team's "collective soul".

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