



Meta-Me~ Dispensing of, Reclaiming and Reframing My Existence

Laura White
Capstone Synthesis,
Creative and Critical Thinking,
Spring, 2019

Action Research in Hindsight

- ◆ A qualitative summary of years of noticing, doubting, pressing on, developing higher level thinking and sophisticated habits of mind.

Action Research in Hindsight



My Reasons

- ◆ To embody confidence in my healing & personal development.
- ◆ To gain perspective on my thoughts and thinking habits throughout my life, from early childhood to today.
- ◆ To affirm the connection between mind, brain & body through my experience.
- ◆ To find ways to articulate the connections between performance art and academia.
- ◆ To help my academic colleagues validate the body as a way of gaining information and knowledge.
- ◆ To follow my intuition, a new foray for me.

Action Research in Hindsight

- ◆ Evaluation Clock that ensures I am on my planned course

- ◆ Intersecting processes to account for the significant thoughts and beliefs that carried me through life passages to this moment, here, today.

- ◆ Socratic Inquiry from a skeptical point of view.

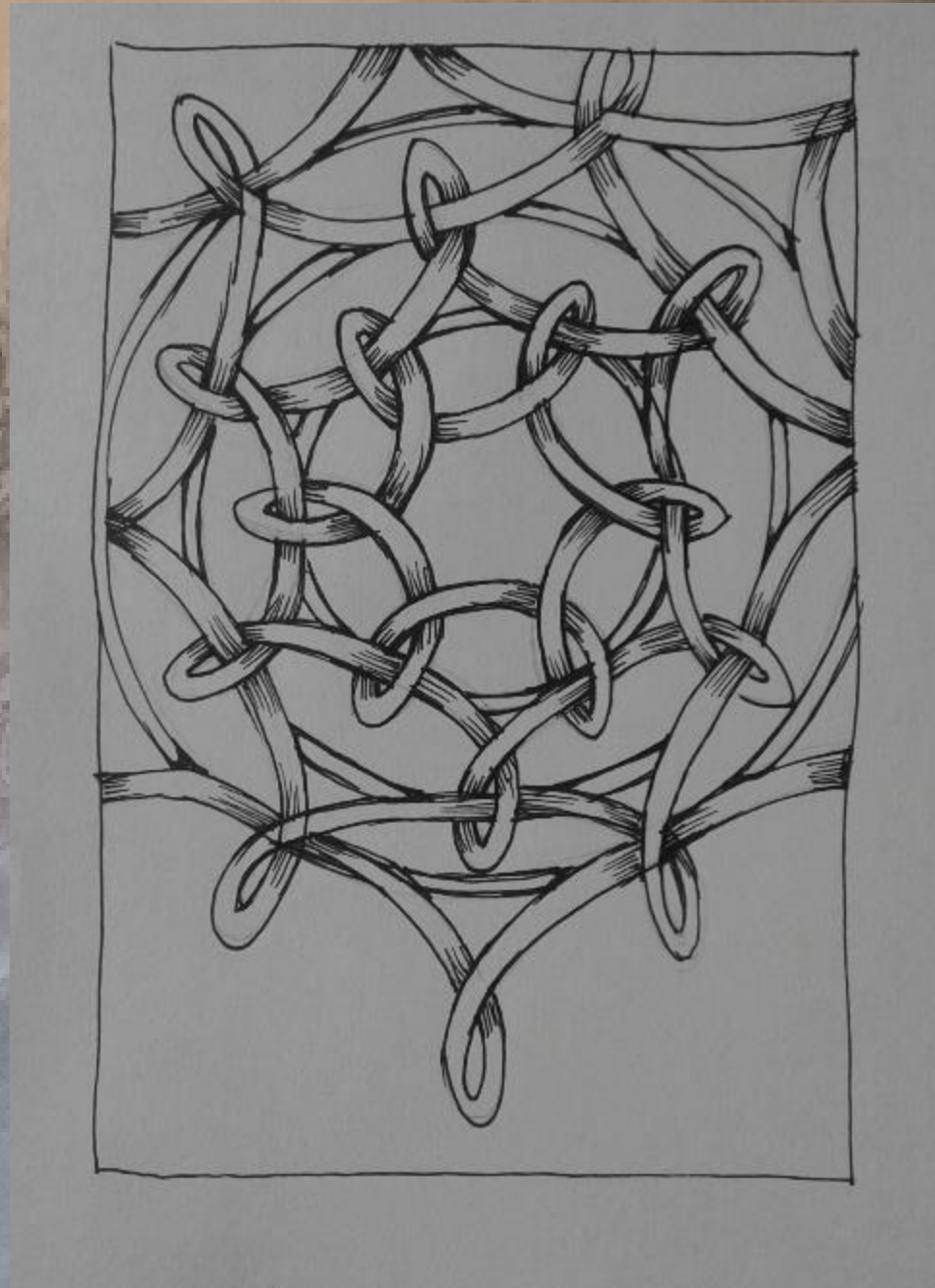
- ◆ Metacognitive Tools & Instruments, including a Mind Map to trace how I got “here.”

- ◆ Clarification of terms as applicable to my personal experience.

- ◆ Integration of principles in programs beyond my graduate courses that contributed to my holistic transformation.

- ◆ Anticipation of Critical Thinking in my future art studio practice, vocation, and participation in community.

Action Research in Hindsight

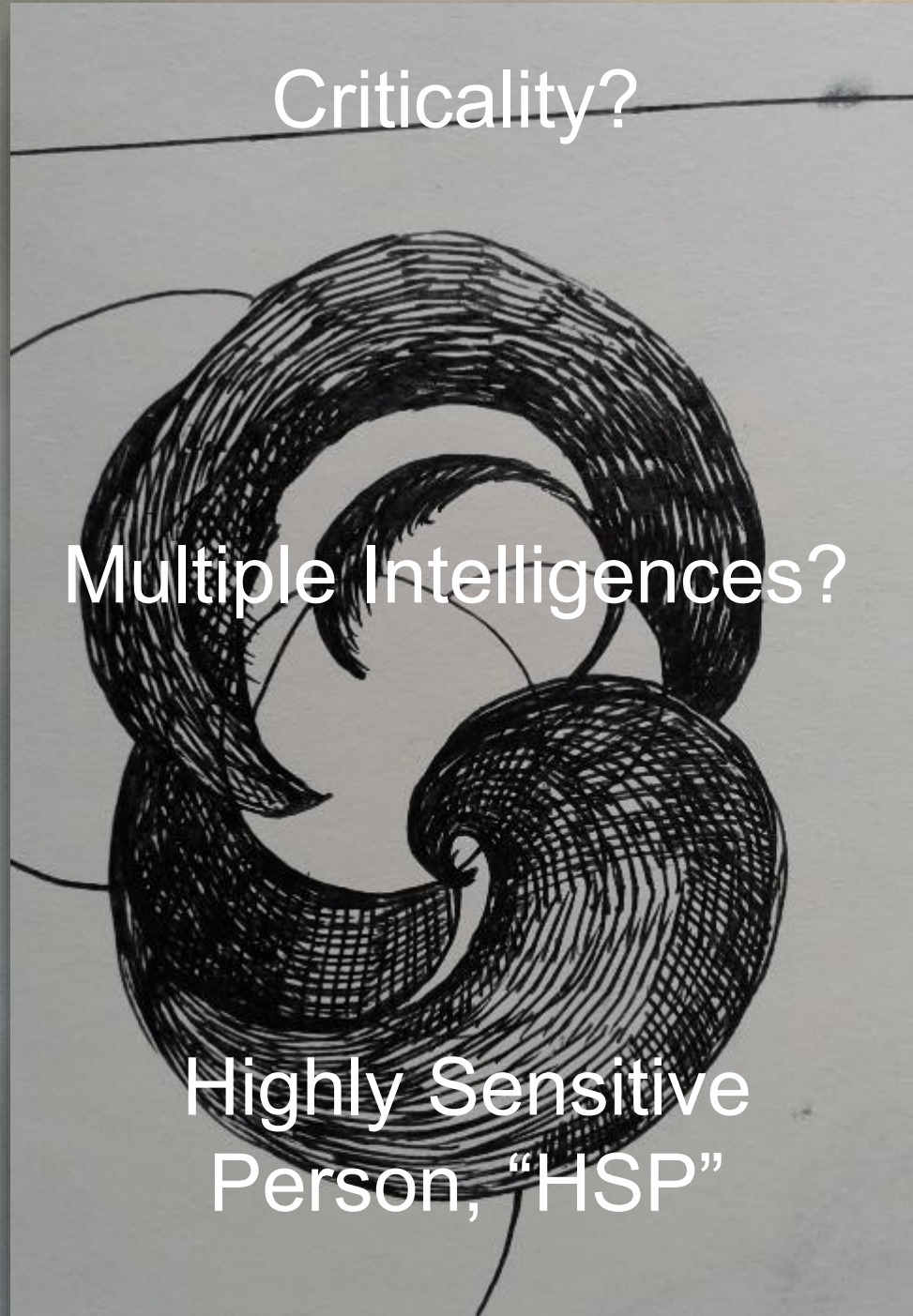


Cycles of Research and of Creativity
Together

Meta-Me



Terms Related to Personal Life Aspects



Terms Related to Personal Orientation

Multiple Intelligences?

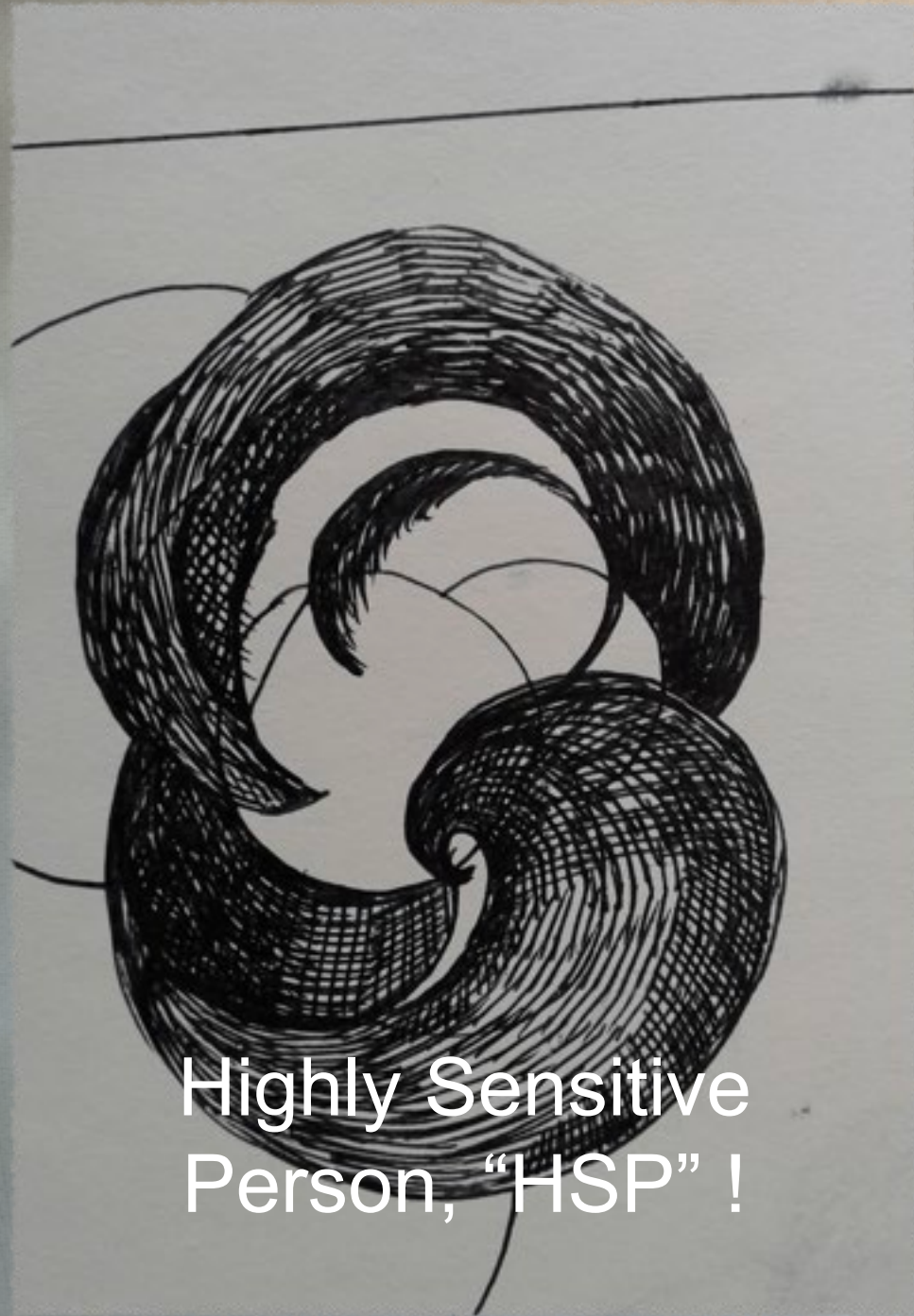
Criticality?

Highly Sensitive
Person, "HSP"

Intelligence vs. Learning Modalities
Definition of, Howard Gardner
1983

Disposition vs personality
Definition of, Davies & Barnett
2015

Trait vs. Genes/ Alleles
Definition of, Dr. Elaine Aron
1996



Highly Sensitive
Person, "HSP" !

How I identify as an HSP
and what that new
understanding offers my
research

Definition of, Dr. Elaine Aron



Trauma &
Adverse
Childhood
Experiences

*HSP
*Artist

IN
T
U
I
T
I
O
N

Fell into a pool, age 2

Spanked severely and
put under a table for
the rest of the day,
age 5-7



Trauma &
Adverse
Childhood
Experiences

Relevance?



*HSP
*Artist

Think
through
Move
ment

IN
T
UI
T
IO
N

Fell into a pool, age 2

Spanked severely and
put under a table for the
rest of the day,
age 5-7

Performance Art in college

Member of a New Age Self
Empowerment Cult,
Early Adulthood.

Discovery that my life was a
fraud and my peers were also
being brainwashed. Leaving my
cult.



Trauma &
Adverse
Childhood
Experiences

Relevance?



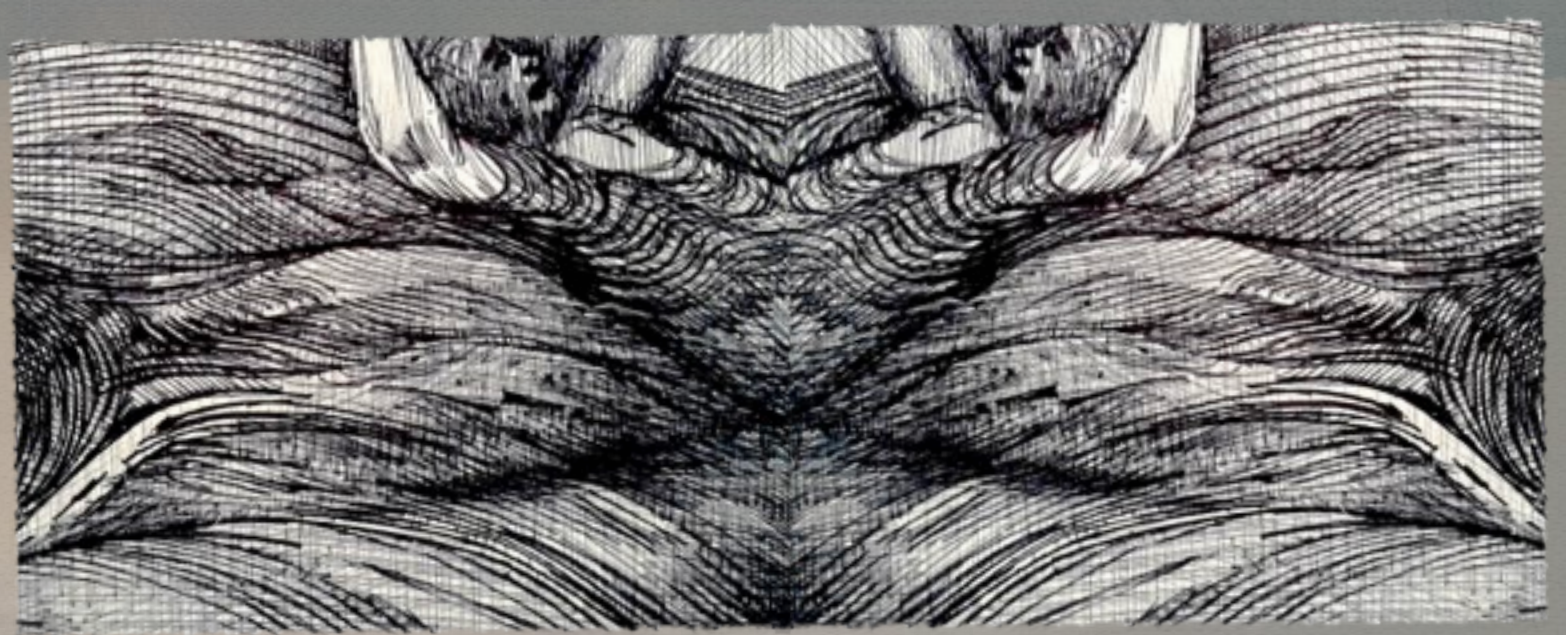
My imagination

My intuition & precognition
distinctions of each

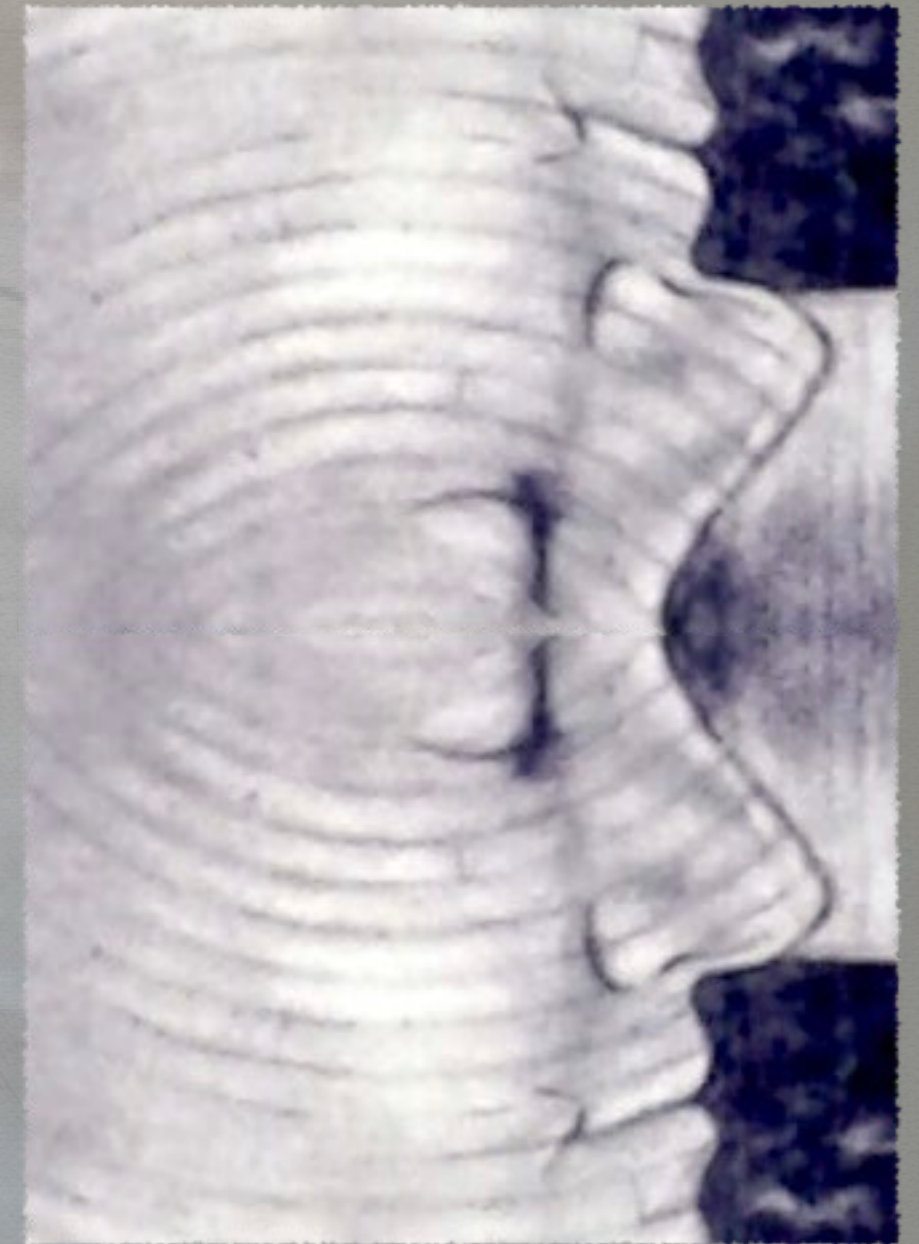


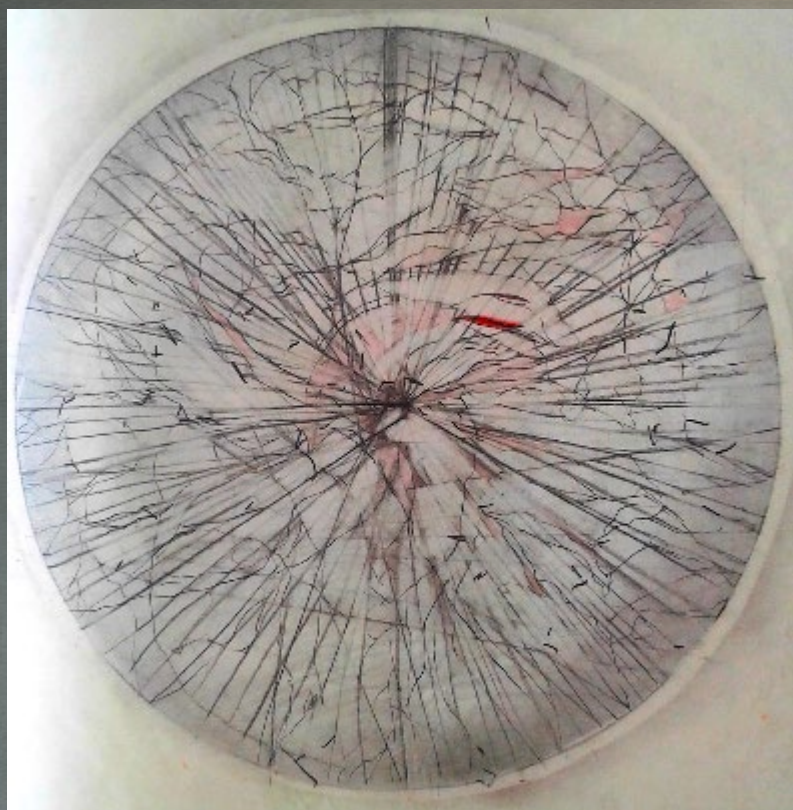
Imaginative

Intuitive

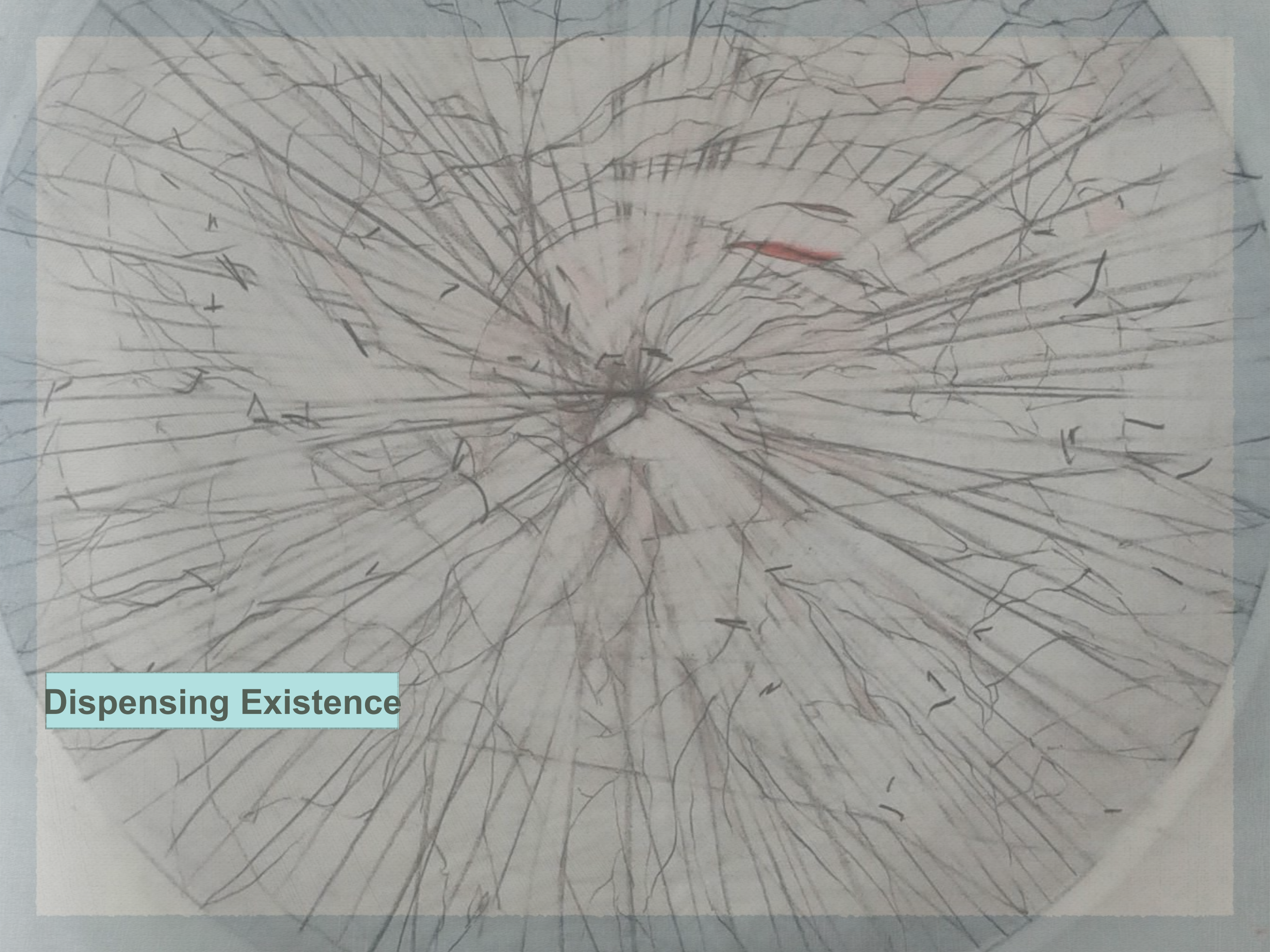


I am
an Artist,
Teacher of Art &
Yoga,
Sensitive,
Self Reflective,
Resilient,
Vulnerable,
Insightful,
Empathetic,
Attuned,
Expressive,
Student of Life,
Ready....





my me-search intervention scenario



Dispensing Existence

Reclaiming Existence

“Complex Post Traumatic Stress”

Authentic Movement

Body Psychotherapy

Movement, Dance,
Theater, voice Workshops

Vipassana Buddhism

Accupressure, Martial Arts, Yoga

Eye Movement Desensitization Reprocessing
EMDR

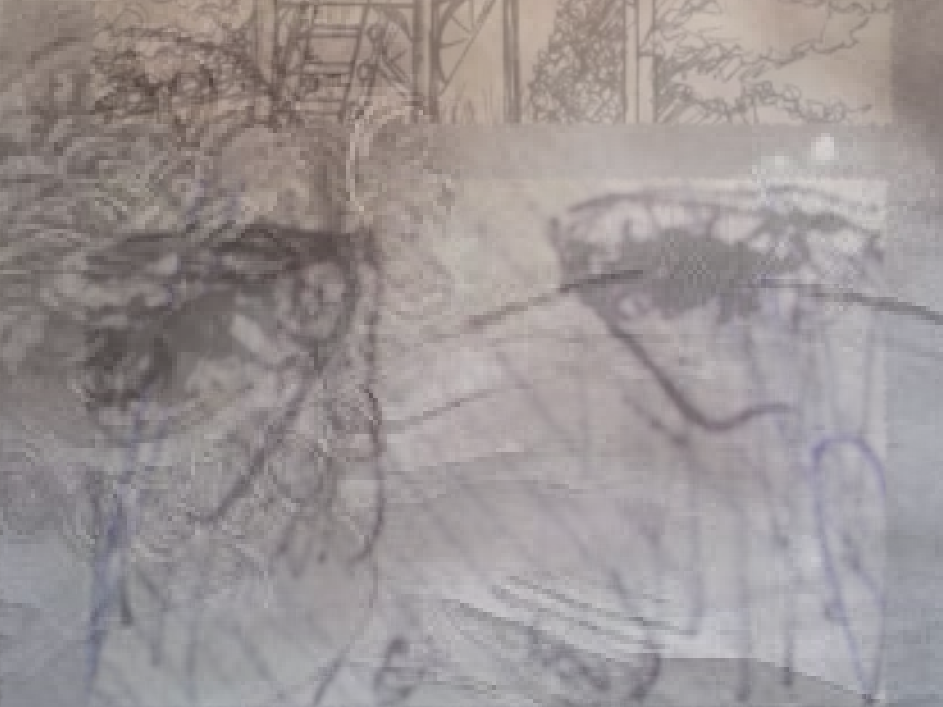
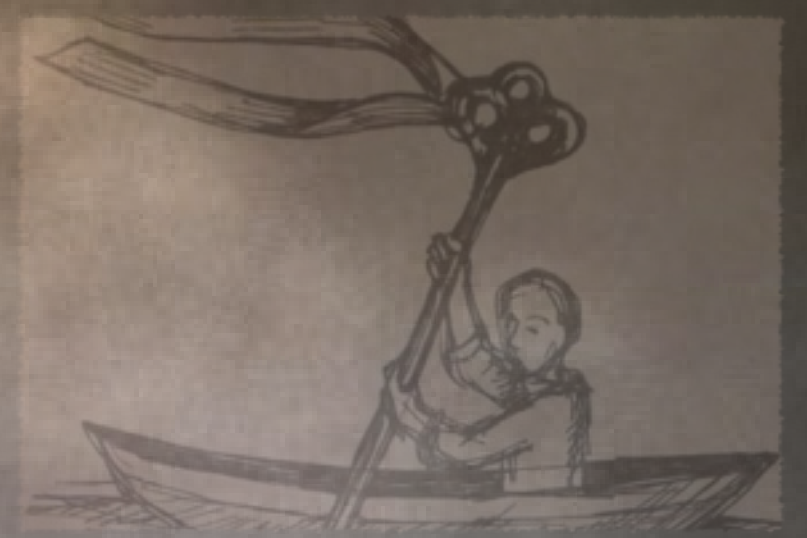




Reframing Existence Into Purpose

Precognition Breadcrumbs
MA, Creative & Critical Thinking

To affirm the infusion of critical thinking in my way of being
*** tension between beliefs and ideologies,**
***a method of checking & analyzing my thought habits without being obsessive,**
***awareness of practice, integration of new habits of mind, perennial adjustments**



“OF”

~MyMetaphorical Process for Creating~

*Through the phases of making an aesthetic object, I also undergo these phases.
The artifact documents and reflects back to me and reinforces my personal development.*

It becomes a living reflection



Home



Candy House



Thinking



Exhile



The Witch



Escape art

The Journeys of Hansel & Gretel

~My Life Metaphor~



Home



Exile

Home + Exile:

Metaphor of my happy early childhood & Loss of Innocence



Candy House



The Witch

Dispensing of Existence

*The Candy House, Metaphor for that which Beguiled Me, &
The Witch as the Trickster Who Instigates Transformation*



Reclaiming My Existence
What My Initial Transformation Looked Like
& Reframing My Existence
My Hindsight as Insight

I recall my
premonition.



Script: Years hence, I appeared on local news after speaking at the State _____ and was featured in international magazines. I did all these cool things, not cool things, was extremely poor- which gave me the opportunity to _____ and more breadcrumbs, including "grad school"

I'm not safe.
I protect the kids that get picked on.
Psychosocial
I need attention. Don't notice me!

Spiritual Development & Critical Thinking

*Leading My bedroom is my (parental) _____ What makes ME so special that I deserve this?

*Leading _____ science and undenial _____ The Critical Mass is up to us

*No _____ the main aspects of my life's dedication are coalescing: Performance Art, sp

Being Now class thrilled and spoke to see original _____ the main aspects of my life's dedication are coalescing:

The performance Any spirituality, chatat health, this city!

Intuition

"Be careful with one's faith, indeed it is all one has."

"Freedom is never voluntarily given by the oppressor: it must be demanded by the oppressed."

I can feel God.

Always cite your sources and never presume.

I win prizes if I sign up and then forget all about it.

Pay attention to presuppositions.

My friends don't think the way I do or notice the things I see.

Allow more than one idea to exist, allow ambiguity.

Sometimes my ideas come out of nowhere,

Look wonder, imagine, daydreaming and imagining makes me feel good.

sometimes I don't understand them,

THIS is what I am! Remember this!

but I save them for when I'm old enough to use them.

I can teach this better than the teacher because we should think about how to learn this.

I could read about metaphysics all day, it makes me feel kind of high.

All of my eggs are in the art basket.

People keep telling me that I'm thinking in black and white.

Some words trigger me and make me pass out.

I need to know what I think and feel.

It's time to collect these breadcrumbs.

Information Processing

Cathedral



Making meaning & thriving through movement

Alternatives to “Flow” Csizikzentmihalyi - Wiesel? Meaning making

Neuroplasticity as moving reality, processing of experience

Sensation of art making 47, Full body listening 48, and survey of artists 84-85, example of making mundane sublime 64
participating in the unknown 48, killing mysteries by naming them 47

“A Clear Moment”
1995-1996



Performance as Metacognition

Ways I have gathered and processed

*Post cult therapy, Authentic Movement, Martial Arts, Ballroom Dance, Zumba & Hip Hop, Ecstatic Dance (remember VCU)

Other methods of processing thru performative and “living art” (“Bodily Fantasies” article)

Modernism (Duchamp, Tinguely, Cunningham)

Laurie Anderson and other performance artists, Meredith Monk, Liz Lerman

My attempts at MICA to integrate performance in my curriculum

Distinctions and similarities between thinking and embodiment tension between (Lakoff) (Chomsky)

Ways of embodiment (Buddhist Definition) (Laura Day definition)

Persona and making one “The usefulness of “autoperformance in performance art andragogy (How we Teach Performance Art)

Contemplation and meditation -Observer Observed

“Presencing” (Bohm) & “Wide Awakeness” (Green), Time perception? “Flow”?

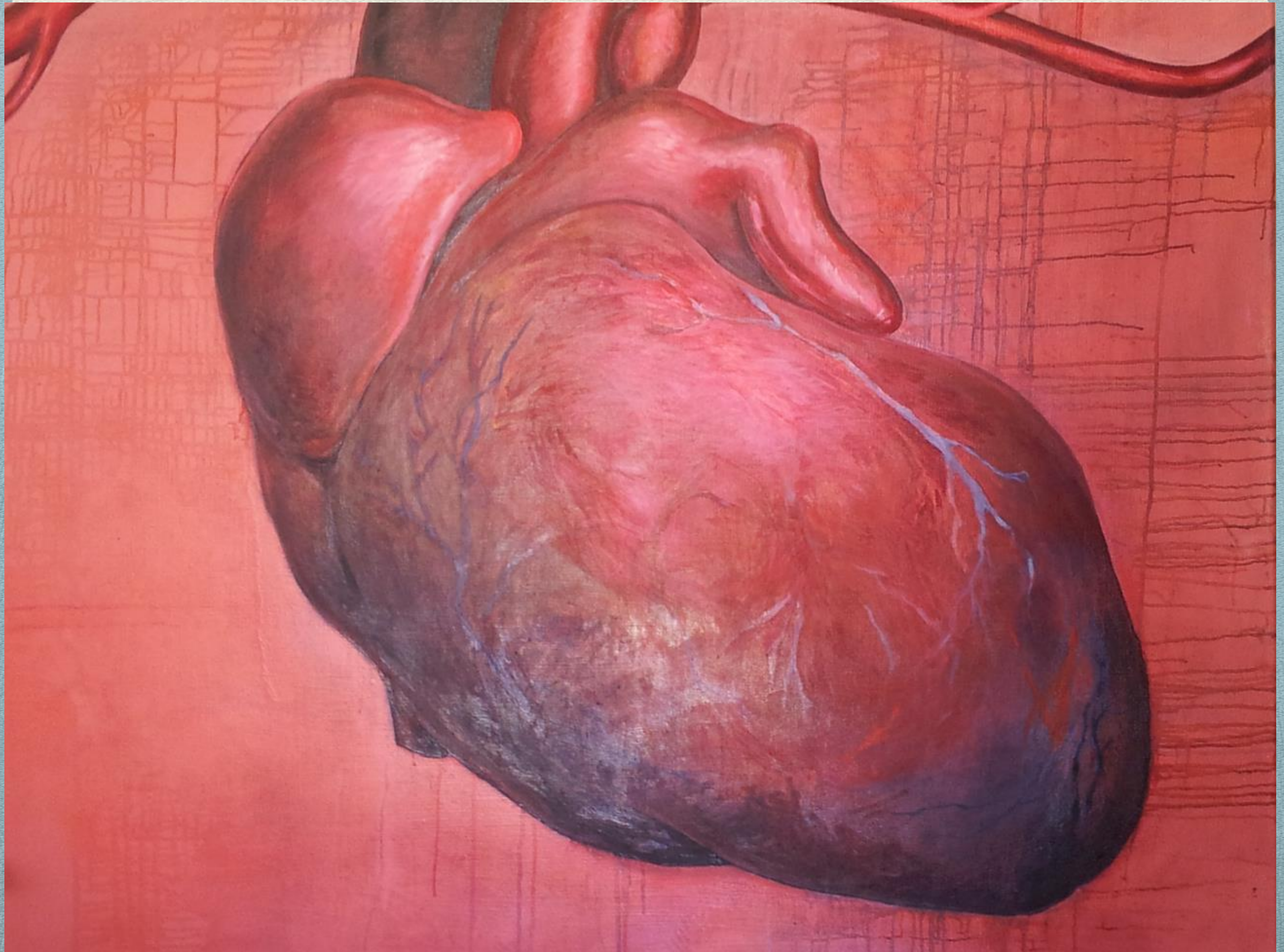
“A Clear Moment”

1995-1996

Counter arguments to usefulness/validity of performance art 48

counter counter, Szteiter? "integration"- Matty Wilkinson, movie, "E.Motion 2











The Prophet.

aba

off la

le

in

e cr

Mir

get th

a

ed

hanna

tice

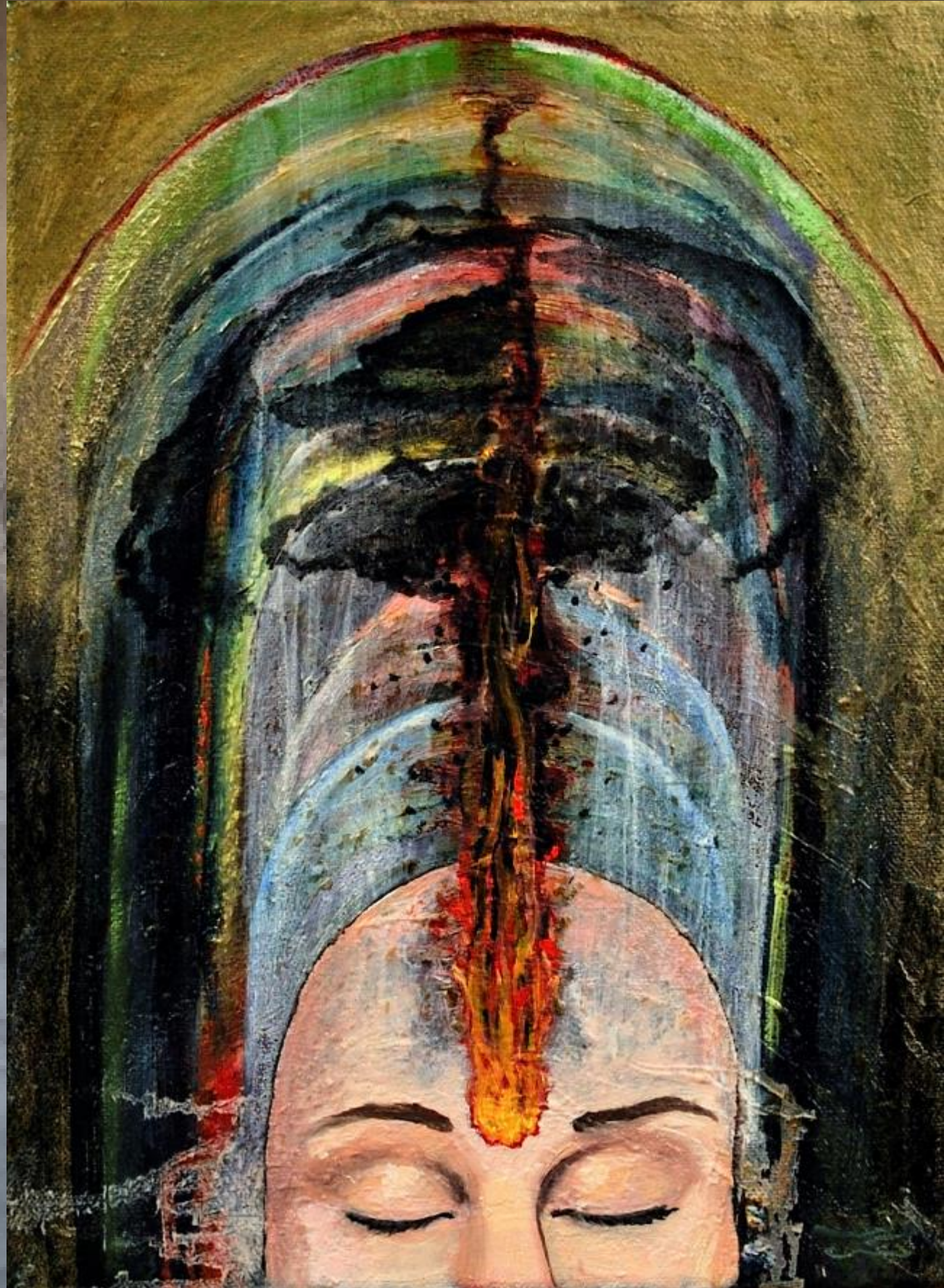
aste

lia











Had I the heaven's embracements cloths,
Enwrought with golden and silver light,
The blue and the dim and the dark cloths,
Of night and light and half-light
I would spread the cloths beneath your feet;
But I, being poor, have only my dreams;
I have spread my dreams beneath your feet;
Tread softly because you tread on my dreams.







Thank YOU!!

Azra Caus
&
Lauren Taub

Bobby

Josh

Lisa

Courtney

The Common Ground Cafe, Baltimore

Bibliography

Major Themes & Underlying Assumptions of the Dispositional Approach to Personality, www.wilderdom.com/personality/L6-0MajorThemesUnderly

“BA (Hons) CONTEMPORARY DANCE.” *BA (Hons) Contemporary Dance | Trinity Laban*, www.trinitylaban.ac.uk/study/dance/undergraduate-programmes/ba-hons-contemporary-dance.

“Cults and the Mind-Body Connection.” *Psychology Today*, Sussex Publishers, www.psychologytoday.com/us/blog/the-mind-body-connection/201407/cults-and-the-mind-body-connection.

Day, Laura. *Practical Intuition for Success: a Step-by-Step Program to Increase Your Wealth Today*. HarperPerennial, 1999.

“Emotions Are Energy : The Bodymind Connection and e-Motion.” *Authenticity Associates*, www.authenticityassociates.com/emotions-are-energy/.

Person. “Multiple Intelligences: What Does the Research Say?” *Edutopia*, George Lucas Educational Foundation, 20 July 2016, www.edutopia.org/multiple-intelligences-research.

“Start Here.” *LonerWolf*, 21 Apr. 2019, lonerwolf.com/start-here/.

Steckler, Sarah. “What Happened When I Found Out I Was a Highly Sensitive Person.” *Mindful Productivity Blog*, Mindful Productivity Blog, 8 Apr. 2017, www.mindfulproductivityblog.com/blog/what-happened-when-i-found-out-i-was-a-highly-sensitive-person.

“The Meaning of Deja Vu.” *Psychology Today*, Sussex Publishers, www.psychologytoday.com/us/blog/emotional-freedom/201004/the-meaning-deja-vu

“Mind–Body Problem.” *Wikipedia*, Wikimedia Foundation, 6 Apr. 2019, en.wikipedia.org/wiki/Mind–body_problem.

“Somatic Psychology.” *Wikipedia*, Wikimedia Foundation, 10 Feb. 2019, en.wikipedia.org/wiki/Somatic_psychology.

“Laban Movement Analysis.” *Wikipedia*, Wikimedia Foundation, 21 Apr. 2019, en.wikipedia.org/wiki/Laban_movement_analysis.

Google Search, Google, [www.google.com/search?lei=i2uuXP7uKMyy5gLY-aeQCg&q=who coined the term performance studies&ved=2ahUKEw](http://www.google.com/search?lei=i2uuXP7uKMyy5gLY-aeQCg&q=who+coined+the+term+performance+studies&ved=2ahUKEw)

“The Underlying Meanings in 'Hansel and Gretel'.” *Jennifer Streif*, 24 Oct. 2013, jen101290.wordpress.com/2013/10/24/the-underlying-meanings-in-ha

“The Underlying Meanings in 'Hansel and Gretel'.” *Jennifer Streif*, 24 Oct. 2013, jen101290.wordpress.com/2013/10/24/the-underlying-meanings-in-ha

“Richard Schechner.” *Richard Schechner*, tisch.nyu.edu/about/directory/performance-studies/3508301.

“Art & Writing.” *Movement & Creativity*, www.movementandcreativity.com/blog.

“Precognition.” *Wikipedia*, Wikimedia Foundation, 10 Apr. 2019, en.wikipedia.org/wiki/Precognition.

“Sites for Highly Sensitive People.” *Highly Sensitive and Creative*, highlysensitive.org/sites/.

Eby, Douglas EbyDouglas, and Creative Mind. “You May Be Gifted - Are You Embracing It?” *High Ability*, 17 Mar. 2019, highability.org/67/you-may-be-A-
A., Van der Kolk Bessel. *The Body Keeps the Score Brain, Mind and Body in the Healing of Trauma*. Penguin Books, 2015.

“Sign Acts: The Weird, Wonderful World of Prophetic Communication by Whitney Woollard.” *The Bible Project*, thebibleproject.com/blog/sign-acts-wond

“Topics.” *The Creative Mind*, thecreativemind.net/topics/.

The Happiness Hypothesis: Finding Modern Truth in Ancient ... www.amazon.com/Happiness-Hypothesis-Finding-Modern-Ancient/dp/0465028020.

How We Teach Performance Art: University Courses and ... www.amazon.com/How-Teach-Performance-Art-University/dp/147873194X.

“How to Stop Acting by Harold Guskin.” *Goodreads*, Goodreads, 25 June 2003, www.goodreads.com/book/show/808735.How_to_Stop_Acting.

The Place of Dance: A Somatic Guide to Dancing and Dance ... www.amazon.com/Place-Dance-Somatic-Dancing-Making/dp/0819574058.

Cohen, Robert. *Theatre*. Mayfield, 1994.

Levine, Peter A. *Waking the Tiger: Healing Trauma: the Innate Capacity to Transform Overwhelming Experiences*. North Atlantic Books, 1997.

Schmuck, Richard A. *Practical Action Research: a Collection of Articles*. Corwin Press, 2009.

“Mind Body Philosophy,” The Great Courses, P, Grim, 2017.

Aron, Elaine. *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*. Thorsons, 2017.