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

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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
Methods, including practices that extend beyond Action Research Evaluation Clock that ensures I am on my planned course. Intersecting processes to account for the significant thoughts and beliefs that carried me though 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.
Terms Related to Personal Life Aspects

- Criticality?
- Multiple Intelligences?
- Highly Sensitive Person, “HSP”
- Adverse Childhood Experiences & Trauma
- Imaginative
- Intuitive
Terms Related to Personal Orientation

Multiple Intelligences?
Definition of, Howard Gardner
1983

Intelligence vs. Learning Modalities
Definition of, Davies & Barnett
2015

Disposition vs personality
Definition of, Davies & Barnett
2015

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

Criticality?

Highly Sensitive Person, “HSP”
How I identify as an HSP and what that new understanding offers my research

Definition of, Dr. Elaine Aron
*HSP
*Artist

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
*HSP
*Artist

Think through Movement

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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.
My imagination

Imaginative

My intuition & precognition
distinctions of each

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
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
The Journeys of Hansel & Gretel

~My Life Metaphor~
Home + Exile:
Metaphor of my happy early childhood & Loss of Innocence
The Candy House, Metaphor for that which Beguiled Me, &
The Witch as the Trickster Who Instigates Transformation

Dispensing of Existence
Reclaiming My Existence

What My Initial Transformation Looked Like

& Reframing My Existence

My Hindsight as Insight
I recall my premonition.
It's time to collect these breadcrumbs. It's time to collect these breadcrumbs.

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” Leading me to grad school (part of list)

Now I am thrilled and spooked to see that the main aspects of my life’s dedication are coalescing: Performance Art, spirituality, mental health... Intuition

I could read about metaphysics all day, it makes me feel kind of high. Wondering, daydreaming and imagining makes me feel good. THIS is what I am! Remember this!

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

I’m not safe. I protect the kids that get picked on. People say I’m too sensitive. I need attention. Don’t notice it. Have more wisdom than mommy and daddy, and that’s bad. What makes ME so special that I deserve this? The Critical Mass is up to us & I need to make a bigger commitment to the work. I’m not safe. Bein' Now I am thrilled and spooked to see that the main aspects of my life’s dedication are coalescing: Performance Art, spirituality, mental health. The city!

Information Processing: Spiritual Development & Critical Thinking

Freedom is never voluntarily given by the oppressor: it must be demanded by the oppressed. Always cite your sources and never presume. Pay attention to presuppositions. Allow more than one idea to exist, allow ambiguity. Look out for magical thinking.

I’m not safe. I protect the kids that get picked on. People say I’m too sensitive. I need attention. Don’t notice it. Have more wisdom than mommy and daddy, and that’s bad. What makes ME so special that I deserve this? The Critical Mass is up to us & I need to make a bigger commitment to the work. I’m not safe. Bein' Now I am thrilled and spooked to see that the main aspects of my life’s dedication are coalescing: Performance Art, spirituality, mental health. The city!

It’s time to collect these breadcrumbs.
Making meaning & thriving through movement

Alternatives to “Flow” Cszickzentmihalyi - 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

counter counter, Szteiter? “integration”- Matty Wilkinson, movie, "E.Motion 2"
Had I the power enmeshed in cloth,
Enraptured with golden and silver light,
The blue and the dim and the dark things,
Of night and light and half-light.
I would spread the cloth beneath your feet,
But I being poor, have only my dreams.
I have sowed my dreams beneath your feet.
Tread softly, because you tread on dreams.
Thank YOU!!

Azra Caus & Lauren Taub

Bobby

Josh

Lisa

Courtney

The Common Ground Cafe, Baltimore
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