

**CREATE**

**YOUR WAY  
OF LIVING**

**WITH TAE**

**TAE FEST**

06.05.2023

Listen to the recording  
of the workshop



**יש לנו אפשרות להסתגל  
ולתרגל להרבה מאוד  
דרכי חיים.  
מהי דרך החיים שכדאי לנו  
להסתגל ולתרגל אליה?**

Shay Dawidowicz, 14.08.2020

**We have the possibility to adapt  
and get used to many ways of life.**

**What is the way of life  
we should adapt and get used to?**

# GENDLIN

## quote

**“ TAE has a *social* purpose. We build our inter-human world further.** It is not true that merely developing as individuals will somehow change the patterns in which we must live. **We need to build new social patterns and new patterns of thought** and science. **This will be a mutual product** no single person can create. On the other hand, if we work jointly too soon, we lose **what can only come through the individual in a focusing type of process.** Nobody else lives the world from your angle. No other organism can sense exactly »the more« that you sense.”

Gendlin, 2018, p. 288f  
(highlighting for the workshop)

# TAKE AWAY

- Reflect on the question “What is the way of life I want adapt and get used to?” using certain TAE moves.
- Experience how individual TAE movements can open up more and contribute to a clarification.
- Realize that TAE can be helpful in order to create a certain way of thinking and speaking with and from a Felt Sense.
- Get a taste how moves can be modified and used individually and flexible.



## overview

# TAE MOVES

### phase 01

#### SPEAKING FROM THE FELT SENSE

1. Let a Felt Sense form
2. Find what is more than logical in your Felt Sense
3. Notice that you don't mean the standard definitions of the words
4. Write a sentence or fresh phrase to say what you wanted each of the three words to mean
5. Expand what you wanted each word to mean by writing freshly, linguistically unusual sentences

### phase 02

#### FINDING PATTERNS FROM FACETS

6. Collect Facets
7. Allow the facets to contribute detailed structure
8. Cross facets
9. Write freely

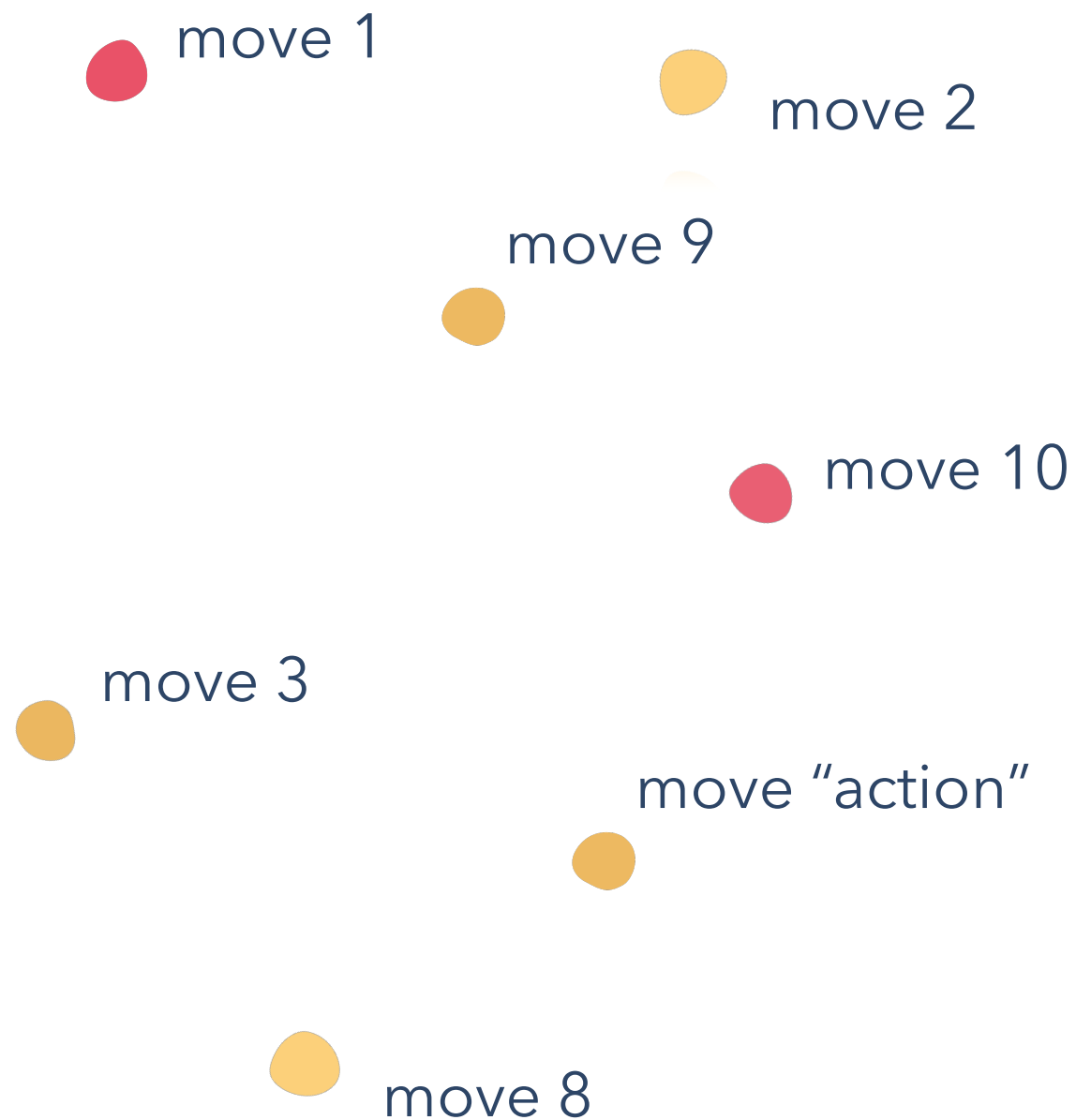
### phase 03

#### BUILDING THEORY

10. Choose terms and link them
11. Ask into the inherent relations between the terms
12. Choose permanent terms and interlock them
13. Apply your theory outside your field
14. Expand and apply your theory in your field

# ROADMAP

feel free to move



**SPEAKING FROM THE FELT SENSE**  
**FIND MORE and DEEPEN**  
**. BE WITH YOURSELF**

**INTEGRATE**  
**. LISTENING PARTNERSHIP**

**... BREAK ...**

**CREATE YOUR PATTERNS**  
**. BE WITH YOURSELF**

**SILENT CROSSING**  
**. SHARING IN THE GROUP**



# DIVE INTO





**The way of life**

**I want to adapt**

**and**

**get used to.**

# EXERCISE

## TAE move 1

- What is a knowing you have as a bodily-felt unclear edge?
- Is there something NEW you want?  
Something you feel it is important but it is also hard to put into words yet.
- Do you know this NEW from some lived experience?
- Write or sketch freely about whatever wants to be noticed, expressed, saved.

Invite a Felt Sense to form.

It is your starting and reverence place through the process.

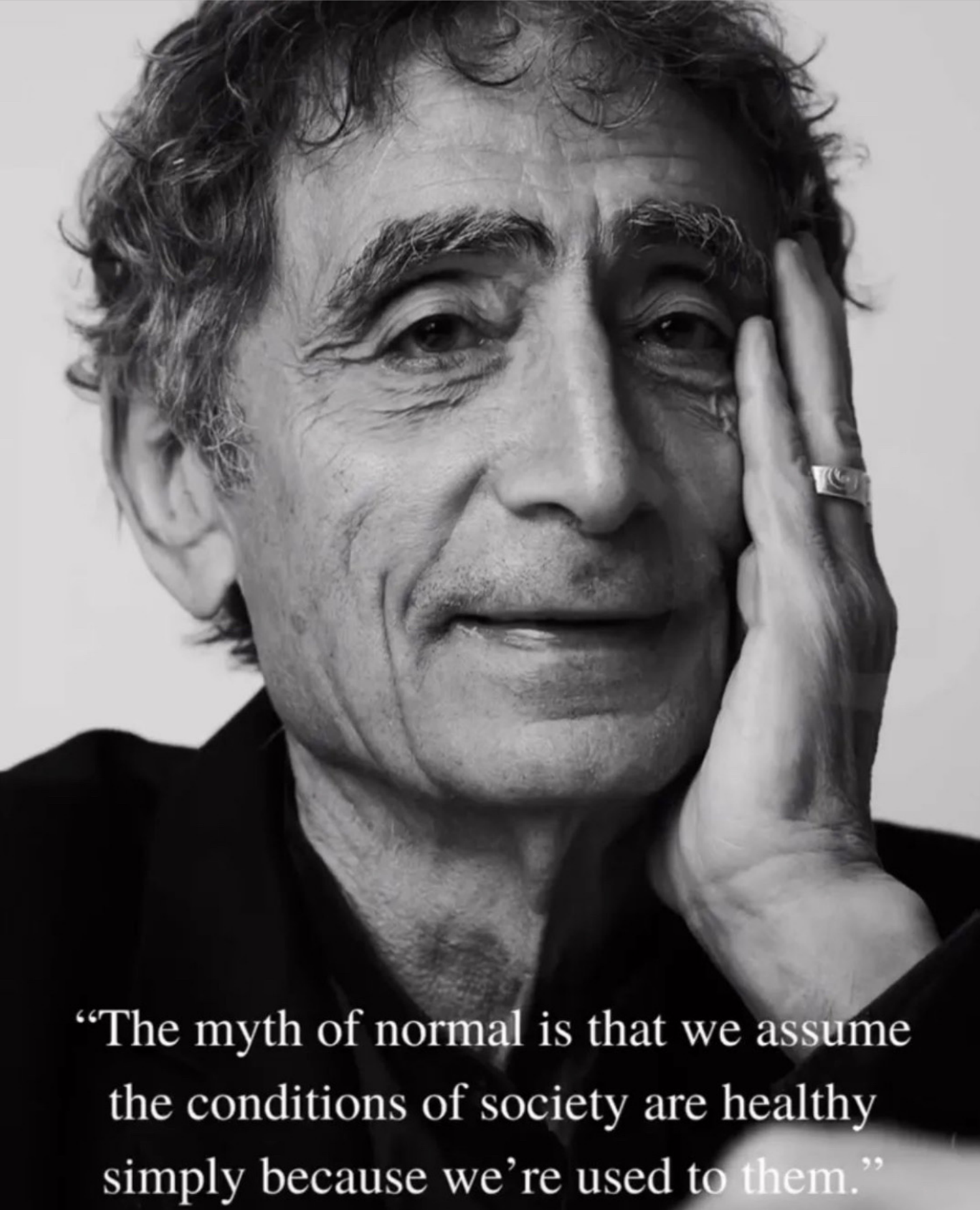
Get in touch with your lived experience.

Notice what opens up.

Notice “the more” still to discover.

HOW DOES IT FEEL TO DO THIS MOVE?

**I have the possibility  
to adapt  
and  
get used  
to many ways of life.**



“The myth of normal is that we assume the conditions of society are healthy simply because we’re used to them.”

Gabor Maté

# GENDLIN

## quote

**“ The steps help break what I might call the »public language barrier« so that the source of one’s own thinking is found and spoken from. After that nobody needs steps. Precise steps are always for precise teaching so a new way can be shown and found. Then it soon becomes utterly various.”**

Gendlin, 2018, p. 287  
(highlighting for the workshop)



# EXERCISE

## TAE move 2

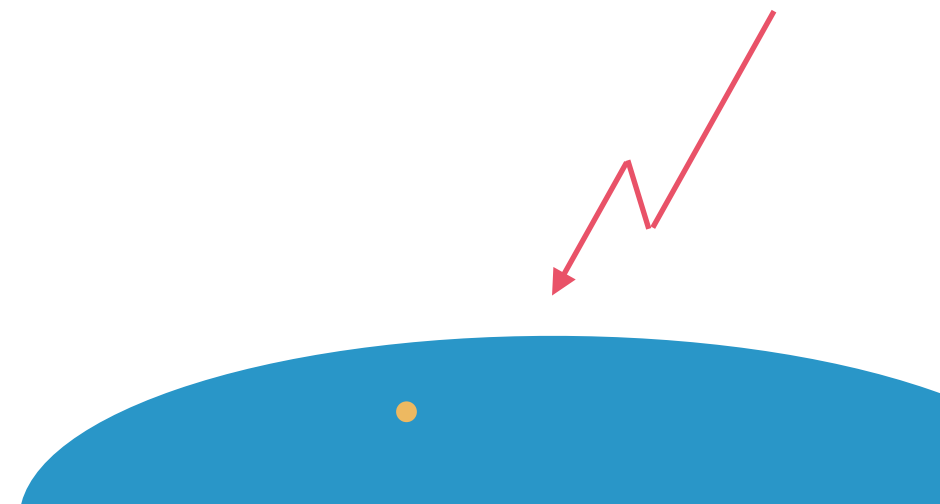
- Sense into the situation you are living in. How does your “normality” feel like?
- What does not make sense (anymore)? What appears illogical? What becomes visible as a paradox?
- Can you grasp it (or each aspect) in a sentence - i.e.
  - “It is like this and like that.”
  - “It is X and it is not X.”

Notice the cultural mesh you are living in and used to.

Notice what might be a “language barrier” in your situation.

What seems paradox is a valuable part for enabling change.

HOW DOES IT FEEL TO DO THIS MOVE?



# EXERCISE

## TAE move 9 - listening partnership

- Speak freely
  - where have you come so far?
  - what became more clear?
  - what excites you?
  - what is missing?
  - how does it feel to be able to speak about all that?

Notice where you are right now.

Become aware of what you have discovered so far.

Speak freshly about „all that“ and notice what it is like to be able to say more.

HOW DOES IT FEEL TO DO THIS MOVE?



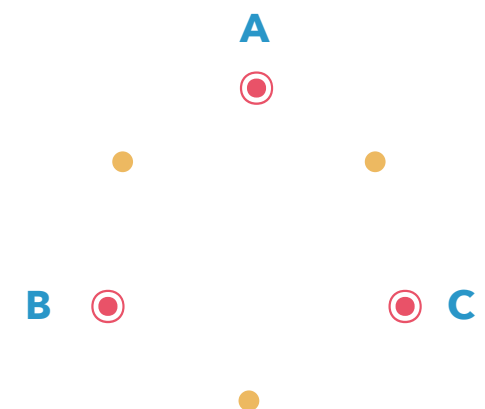
# EXERCISE

## TAE move 10

- What is the NEW you want?
- Chose three words/phrases (A, B, C) to be your main temporary terms to express what matters most of you being in contact with “the way of life you want to adapt and get used to”.
- Take care that one of them speaks for your central wondering/crux.

Create a basic and stabile core structure to express your theory.

HOW DOES IT FEEL TO DO THIS MOVE?





# BREAK

move, drink & laugh





# EXERCISE

## TAE move 3

- Take some time to be with each of the three terms/phrases you chose. What is your Felt Sense of each of them?
  - What is maybe the usual meaning of this term?
  - What do you want it to mean?
  - What do you not want it to mean (anymore)?

Express the NEW you want to bring into this world.

Take care you speak from your Felt Sense.

Develop a thick understanding of each of your terms.

HOW DOES IT FEEL TO DO THIS MOVE?

A



B



C

# EXERCISE

## TAE move "action"

- Create a little poem/text by using your three terms to express what matters to you as a new insight/pattern.
- You may wanna start this way

*My way of living ...*

Find a fresh way to express a new pattern you wanna establish in your life.

HOW DOES IT FEEL TO DO THIS MOVE?



# EXERCISE

## TAE move 8 - silent crossing in group

- Feel free to share your poem/text by reading it sensually.
- Listening to the sharing
  - what resonates in you?
  - is there something new that comes up for you?
  - how does it enrich your own idea?

Feel how it is to use your new way of speaking.

Notice what matters to others and how it touches you.

Become aware where others inspire you.

HOW DOES IT FEEL TO DO THIS MOVE?



# THANK YOU

see you





# RESSOURCES

...

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Monika is an educationalist with a focus on intercultural learning and Second Language Acquisition. She is a certified Focusing Trainer and currently a Coordinator in Training. As an Experiential Concept Coach/Trainer (ECC) she specializes in teaching "Thinking At the Edge" (TAE). ECC is a 5-part coaching training that teaches the application of the 14 TAE-steps for individual processes, for use in groups, and for creating an innovative (corporate) culture. Monika is a member of the international research group "Embodied Critical Thinking" ([ect.hi.is](http://ect.hi.is)) at the University of Iceland.

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*mirabilis*



In love and honor for and with Shay Dawidowicz

\*21.05.1977 + 24.02.2023

Shay has dedicated his life to social, political and living activism. He is passionate about creating free, self-determined and healthy habitats for all living creatures, humans, animals and plants. His concern is to shape places of living and communities where we can meet ourselves and each other in the depths of our unique being, to find together the ways of living that are good for us. Focusing is especially in his heart.

[www.meshanim.com](http://www.meshanim.com)

[www.animal-tv.org](http://www.animal-tv.org)





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