## Time Based Design – Theory

# 1. World and Reality

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https://www.bartbarnard.nl/TBD/

### Practical exercise - part 1

Take *five minutes* to think about your voyage to the Academy. Take all sorts of aspects into consideration:

- Your means of transportation, the route you took, the corners you turned
- What did you see? What didn't you see?
- How was your mind occupied? Were you *conscious* of your surroundings?
- What happened when things didn't go as planned? A bridge that was open, of a traffic light that turned red...

- ...

What was the relationship you had with the world / reality during your trip?

### Practical exercise - part 2

Jot down the things you thought about in the first part.

Be attentive *changes*:

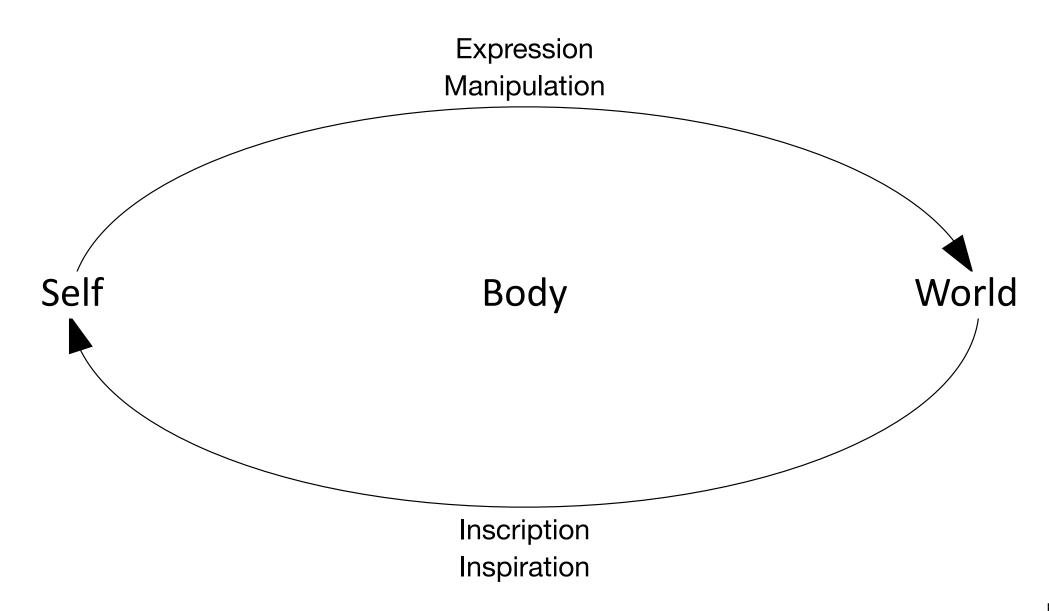
- did your *mood* change during your voyage?
- did something in the world change during your voyage?

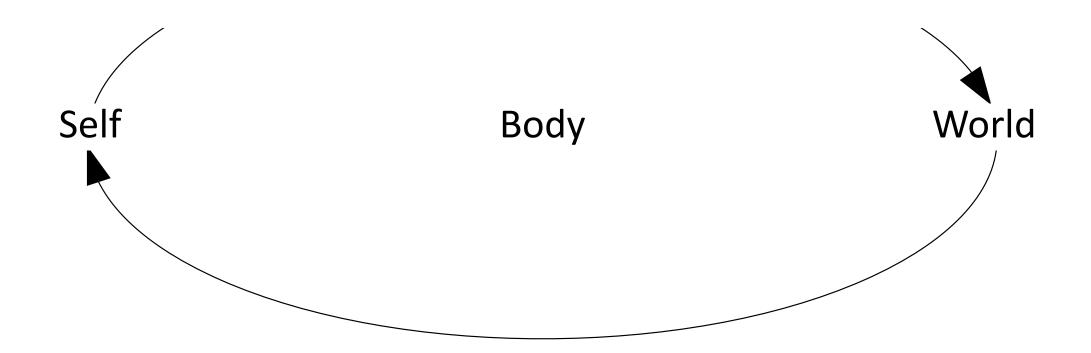
- ...

Now try to come up with *central abstract terms* that describe these phenomena. Can you think about *one term* that more or less captures the whole relationship?

## Practical exercise - part 3

Plenary discussion of the results





The body as "self"

- Priority of sensory experience of the world
- Appropriation of the world through physical action

The body as "world"

- Disciplining of the body
- The body of enemy (obesity)
- The body as traitor (blushing)
- alieniation from the body (transsexuality)

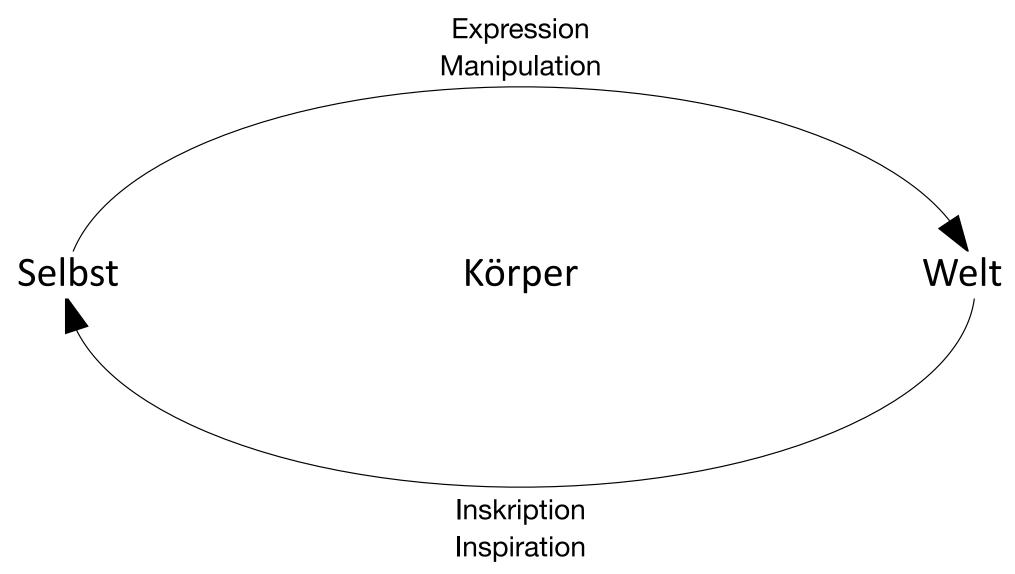


Resonance is a kind of relationship to the world, formed through af←fect and e→motion, intrinsic interest, and perceived self-efficacy, in which subject and world are mutually affected and tranformed.

Resonance is not an echo, but a responsive relationship. requiring that both side speak with their own voice. This is only possible where strong evaluations are affected. Resonance implies an aspect of constitutive inaccessibility.

Resonant relationships require that both subject and world be sufficiently 'closed' or self-consistent so as to each speak in their own voice, while also remaining open enough to be affected or reached by each other.

Resonance is not an emotional state, but a mode of relation that is neutral with respect to emotional content. This is why we can love sad stories.



#### Der Körper als 'Selbst'

- Priorität der sinnlichen Welterfahrung
- Welaneignung durch körperliches Handeln

#### Der Körper als 'Welt'

- Disziplinierung des Körpers
- Körper als Feind (Adipositas)
- Körper als Verräter (Rotwerden)
- Entfremdung vom Körper (Transsexualität)