# The Art of Not-Knowing

## Finding Freedom in Uncertainty

### A group experience with David O'Donohue, Clinical Psychologist

Thursday, April 10th, 2025 | 7:30 PM  
Praksis Studio - 15 Provan St, Campbell ACT 2612

## About This Experience

Knowledge, expertise, and confidence are typically highly valued, but our expectations and mental models can actually disconnect us from reality. In this experiential workshop, we'll explore how the guardrails we may have unknowingly built to protect ourselves from uncertainty or vulnerability ultimately keep us separate from reality, and limit our capacity for freedom in connection.

Through slowing down and creating space between impulse and action, we'll practice a different way of relating - one that prioritises presence over prediction.

Using a blend of guided awareness practices, reflective exercises, and paired explorations, we'll investigate:

* How our minds mold our experience to match expectations
* The invisible boundaries that shape our interactions
* The familiar roles and patterns we find ourselves repeating
* What becomes possible when we meet each moment without preconceptions

This workshop offers a rare opportunity to observe these patterns in real time and practice stepping into a state of not-knowing — where we can experience reality as it unfolds, unfiltered by our need to predict or control what we might find.

## Location and Setup

This is a floor-based practice in a studio space. We'll be sitting or lying on mats for portions of the experience. Rubber mats are available, or feel free to bring your own yoga mat or blanket for additional comfort. Please wear comfortable, loose-fitting clothing that allows for sitting on the floor. If you have mobility considerations that would make floor-based practice challenging, please contact me in advance so we can discuss accommodations.

## What to Expect

This group experience will include:

* Guided somatic awareness practices to establish a foundation of embodied presence
* Explorations of how our mental models shape perception and interaction outside of our awareness
* Paired exercises practicing reverie-based listening without directing the experience

The session emphasises experiential learning rather than theoretical discussion. All activities are optional, and no prior experience is necessary.

## Who This Is For

This workshop is for anyone curious about:

* Why certain relationship patterns keep repeating in their lives
* How to create more authentic connections
* The interplay between expectation and experience
* Whether it is ok to be uncertain

The experience is designed to be accessible to newcomers while offering depth for those with previous experience in contemplative or psychological practices.

## Registration

Early registration: $15 (until April 3rd)  
Standard registration: $25

[Booking button]

## Questions?

For any questions about this workshop, please contact David at butterflyresonance@gmail.com.

While this experience draws on psychological theory and research, it is offered as a general awareness and connection exploration, not as psychological treatment. This workshop is for educational purposes only and does not constitute medical or therapeutic advice.

If you're seeking psychological support, I encourage you to connect with a registered psychologist. Some recommended practices include:

* For in-person support in Canberra: [*Rosalie Poesiat at Flexible Psyche*](https://flexiblepsyche.com.au/), [*Here Psychology*](https://behere.co/), or [*Lantern Psychology*](https://www.lanternpsychology.com.au/)
* For telehealth with no waitlist: [*Indijah Bullman at Yin Psychology*](https://www.yinpsychology.com.au/)

## About the Facilitator

David O'Donohue is a Clinical Psychologist with a passion for the intersection between embodied practices and psychological understanding. His approach draws from contemporary psychodynamic psychotherapy, somatic awareness traditions, and contemplative practices to explore authenticity and freedom in expression and connection.

While this workshop is separate from his clinical practice, you can learn more about David's therapeutic work at [Pendulum Psychology](https://pendulumpsychology.com.au/).