

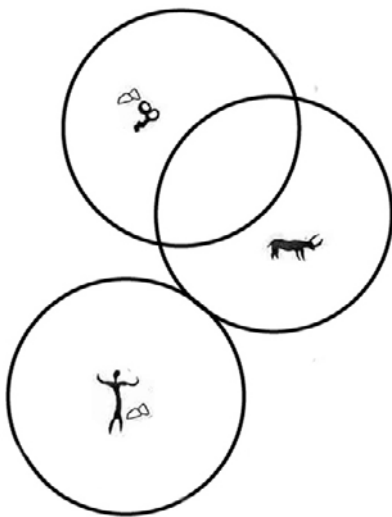
Architecture 101

Part 1: From Nothingness To Place

23/101

Week 5: Shaping diagrams

Tuesday: #YouGottaHave



Today, the famous *Jayne Mansfield*
reminds us that:

You gotta have a body.

:o

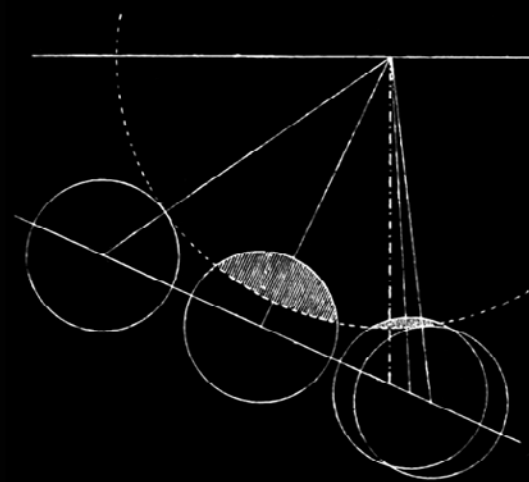
Yesterday was about the mind.

Today is about the body.

We understand the world because of our mind.

But, in order to fully accomplish our task,
we gotta study our body.

Hence, the need to map it.



here's ms Jayne Mansfield

Same as yesterday.

Think about your body.
First, establish some goals.

Upon these goals,
choose your parameters of selection.

Once you have these parameters,
get to work.

Again, all of this, making a diagram.

What will I do today?

A diagram of your body.

Ideally, start with one of those apps we listed yesterday.

Then, fiddle with one of those collage apps we used in one of the previous weeks.

Mix things up (not too much though...).

Martha Graham once said:
The body says what words cannot.

Here a **short clip** of ms Graham in action...

Once you have your image, post it to Instagram using the hashtags:

#YouGottaHave
#Architecture101



What will I learn?

In this fundamental relationship between our mind and the external world, the body plays a central role.

Not to be aware of that is a big mistake.

Be conscious of your body.

We understand “place” with our mind, but we feel it with our “body”.





Why do we do this?

Our journey implies a number of conceptual elements.

As you may have seen,
we are spending a huge amount of energy
underlying the importance of our mind.

People tend to think that space,
architecture, place is something “out there”.

Actually, it is something “in our mind”.

But, our mind does not float in some kind
of empty abstraction.

Our mind lives because of its relationship
with our body.

First, we stressed the relevance of our mind.

Now, it is time to focus on our body.

Further inspiration

Chakra:
energy points or nodes in the subtle body

A short history of anatomical maps

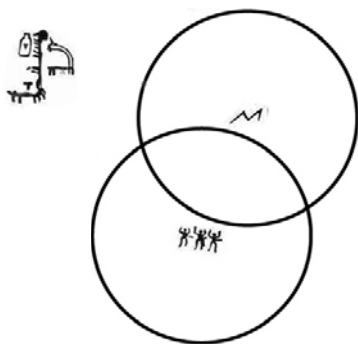
The Body Sentinels
(one of Petronela's favourites)



We already mentioned Martha Graham,
so we complete our first round of dancing
references with Merce Cunningham.

Here, [a clip to get started](#).
Then, [a clip to go deeper](#).
Finally, [one to go even deeper](#).

And here, a [fantastic interview](#) together
with John Cage and Merce Cunningham.



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