



## 3rd floor – RESONANCE

### The three forms of world relations

#### **RESONANCE**

*attracts me ...*

#### **DISSONANCE**

*repels me ...*

#### **INDIFFERENCE**

*leaves me cold ...*



**Where are your resonance and dissonance axes, what is your area of indifference?**

*What attracts you, what repels you, what leaves you cold?*

*Select your sticks and place them on the lines.*

<b>RÄUME – rooms</b> DISCO – disco / WÜSTE - desert KNEIPE – bar / TURNHALLE - gym ZOO – zoo / VERGNÜGUNGSPARK – amusement park STADT – city / EINKAUFSMEILE – shopping mall	<b>TÄTIGKEITEN – activities</b> KOCHEN - cooking DISKUTIEREN - discussion EINKAUFEN - shopping SCHLAFEN - sleeping
<b>WERTE UND GEFÜHLE - values and feelings</b> PATRIOTISMUS - patriotism STOLZ – pride TRAUERIGKEIT - sadness SEHNSUCHT - longing	<b>EREIGNISSE- events</b> FASTNACHT - carnival GOTTESDIENST – church service KONZERT – concert BETRIEBSAUSFLUG - company outing FAMILIENFEIER - family celebration

As human beings we are always placed in a world in which things, spaces, activities and sensations have a meaning: they appear interesting and attractive, or dangerous and repulsive, or also meaningless and indifferent. The meaning, then, takes on three basic forms:

Resonance (+)

Some things attract us; they appear to us as valuable and desirable, so that we are attracted to them; they trigger a positive resonance in us

Dissonance (-)

Other things, on the other hand, seem repulsive or frightening to us, we try to avoid them; they create in us an uncomfortable sensation of dissonance

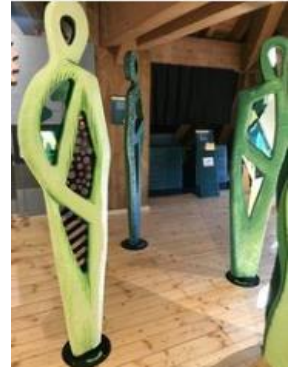
Indifference (+/-)

Most things, on the other hand, leave us 'cold', they tell us nothing, we are indifferent to them.

## Relationship structure

***Move yourself and the rotating figures. Let the relationship patterns work on you. How does your perception change?***

People resonate or dissonate with each other and to each other on very many different levels. They see each other in changing light, from different perspectives, in different postures, in variable spatial arrangements. In such interplays they sometimes seem close and clear to each other, sometimes they are strangers and incomprehensible to each other, then again they no longer perceive each other at all because they only see themselves.



## Resonance rooms

***Make this small flat your resonant space by finding the right furniture and watching how it resonates with the ceiling, walls and light, which you can also change, and with the selectable landscape in the background!***

Whether we can resonate with our environment depends not only on the people, but also on the characteristics and radiance of the spaces we spend time in. Some furniture and some landscapes put us off or leave us cold. In others, however, we feel comfortable and at ease.



*According to the nature of the objects that you imagine most often, your attitude will change; for the soul takes on its colour from thoughts.  
(Marc Aurel)*

## Resonance and alienation

***Lie down on both couches one after the other. Let the image and sound take effect on you.***

When we cannot resonate with an environment or situation at all, alienation arises. This makes us feel very uncomfortable and we ask ourselves, "What am I doing here?"

We would like to run away. Each person experiences resonance and alienation differently, but there are images, sounds and spaces that are very likely to touch us and make us feel "lifted up", and others where alienation becomes tangible.



## Deserts and oases of life: Attraction und repulsion in the circle of life

### Spread your stones on the board and get the pendulum swinging!

"Oases" attract us, "deserts" repel us.

All people have experiences in their lives that they perceive as moments of success and happiness: They fall in love with a person, they feel secure in a community, they enjoy a holiday or an activity. Such experiences become for them the "oases of life": they attract us magically. We then try to repeat them again and again.

But we also have experiences that feel completely alien, wrong, cold, often even terrible: Situations in which we are out of place, feel outcast or disregarded, in which we are deadly unhappy. Such experiences can be an exam, the wrong job, a failed voluntary work, a relationship that has grown cold, and so on.



These are the "desert experiences" of our life: they repel us (repulsion); we do not want to repeat them under any circumstances, and we try to avoid them. In our lives, we constantly try to reach the oases and avoid the deserts. In their interaction, they determine our relationship to the world. The course of a person's life can be described as the path we travel in search of the oases and in trying to avoid the deserts.

You can arrange your deserts and oases on this board and watch the pendulum of life move back and forth between them until it comes to rest.

## Theremin: Shape your resonant sound!

***Press the start button on the theremin. Here you can physically experience resonance by shaping sounds through your movement!***

- *do not touch the bars*
- *only run your hands along them at a small distance*
- *this produces different tones!*



Resonance is a particular way of interacting:

Two things interact in such a way that they influence and change each other without coercion. As human beings, we can resonate with our environment. This consists of four elements:

- 1) Touch: something touches, reaches or moves us.
- 2) Self-efficacy: we respond to it and experience ourselves as alive in the process
- 3) Transformation: through this we transform ourselves inwardly
- 4) Unavailability: what happens between us and the world can - like the movements of the swinging sticks - never be predicted and repeated exactly.

## Resonance post

***Get an unexpected response from an acquaintance or friend by sending him or her a card with your favourite saying.***



## Creativity and self-efficacy

***Give your creativity free reign! Shape the wires into ever new patterns and change the colours in the wall box.***

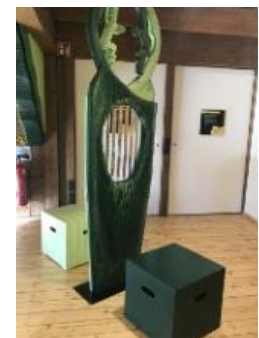
We experience resonance when we do not simply take the world and ourselves for granted, but experience that we can also shape and change it. By creating forms that respond to each other, that correspond or contradict each other, that can complement each other or repeat themselves, we also experience ourselves in a changing way. The world and ourselves appear again and again in a new light.



## Striped mirror: Being with oneself in the another

***Experience the resonances between you and another person. What happens when you smile, look sad, make faces?***

Resonance is the interrelation between us and another. We experience ourselves anew by perceiving the other: We see ourselves in him and him in us. The philosopher Hegel expresses this in the idea that we can only be fully ourselves in the other. The face is the most important "resonance window": it reflects what is moving in us and what we perceive in the other person.



## Work as an axis of resonance

***Can two of you coordinate the rotation of the discs so that the light falls through the holes? Can you change the tempo?***

Work is one of the most important axes of resonance for people. By working, we feel actively connected to the world. We experience ourselves as self-effective by bringing about something that is important to us and nourishes us. To work well, we need to resonate not only with the things - the tools, machines, materials - but also with the people we work with. Such resonances usually do not come about through thinking or through rules, but out of doing. Try it out!

