



# THE SWAN LECTURES

*excerpt from an imaginal conversation with those who might be listening ~*

...to re-organize our consciousness; filmmakers are doing this with the amazing technologies available to them in today's twenty-first century. I have long been interested in the possibility of re-organizing human consciousness, one body at a time if need be, accessing our most amazing and available technology (*techné*),—our bodies; non-drug induced and emphatically relying on the plasticity of our brain-bodies ('wholeness' re-thought); the neuro-ganglia reaches of interior gray matter connecting motor-movement-pre-cognitive memory,—that *under-the-radar* and *un-tapped capacity* so alive yet dormant at sub-cellular levels of every body.

...here lies a bridge to experiencing compassion for all living beings BECAUSE we are all living beings on THIS earth; we are that bridge for altering human culture and living with empathy for self and others; living with our finger on the pulse of *knowing* the fragile divide of life and death; of living *with* our vulnerabilities and not over-compensating for them. Just think, if we were to integrate *this* level of thinking—from our waking hour to the moment the Sandman sprinkles sleep-dust upon our eyes—well, what a different world we'd create for ourselves and one another! Here lies the most subtle game-changer that just might begin to alter human culture toward what we so often speak of as "missing,"—a culture lacking in *empathic response* ('response,' the operative word). It is not 'empathy' that is lacking; it's rather an over-ride of the inherent bodily-level neuro-skills that activate the capacity for empathic feeling that are missing,—neuro-biological capacities un-tapped and therefore under-used. What does evolution teach us?—what we don't use we lose. Every day that goes by *without* expression of this empathic responsiveness is another 24-hours of less capacity.

...Language plays a huge part in this discourse because, as we know, *language* shapes how we *think* about things. Change the use language and we change not only *what* we think but also *how* we think. When language regains its relational aspect—the way poets like Mary Oliver or Seamus Heaney use language—then its elusive and magical powers to inspire deeper thought processes are renewed,—what I term *think-feeling*: pre-cognitive knowings that live *between and below, within and without* our skin's network of viscera and breath; invoking the role and reverence the early Egyptians assigned to language: *what is spoken comes true*.

...to disrupt language's common and diminished use and enliven nouns (objects) as verbs, as active beings,—then all worldly things take on new and glistening life,—like long spears of foliage unfolding glittering green,—sharpened thought growing fertile with memory on its mind.

...it's a different way of being: FEELTHINKING,—a compound word translating our most instinctual and somatic processes—body *and* soul—of knowing and being known.

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*L. Martina Young, Ph.D., facilitates THE SWAN LECTURES*© at The Wilbur D. May Arboretum fall 2015. It is a community-based project that explores the 'image-body-empathy' relationship. Workshop participants become collaborators in Martina's ongoing lifework, "SWAN: a poetical inquiry in dance, text & memoir." For information and participation, please contact Martina: [www.apoeticbody.com](http://www.apoeticbody.com)