

The economy, consumerism, democracy, injustice, globalization, the image, the truth. Doesn't this sound like an all too familiar array of buzzwords to you? I'm not talking about the Hastag #2k17 though but about the "5 Day Intensive – Learning tomorrow's Language" with Louwrien Wijers and Egon Hanfstingl.

(...)

I wonder what I'm doing here. I don't do Prana. I spend most of my time, shoulders rolled downwards in a sunken posture in front of a 13" laptop. (...) We talk about chewing consciously, about a sattvic food diet for healing. I'm supposed to put my tongue underneath my gums and to put my feet on the ground. I'm getting enraged and wonder if people really still believe in these things. Love, compassion and an economy based on understanding rather than exploitation. Aren't we listening to merely semantic ideas that simply do not apply today and that apparently did not apply back then either? The panalists' strive for harmony, peace and happiness feels alienating and top-down to me. It makes me think of lifestyle trends like "Mindfulness", overpriced Chia seeds and Kale crackers, yoga studios that advertise a "quick and effective workout". The self-optimization of the neoliberal body — the living promise of success that casually sips on their Dry Martinis in their offices' Spa areas or at the cities' gallery openings. (...) I'm surrounded by constant complaint, boredom and #fomo. Between abuse, self-destruction, a greed for the social, undetermination and non-commitment lies the pure narcissism and self-loathing of a generation. (...)

V. holds L's foot. She kneads each muscles part in waves along the footbed, the midfoot, the toes. C. and C. take time for a yoga session out in the open field. The grass now smells like sun.

**My mind is scattered. I have to battle the fickleness of my own judgement. I do enjoy it. It is not like my generation is oblivious to thought,**

to the struggle with oneself, to emotion or compassion. There is the desire, the strong longing, for it. And forms of protest, too. I find them both in extreme and violent subcultures as well as in peaceful movements and private choices. Like foreseen by the panalists, today everything is much more fragmented, much more polarized but as well much more diverse in a positive sense. (...) It seems to me as if there is something in the air that makes today unique and urgent. It might be that we are back at what the scientist Ilya Prigogine called a "Turning point of civilization."

(...)

Love, compassion and creativity. 2017, we do have the chance to redefine what is supposed to be reality once again. To do so we need to ask ourselves not "What should I do?" But "What should I be?". (...) Taking time to listen and to keep silent, to share thoughts, words, comfort just as food or an open door. Creating space for discussion and a shift of our societies paradigms toward cooperation. Creating a "living sculpture" as Joseph Beuys would say.

(...)

At this point in time I agree with Mother Tessa Bialecki — yes, with the nun of all people. The week started with the notion of negativity, frustration and anger and ends with a positive and enriching outlook on the future. Francisco Varela states that society does not provide space to children and adults to experience what it means to be able to respond. Being "responds-able" is a slow process of learning what it means to feel like someone else. "What does it mean to accept your own ignorance?" they debate.

Someone important to me, once asked me how I have grown so cold. Through self-justification, in times of anger and pain, I only really accept now that I have done wrong and indeed missed out on the notion of feeling fully alive for a couple of years.