

Audio-exploration script:

Duration ca. 15 mins

Hello! This audio file is part of the Retheorising Capitalism Funfair that takes place at Tampere University from the 23rd to the 25th of October 2023.

My name is Henna-Elise Ventovirta and I will be facilitating the Workshop *called Retheorizing capitalism as reparation* as part of the Funfair programme. With this recording, I invite you to an exploration that engages different senses of your body. Furthermore, I invite you to pay attention to your environment and to reflect how the concepts and ideas that you connect with capitalism and/or post-capitalism manifest around and within you in the material, relation and bodily world.

This audio exploration has three phases:

1. We will centre in our bodies
2. We will open up to the surrounding environment
3. We will connect our bodily sensations with our observations about the environment and apply them to rethinking capitalism and its aftermaths.

Practical note: I invite you to do the exploration outside of your home for example in a place of the city/village you live in or are visiting at the moment. If this is not available for you, feel free to do the exploration indoors at home. You will find a way to apply the contents of this audio file.

Emotional disclaimer: I have prepared this audio file in a way that suits people from different backgrounds and life situations. However, if you should feel overly activated or triggered by this audio. Please stop the exercise and do something soothing, something that helps to reground yourself. In case you should get overly activated, it might be helpful to brush your arms with your hands, feel your feet or sits bones touching the ground, shaking out, touching your hands firmly, returning to your breath.

Thank you for joining me, *let's begin!*

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- **1. Centring in your body**

- Drop into the now.
- Feel your feet/sits-bones.
- Observe the breath, no need to change.
- Watch behind your shoulders, left and right. Up and down.
- If sight is available for you, you might want to soften your gaze – this means not focusing on anything in particular, trying to see everything all at once. If you feel comfortable doing it, you might also close your eyes. If sight is not available for you, feel free to soften your eyeballs in their sockets and shift to other senses.
- Feel your fingers/feet. Wiggle them.
- Send breath into the parts of your body that you don't feel so well. Back of your head, shoulder blades, calves, thighs, neck...
- Do you notice something shifting?
- How is your breath now?

- **2. Tuning into the environment**

- Skin, temperature
- Is there a taste that lingers in your mouth.
- What can you smell?
- What can you hear?
- Do you notice certain associations, emotions, or other bodily sensations surfacing whilst you connect to sensations that give you information about the place you are in?
- If sight is available for you and you had your eyes closed, please open them. Return to the soft gaze. Receive the quality of light and shapes that are around you.
- Keep breathing and observe what happens.
- Now you might let your attention linger on details. Stay curious. Which senses do you use? What details can you hear, smell, see, feel on your skin..?
- Which of your senses you pay attention now? Which not?
- While observing the space and environment around you, keep returning to your body and your sensations. This shifting between your body and the environment will help you to bridge your sensations and the world around you.
- Then take a break for a moment.

- **3. Application.** Now, we will connect our bodily sensations with our observations about the environment *and* apply them in rethinking capitalism and its aftermaths.
 - **Observation practice part I.** Think about what you connect with capitalism? What is it that you know of it? Let your thoughts and associations travel free. Then check in with your body: How is capitalism present in where you are now? In your body, around you, in what you can hear/see/sense, in the objects you touch and use? In your interactions? In the interactions that you observe? In the digital devices and media, you use? In your thoughts and projections about the future? Around you, in the groups and communities you are engaged with? You might want to have a walk, or move in the space where you are in any way available to you. Keep moving between your body/sensations – the environment – and your thoughts. What happens?
 - Is there one thing that you especially connect with capitalism as you know it? Linger in it. How does that manifest through your sensations? In the environment around you? Is it a certain detail? What senses get activated?
 - Take a break, shake it. Let your attention flow without a focus. Maybe you change the spot you are at. Move in a different direction. Stop or go on. Change your front. Take breath. Then let's continue.
 - **Observation practice part II.** Often we hear that capitalism is everywhere in contemporary societies, in our bodies even. Some of you might have heard the quote that it is easier to imagine the end of the world than to imagine the end of capitalism. Following the work of J.K. Gibson-Graham, I would like to trouble that notion for a moment.
 - **Now, please... Let's return to our sensation.** And let's pay attention what is around, behind, above, between us, within us. You might want to move again in a different direction, change your focus. And now I invite you see perceive what else is present. Shifting between paying attention to your body – environment and thought, *can you observe things, relations, actions, beings that function independent of capitalism, outside of it, or at its outskirts?* Take moment to explore this.... What is it in maybe your body, in the environment around you, in your relationships, things and objects that you are connected with,

- other living entities, communities, thoughts, infrastructures, ideas and practices that go beyond/exists outside of capitalist logic? What can you sense? What do you notice?
- Is there one thing that you especially connect with? Linger in it. How does thing manifest through your sensations? What senses get activated? What thoughts, associations come up? What questions? Take moment be with those.
 - Take a break, shake it. Let your attention flow again without a focus. We are slowly coming to an end.

Thank you for joining this exploration! After we are finished, I invite you to Take a moment to reflect on the experience of the audio journey. You might want write some, make by recording with your phone, you might want to draw, move or otherwise or otherwise embodying what you just experienced. Think about what you would like to share with group in the workshop. If anything, special came up or should emerge, feel free to contact me. My contact details are provided in the course Moodle.

You were listening to an audio file of the Retheorising Capitalism Funfair that will take place at Tampere Univeristy in October. This was a tuning in to the Workshop session “retheorising capitalism as reparation.” Until we meet, stay curious and take care!