

We are cells, we are organisms, we are processes, we are environments, we are persons, we are conscious and unconscious. We are inner landscapes moving in and being moved by outer landscapes. As the fetus senses the world through the landscape of its mother's womb so do we sense the world through the landscapes we are immersed in. We are resonant relational processes, constantly moving and being moved, constantly touching and being touched, constantly tensing up in our searching for resonance and releasing when we find it, when we feel it, sense it. The deep inner sigh when we connect and start resonating. Do you sense the contrast between this connecting, being a collective, being a whole, and at the same time being one, on your own? Sense how even though you are always one, you are always one with the other, always reaching, stretching, searching for connection. Like a cell in its membrane constantly moving and searching for other cells to merge with. Finding them, opening up and flowing into them with a sigh....aaahhhh....listening, responding, touching, flowing. Slow, slow, sloooow.

Cells move unconsciously but knowing where to go. As human organism-person-environment processes<sup>1</sup> we move consciously, thinking that we are in control from the outside in. Searching outside of ourselves: I need this, no this, no this and then I'll be this, or this, or that. Searching for happiness, for calmness. In a world that moves fast, fast, faster we search, search, search for connection, for resonance. We are thrown into the world and try to grasp it as it moves ever faster around us and in us. Let's remember that we are cells. We are millions of cells moving unconsciously towards consciousness and knowing from the inside out where to go to find resonance.

As organism-person-environment processes in human form we move towards resonance, just like other organism-person-environment processes in plant or animal form. We listen to spaces, materials, bodies, and respond with movement and sounds. Each movement, each sound, each felt sense<sup>2</sup> of each situation we participate in nourishes the next situation, the next moment, and the next and the next. Every moment bleeds into the next and builds up layer after layer in our bodies as inner landscapes. These layers become patterns that make up everything that we are. The past is in the now and the now is in the future.

The horizon moves towards me, embraces me. I am immersed.

A human body, being pulled, moved. Flickering in flow.

The attraction and repulsion we find in our aesthetic mode of perceiving the world is the ground we stand on, the ground that moves us.

The head flies off, sits by my side for a while. I'm just a body, a heart swinging back and forth, softly touching the world, moving into my navel to dwell there with my original connection to the womb, the world.

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<sup>1</sup> Eugene Gendlin coined this term that we can use to describe ourselves and everything else as the relational resonances and processes we are. See: Eugene Gendlin, Arakawa and Gins: The Organism-Person-Environment Process. In *Saying What we Mean: Implicit Precision and the Responsive Order*. Edited by Donata Schoeller and Edward Casey. Northwestern University Press, 2017.

<sup>2</sup> *Felt sense* is a concept that Gendlin uses to describe how we sense situations in our bodies, as sort of inner auras or inner landscapes. See: Eugene Gendlin. *Saying what we mean: Implicit Precision and the Responsive Order*, and Eugene Gendlin. *Focusing*, Bantam: New Age Books, 1982.