

Cortona

4.–11. September 2010

A residential week in Tuscany for the discovery of values, which are neglected in the natural sciences' academic education: arts, emotions and psyche, religiosity and body work, and to foster transdisciplinary thinking.

For ETH and ZHdK students: 3 credits, conference fee & group travel free.



Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich



hdk

Zürcher Hochschule der Künste
Zurich University of the Arts

Impressum

Editorial: Marlen Karlen

Design poster and program:

Bonbon – Valeria Bonin, Diego

Bontognali, Zurich

Printing: Inka Druck, Zurich

www.cortona.ethz.ch

LABYRINTH

Who would have guessed in 1985 that Cortona Week would become 25 years old or better young? Twenty-five years of lively and deeply grounded scientific, philosophical and artistic intercultural exchange and interaction. Nearly 2000 different participants mostly from ETH Zurich participated, enjoyed and contributed to this extraordinary seminar week over the decades. Many of them joined twice or more times and many stated years after participating, that Cortona somehow changed their lives in a substantial way. Lately, his encouraging result was enforced by the didactical evaluations which we performed during the last years and which, on a sound basis, prove the overwhelming acceptance of this teaching event.

Indeed, it is not trivial that a university allows for a couple of students (70–90) an expensive, richly staffed experimental week 500 kilometers away from it's institutional site for extending their scopes and the intercultural competence every year! In this respect the Cortona-Week has become an educational pearl and international label of ETH-Zürich that was honored by the European Project for Intercultural Exchange of about twenty universities by choosing the Cortona concept as a clue.

In the midst of the 1980th when Cortona began, the idea was doubted by many and multiple obstacles had to be overcome. The enduring labor of keeping Cortona alive, funded and constantly re-equipped, is Pier Luigi Luisi's great achievement who during the Skylla & Charybdis periods found an engaged sponsor in Branco Weiss who funded the seminar for 10 years by himself! Maybe, that was one of the most risky engagements of Branco Weiss because it can not be rated in form of indicators like numbers, stocks, or employees but works out only through intercultural competence and creativity of young scientists.

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Welcome to Cortona 2010

Organization



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Afterwards there was rich backing by ETH Zürich, not only affording 3 credits for the week but also generously funding the event and also its organization throughout the years.

Lately, the Zurich University of the Arts has entered into Cortona by a substantial financial commitment, their young artists enriching and counteracting in a way the scientific community.

«LABYRINTH», the title of Cortona-25 has a congruent meaning in many cultures but also a variety of differing aspects. In a way, it represents the many topics we worked through during the last 25 years but also intends to foster the growing awareness of present world problems and to shed light onto future pathways and bifurcations to be endeavoured and mastered for ensuring global human culture.

Venue



Hotel Oasi

Via Contesse 1
I-52044 Cortona
+39 (0575) 630 354
info@hoteloasi.org
www.hoteloasi.org

Group travel

Bustravel coach from Zurich HB at 10.5 on September 3rd.
Arrival in Hotel Oasi in Cortona at 20.30 for dinner.

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1985–2010



Chungliang Ai Huang



Philosopher, performing artist and internationally acclaimed Tao master, he is the founder of the Living Tao Foundation and the International Lan Ting Institute in the sacred mountains in China, and on the Oregon Coast. He is one of the most sought after speakers in the field of human potentiality, on cultural diversity and creative dynamism in global business and all arenas of life. He is a research scholar of the Academia Sinica, and a fellow of the World Academy of Art and Science, and an assembly member for the Council for A Parliament of the World Religions. He received the New Speaker Award from Young Presidents' Organization, the New Dimension Broadcaster Award, and the Gold Medal from the Ministry of Education of the Republic of China.

www.livingtao.org

ENTERING THE LABYRINTH OF THE I CHING

Exploring and experiencing the mystery of this ancient book of wisdom. Finding the threads of understanding, in the MAZE of this Chinese Book of Change and Transformation. Learn to embody the three levels of consciousness-spiritually, emotionally and physically, by experiencing the Yin/Yang transformative variations in the basic Eight Trigrams of the I Ching, kinetically through our bodies.

Chungliang Ai Huang will demonstrate and help the participants to personally experience this creative transformation in our Tai Ji dance and in our daily meditative practice.

Jürg Altherr



Bildhauer und Landschaftsarchitekt BSLA. 1944 geboren. Lehrtätigkeiten an der Fachhochschule Rapperswil (1976–1983 und 1989). ETHZ Plastisches Gestalten (1979–1981). Werke in privatem und öffentlichem Besitz. Arbeitsschwerpunkt: Kunst und öffentlicher Raum.

www.plastiker.ch/altherr

DIE ORGANISATION DER LEERE EIN SPAZIERGANG DURCH CORTONA



Die Leere ist hier, sie umfängt uns, von hier bis ins Unendliche, und wir prägen uns darin ein. Wir tragen diese Einprägung mit uns – als uns – mit: durch Strassenräume, Gassen, über Plätze, im Licht und Schatten.

Wie prägen sich Bauten, Bäume, Mauern und Tore in die Leere – wie ist die Leere «organisiert»?



Workshop Part 2

Shams Anwari- Alhosseyni



Shams Anwari-Alhosseyni wurde 1937 in Teheran geboren; 1956 Meisterprüfung als erster Kalligraph an der Akademie der Schönen Künste Teheran mit Berechtigung zur Lehrtätigkeit, und zweijährige Lehrtätigkeit für Mathematik in Teheran; 1958 Studien in Medizin, Orientalistik, Ethnologie und Musikwissenschaft, Universität Köln; 1985 Promotion Orientalistik, Ethnologie, Medizin; 1974 bis heute Dozent für persische Sprache und Literatur und islamische Kalligraphie, Universität Köln; 1997 ordentliches Mitglied der Europäischen Akademie der Wissenschaft und Künste; zahlreiche Ausstellungen.

SCHÖN-SCHRIFT

Islamische Kalligraphie – Schönschrift – ist ein Ausdruck göttlicher Schönheit. Sie ist der Höhepunkt der bildenden Kunst.

Im Laufe der Zeit entwickelte sie sich zu einer Universalkunst, der alle anderen Künste untergeordnet sind. Sie unterliegt einer theoretischen Grundlage, die aus der vedischen Mathematik, der Philosophie und der Kosmologie stammt. Kalligraphie ist somit auch und vor allem eine strenge Wissenschaft, die schliesslich als «die Hälfte der Weisheit» angesehen wird.

Das Geheimnis der Buchstaben bleibt trotzdem nicht enträtselt: «Sind nicht die Menschen selbst geheimnisvolle Buchstaben, die im Himmel auf ihre Erscheinung in dieser Welt warten, um gewissermassen an dem gewaltigen Buch des Universums mitzuarbeiten?» (Ibn Al Arabi, Mystiker, 12. Jhd. Spanien)

In diesem Seminar werden wir Wissenswertes über Geschichte, Typologie, Schreibmethode und – technik des alten und neuen kalligraphischen Duktus erfahren. Mit Spezialfeder und Tinte werden wir die schönen, geschwungenen Schriftzeichen üben und zur inneren Konzentration und Sammlung gelangen. Eine Diavorführung beschliesst das Seminar.



Labyrinth der Liebe



Eshel Ben-Jacob



PhD in physics (1982) at Tel Aviv Univ. Israel where he is Prof of Physics and holder of the Maguy-Glass chair in Physics of Complex Systems. He engages in the theory of self-organization and adaptive complex systems of living and non living systems. He studied bacterial colonies, developed new bacteria species and started a new research field on the social behavior of bacteria. He is a pioneer of complex theory with focus on System Level and Function-Form approach towards Biocomplexity. He developed a method of Functional Holography Analysis, and researches in system neuroscience investigating living neural networks outside the brain and the human brain activity. He invented the first Neuro Memory Chip and joined Irun Cohen for the immune network development and organization. The approach is based on system level analysis of immune wide antibody reactivity data extracted by the novel technology of antigen chips.

SWARMING INTELLIGENCE OF MICROORGANISMS

Many of us are aware of swarming intelligence of social insects such as ants and termites. In this lecture I will show movies of swarming intelligence of bacteria that can form swarms containing billion of cells. Bacteria, the first and most fundamental of all organisms, lead rich social life in complex hierarchical communities. Collectively, they gather information from the environment, learn from past experience, and take decisions. To solve newly encountered problems (challenges) posed by the environment, such as movement towards patches of food located at a distance, they execute distributed information processing of the 10⁹-10¹² bacteria in the colony thus turning the colony into super-brain. Super-brain, because the billions of bacteria in the colony use sophisticated communication strategies to link the intracellular computation networks of each bacterium (including signaling pathways of billions of molecules) into a network of networks. I will then show illuminating movies of swarming intelligence of live bacteria and other microorganisms in which they solve optimization problems that are beyond what we, human being, can solve with our most powerful computers. This will lead me to a discussion about the special nature of bacteria computational principles. I will show simulations of swarming of bio inspired smart agents in complex environments and mazes and will reflect at the end of the lecture on application to cell navigation and new approaches to design intelligent swarms of robots.



Lectures

John Wolf Brennan



Born in Dublin/Ireland. Composer, performer, improviser, pianist and organist. Acknowledged as «one of the most creative European musicians». His latest albums and projects include the installation Inner and Outer Spaces (Kunstmuseum Luzern, with Susanne Hofer) The Speed of Dark (solopiano), FAKE FOLK (Pago Libre), platzDADA! (Deutscher Schallplattenpreis 2009), Whirligigs (Triangulation w/ Christy Doran, Patrice Héral & Bruno Amstad), MOMENTUM 5 (w/Thomas K.J.Mejer & Gerry Hemingway), KOSOVAMBIENT SONG/Broken Dreams (w/Alexandra Prusa, Peter Gossweiler & Nesim Maxhumi) and Melos Montis (w/yodel singer Franziska Wigger & Hanspeter Wigger). For his «innovative work as composer» he was awarded the Prix de la Fondation SUISA in 2002 and the prestigious UBS culture award in 2008. His continued interest in the relationship between art and science and has made him a dedicated Cortona tutor from the very beginning. Lives in Weggis, Lake Lucerne.

www.brennan.ch
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THE CORTONA ORCHESTRA – A LABYRINTH OF SOUNDS

In the true adventurous x-perimental spirit of Cortona (around Core Tone A), everybody is invited to bring his/her own instrument (including, of course, the voice as primal source). Together we shall dig out (and dig) some spontaneous sonorous objets trouvés, turn them into SONIC ROOTS, searching, dis-covering and mapping highways and byways through this collective LABYRINTH of sounds, hopefully finding the way back! For the final evening, we might collaborate with the drums and other departments, drum up the moon, conspire with the birds...



Rinaldo Brutoco



A leading international executive, writer, and keynote speaker, he is widely recognized as a practical visionary, change agent, and futurist, assisting executives and organizations in adapting to change with breakthrough ideas.

President of the World Business Academy, which he founded in 1987 to educate, inspire, and assist business leaders to take responsibility for the whole of society. The Academy is a pre-eminent publisher of new paradigm business literature. On moving to Ojai, California, he formed The ShangriLa Group, a consulting firm and commercial group of companies with numerous investments in various enterprises. As its Principal and CEO, he consults on the leading edge of business, renewable energy, international micro and macroeconomics, technology, and finance.

www.worldbusiness.org

THE ROLE OF BUSINESS AT A TIME OF CONSCIOUS EVOLUTION

Business has become the most powerful institution on the planet. As such, the role business plays in society will determine the very survival of the human species.

The talk will explore the evolutionary roots of humans and the historical evolution of

commerce from its foundation to the present day. This exploration will reveal the point in time of human evolution where we can, and must, consciously choose to evolve our business institutions in parallel with our collective determination to consciously evolve as a species.

We will explore the role of Homo Noeticus, the principle of stewardship, the Call to

Conscious Evolution, the Six Basic Human Rights, and the practicality of launching a new Global Marshall Plan.

Iso Camartin



Iso Camartin, born 1944 in Chur, essayist and literary critic, 1985-1997 Professor of Rhaeto-Romansh culture and literature at the Swiss Federal Institute of Technology and at the University of Zürich. 2000-2003 Head of the cultural section of Swiss Television in Zürich (SF DRS). Since 2004 responsible for the «Opernwerkstatt» at the Opernhaus Zürich. Author of numerous books and articles, including topics relating to Switzerland's cultural diversity. Lives in Zürich and New Brunswick NJ.

IM LABYRINTH DER ILLUSIONEN

Illusionen sind Teil unseres Lebens. Sie sind nicht einfach Täuschungen, die wir abstreifen können. Wir wachen nicht auf einmal aus ihnen auf und sind dann geheilt fürs Leben. Viele unserer Illusionen begleiten uns ein Leben lang. Sie haben einen labyrinthischen Charakter, darum finden wir auch nur schwer aus ihnen heraus. Es sieht so aus, als mache es sogar Sinn, sich bestimmten Illusionen anheim zu geben. Die Macht, die Illusionen über uns haben, beziehen sie aus unseren Wünschen, unseren Träumen und unseren Ängsten. Gibt es nicht Weisheitslehren, welche das, was wir Wirklichkeit nennen, für die grösste Illusion halten?

Da das Feld unserer Illusionen ein sehr weites ist, hat mein Workshop drei Schwerpunkte:

Fata Morgana: Optische Illusionen im Spiel mit der Einbildungskraft.

Illusions perdues: Menschen im Labyrinth grosser Gefühle – am Beispiel von Balzacs Roman.

Die Zukunft einer Illusion: Sigmund Freud und das Labyrinth der Religionen.

Die drei Sitzungen sind auch als einzelne besuchbar.

Colori Theater

Richi Diener
Fredri Rauner



Richi Diener

1952. Sozialarbeiter, Erwachsenenbildner. Theaterschaffender seit 1980. Mitglied und Mitbegründer des Theater COLORi, St. Gallen. Trainer für politisches Strassentheater. Vater und Miterzieher von zwei Kindern. Lebt in Chur.



Fredri Rauner

1962. Theaterschaffender seit 1984. Mitglied und Mitbegründer des Theater COLORi, St. Gallen. Weiterbildung am Institut für IndividualSystemik in München. Seit 2003 eigene Praxis. Vater und Miterzieher von zwei Kindern. Lebt in Wolfhalden AR.

«DIE GANZE WELT IST BÜHNE!»¹ IMPROVISATIONS- WERKSTATT

Die Rollen, die uns der Alltag vorschreibt, sind uns bekannt. Oft haben wir Lust, etwas Neues auszuprobieren und nach Herzenslust zu improvisieren. Theaterimprovisation eignet sich hervorragend, ein ganz anderes Repertoire an Stimmungen, Gefühlen und Ausdrucksformen «vom Leben auf die Bühne und wieder zurück» zu bringen.

1 Shakespear

Paul Embrechts



Born 1953 in Schoten (Belgium), Married to Gerda Janssens, three children. Professor of Mathematics at ETH Zurich since 1989 – visiting Professorship in various European and Far-East-Universities. Director of RiskLab ETH Zurich. Research Interests: Stochastic modelling of extremal events in insurance and finance. Econometric models for tick-by-tick data in finance. Actuarial risk theory. Quantitative risk management. Modelling of dependence beyond linear correlation. Aggregation of risk measures. Extreme value theory and its applications. Model uncertainty in risk management. Stochastic models for risk diversification and risk concentration. Honours and professional activities see www.math.ethz.ch/~embrechts

THE FINANCIAL CRISES AS A LABYRINTH OF PRODUCTS AND INSTITUTIONS

The current financial crisis, also referred to as the subprime or credit crisis, is without doubt the most serious banking crisis for 80 years. How could it come so far? Catchwords one reads about in the press are: greed, leverage, regulatory arbitrage, opaqueness, securitisation, complexity, rating agencies, LCFI (Large Complex Financial Institutions), CDSs (Credit Default Swaps), CDOs (Collateralized Debt Obligations), political shortsightedness, regulatory arbitrage, human factor, complex networks, accounting deficiencies, ..., indeed a labyrinth of products and institutions.

In this talk I will try to explain where some of the main issues lie and what measures are to be taken to make the world financial system more robust. One fact we definitely have to accept is that it always has given economic crises or bubbles, and indeed such crises will reoccur. We can only hope that the future impact will be less harmful. This talk is partly based on the article: «The devil is in the tails: actuarial mathematics and the subprime mortgage crisis. ASTIN Bulletin, 2010, to appear.»

See also www.math.ethz.ch/~embrechts for more background reading

Richard R. Ernst



Richard R. Ernst finished his studies at the ETH Zurich with a dissertation on nuclear magnetic resonance in physical chemistry. 1976-98 Professor of Physical Chemistry at ETH Zürich. He joined Varian Associates and developed Fourier-transform NMR, noise decoupling. He headed research on methodological developments in liquid state and solid state NMR, developed two-dimensional NMR and novel pulse techniques and contributed to the medical magnetic resonance tomography, and with Prof Kurt Wüthrich to the development of the NMR structure determination of biopolymers in solution. He was president of the Research Council of ETH Zurich and member of the Swiss Science Council, received numerous honors, including the Nobel Prize for Chemistry (1991). Today, he lectures on the societal responsibility of scientists. He involves in conservation of Central Asian Art and in Raman spectroscopy for identifying pigments in ancient paintings.

ACADEMIC RESPONSIBILITY AND OUR GLOBAL FUTURE

Academic teachers, researchers and institutions carry great responsibility in shaping a beneficial future for all global citizens. They are responsible for educating and inspiring future leaders in politics, business, and academia. A new spirit shall be developed in our universities which is based on cooperation, foresight, and compassion to counterbalance our all pervasive money-mindedness and our egomaniac cravings for materialistic goods that led us into the present global economic disarrays. The philosopher Hans Jonas has cast his most valuable advice into the Imperative of Responsibility: «Act so that the consequences of your action are compatible with the permanence of genuine human life on Earth.»

MANDALAS, MAZES AND MATH: AN INTERCULTURAL DISCOURSE

After a few brief remarks on the significance of labyrinths and mazes, in particular in Asian traditions, a counterpart of such metaphoric geometric diagrams is discussed and visualized, namely the significance and the beauty of Tibetan Mandalas. Mandalas are representations of the Buddhist universe and serve during meditation as guidelines towards enlightenment. Mentally unifying apparently opposing forces is essential in this context, in the sense of Unity in Duality, Dependent Origination, or rTen 'brel. In contrast to a classical labyrinth, no strictly «correct» pathway is pre-defined, and the liberty of the searching spirit is not inappropriately channeled. An incredible wealth of most beautiful Mandalas has been created during the past centuries.

Surprisingly, pathways that resemble labyrinths can also be found in mathematical search procedures for scanning a two-dimensional (or higher-dimensional) parameter space. A few brief remarks are made regarding the scanning of k -space in magnetic resonance imaging (MRI) where a great number of procedures and pathways for sampling k -space have been developed and are today in daily usage in clinical scanners.

In between these two «extremes», the author is involved in intercultural teaching activities, providing Tibetan Monks and Geshes in South India a first introduction into Western scientific reasoning in an attempt to build intercultural bridges for mutual benefit.



Gerd Folkers has been announced Professor at ETH Zürich for Pharmaceutical Chemistry in 1991, and became full Professor in 1994. He performed his PhD thesis on structure-activity relationships of synthetic nucleosides at the University of Bonn. Thereafter he spent time abroad in the USA, UK and Switzerland before he finished his habilitation on drug design in 1990 at the University of Tübingen. Folkers is member of the swiss national research council and member of the board of different start-up-companies. He founded an ETH-spin-off, which runs a virtual leaning platform for pharmaceutical and biomedical sciences. Gerd Folkers is (Co-)Author and Editor of numerous scientific papers articles and books in drug research and development. He received many international awards, among them, the European Prix Medida together with Beat Ernst, Basel for the development of new teaching and learning environment in Pharmaceutical Sciences. Since 2004 Gerd Folkers serves as director of the Collegium Helveticum a joint institution of University of Zürich and ETH Zürich. The Institute is devoted to transdisciplinary approaches in trying to tackle complex prob-

A DIALOGUE: GERD FOLKERS – HELMUT MILZ

Labyrinths – ancient hideaway for the Minotaur or natural habitats for contemporary hybrid scientists?

Daedalus, the ancient scientist, engineer and inventor had created a highly complex labyrinth to hide Minotaur, the son of Pasiphae. Being unable to dwell in either of the worlds, the son of a Cretan princess and a white (divine) bull had to be locked away since he was considered to be a danger for both, mankind and the ancient gods. Theseus, the hero, killed the Minotaur with the help of Ariadne, whose thread mastered the complex labyrinth.

Ancient myths may serve as metaphors for the situation of contemporary sciences and point to their inconsistencies. Labyrinths, in contrast to mazes, are characterized by the fact that they have a single pathway to walk through, without branches and loops. They may be perceived as a confusing series of pathways, frustrating those who are inside. Nevertheless there is a simple single solution to solve the complex problem: Ariadne's thread. Hence, labyrinths may be weak metaphors for describing the situation of a scientist, captured within a complex problem and facing the assumption that there may be more than one answer to more than one question. Labyrinths are hence the positivists view on science. A labyrinth is fun, because the positivists are believers in a master plan, a giant Daedalus construction, which eventually will be conquered by a hero and his simple algorithm. Science has very successfully conquered parts of the maze of nature, which is not a labyrinth, and has declared local problems to be solved by single Ariadne threads, not knowing how far the maze sprawls. Daedalus has fled to distant shores, meanwhile.

lems. In 2006, Gerd Folkers has been elected a member of the Swiss Academy for Engineering Sciences.

Helmut Milz



Geboren 1949, Studium von Medizin und Soziologie (FU Berlin), Arzt für Psychosomatische Medizin und Psychotherapie (Verhaltenstherapie), Arzt für Allgemeinmedizin, langjährige Studien der Körpertherapie mit Pionieren unterschiedlicher Methoden (u.a. Esalen-Institute) postgraduierte Weiterbildung in Public Health (UC Berkeley), ehemaliger Berater für Gesundheitsförderung bei der WHO (Weltgesundheitsorganisation), Mitarbeit an der Ottawa - Charter for Health Promotion, Honorarprofessor für Psychosomatische Medizin und Gesundheitsförderung an der Universität Bremen (FBII), Autor zahlreicher Bücher und Veröffentlichungen

In those years of confinement, the Minotaur must have explored his home and may have found his way out, but nothing is reported. So he obviously decided to stay inside, surviving by a horrible diet, waiting for the slaughter. Does this describe the general fate of hybrids? Not belonging to any of the defined systems they are awaiting their unspectacular ends.

Hybrid scientists with origins in both humanities and sciences rarely escape their academic labyrinths, following their careers in either of their limited worlds. Only in disguise they may reach positions of broader responsibility, since rigid monocultures of academic disciplines are still the dominant program, non-reflectiveness the overall attitude and avoidance of interdisciplinary cooperation pervades. Minotaur must have been a sceptic. Lets get acquainted with him.

In our dialogue we will discuss how the interdisciplinary «ETH-Cortona week» may provide the participants with enhanced options to master professional challenges. Their daily exposure to artistic performances can stimulate imagination, different perspectives, flexibility and improve solution finding. Experiences in self-awareness offer skills in contemplation, focusing, participatory sense-making and social intelligence. Scientists must develop personality and leadership to communicate the precise information acquired during academic studies. They have to be prepared to face complex problems, which go beyond specific facts. Both human search and scientific research are crucial to better cooperate in managing global interdependence.

Ulrike Hamann



Ulrike Hamann ist Fachärztin für Anästhesie und Intensivmedizin mit Spezialisierungen in Schmerztherapie und Palliativmedizin und arbeitet inzwischen hauptsächlich schmerztherapeutisch. Ihr durch Studium und Ausbildung vorwiegend naturwissenschaftlich geprägter Blick auf die Medizin hat sich gewandelt - ist umfassender, im wahren Sinne des Wortes «ganzheitlich» geworden durch die tägliche Konfrontation mit Menschen in der Lebensendphase oder Menschen, die unter chronischen Schmerzen leiden. Diesen komplexen Problematiken, so ihre Überzeugung, ist nur mit einem umfassenden bio-psycho-sozialen Krankheitsverständnis entgegen zu treten. Dies vertritt sie regelmässig im Rahmen von Vorträgen und Fortbildungen vor Fachkollegen, sowie vor fachfremden Berufs- oder Interessensgruppen.

Manchmal vielleicht komplexer als gewollt ist die Verbindung zwischen beruflichen und familiären Zielen, Frau Hamann, die als Oberärztin in einer grossen Spezialklinik im Süden Deutschlands die dortige Schmerztherapie leitet, lebt mit Mann und ihren beiden Kindern in der Nähe des Chiemsees.

PAIN – THE GIFT NOBODY WANTS

The authors will be present in all 3 sessions and discussing the topic(s). Short input lectures and comments will start-off each workshop.

Ulrike Hamann: Schmerzphysiologie und ihre Störungen. Kommentar: Gerd Folkers.

«Den» Schmerz gibt es nicht, vielmehr ist Schmerz immer das subjektive Erleben des Betroffenen, Schmerz hat viele Gesichter und Ausdrucksformen. Er kann die rettende Warnung sein, die auf die Bedrohung der körperlichen Integrität hinweist, kann zur Qual werden im Rahmen einer Grunderkrankung, oder auch ohne organisches Korrelat Ausdrucksform eines psychischen Spannungsfeldes sein. Im Rahmen einer kompakten, mit Fallbeispielen bereicherten Erläuterung zur Physiologie, wird der Facettenreichtum des Schmerzes und der therapeutischen Vorgehensweisen, die ebenfalls immer fachübergreifend und interdisziplinär sein müssen, zur Diskussion gebracht.

Gerd Folkers: Schmerzbewältigung von der Antike bis heute. Kommentar Amrei Wittwer

Der Schmerz als Haustier, ein Hund in Nietzsche's «Fröhlicher Wissenschaft» und als Bringer der Weisheit, als Hölderlins Umnachtung. Der Bewältigungsstrategien gibt es viele. Schmerz ist ein treuer Begleiter menschlicher Existenz und deshalb im Kulturschaffen zentral. Haben wir mit modernen Therapien verlernt mit dem Schmerz umzugehen oder erscheint er stetig neu, in anderem Gewand?

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Workshop

Dr. Amrei Wittwer



Dr. Amrei Wittwer, geboren 1980 in Bludenz, wissenschaftliche Mitarbeiterin am Collegium Helveticum.

Der Schwerpunkt ihrer Forschung ist das Entscheidungsverhalten unter dem Einfluss von Risiko und bei Schmerz. Studium der Pharmazie an der ETH Zürich und der Universität Graz. Dissertation am Collegium Helveticum über den Effekt von Selbstbildern auf Schmerz und Risikoverhalten. Mit Elvan Kut und Nils Schaffner erhielt sie 2007 den «Förderpreis für Schmerzforschung» (DGSS). Mitherausgeberin und Autorin von wissenschaftlichen Beiträgen sowie von Prosa und Lyrik, zuletzt in Pfeile & Bogen beim Libelle Verlag.

Amrei Wittwer: Glück und Schmerz. Kommentar Ulrike Hamann

Welches Verhältnis haben Glück und Schmerz zueinander? Schmerz und Glück sind Empfindungen, die in ihrer Valenz meist entgegengesetzt sind. Wir streben den Zustand des Glücks an, während wir Schmerz vermeiden wollen. Glückliche Zustände scheinen mit der Abwesenheit von Schmerz zusammen zu hängen. Aber schliessen sich Schmerz und Glück immer aus? Diese Beziehung wird im Seminar diskutiert.

Gerd Folkers

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Vittorio Gallese



Vittorio Gallese is Professor of Physiology at the Dept. of Neuroscience of the University of Parma, Italy, where he coordinates the PhD Program in Neuroscience. Neuroscientist, his research interests focus on the cognitive role of the motor system and on an embodied account of social cognition. His major contribution is the discovery, together with his colleagues, of mirror neurons. He has worked at University of Lausanne, Switzerland, at Nihon University of Tokyo, Japan, and at University of California at Berkeley, USA. He received the Grawemeyer Award for Psychology from the University of Louisville, KY in 2007 and the Doctor Honoris Causa from the Catholic University of Leuven in 2010.

FROM MIRROR NEURONS TO INTER-SUBJECTIVITY: A NEUROSCIENTIFIC PERSPECTIVE

Our seemingly effortless capacity of conceiving of the acting bodies inhabiting our social world as goal-oriented persons like us depends on the constitution of a shared «we-centric» space. I propose that this shared manifold space is characterized as embodied simulation, a basic functional mechanism by means of which our brain/body system models its interactions with the world.

The mirroring mechanism for action in our brain represent sub-personal instantiations of embodied simulation. Embodied simulation provides a new empirically based notion of intersubjectivity, viewed first and foremost as intercorporeity. Before and below mind reading is intercorporeity as the main source of knowledge we directly gather about others. Parallel to the detached third-person sensory description of the observed social stimuli, internal non-linguistic «representations» of the body-states associated with actions, emotions, and sensations are evoked in the observer, as if he were performing or experiencing a similar action or emotion. It must be stressed that the term «representation» here refers to a content, generated by the relations that our situated and inter-acting brain-body system instantiates with the world of others.

By means of an isomorphic format we map others' actions onto our own motor representations, as well as others' emotions onto our own visceromotor and somatosensory representations. Our brains appear to have developed a basic functional mechanism, which gives us a direct insight of other minds thus enabling our capacity to empathize with others.

This proposal opens new perspectives on our understanding of autism and psychopathological states.

Eveline Hauser



Geb. 1961. Unterrichtet seit 1994 afrikanische Rhythmen auf der Djembé und den Basstrommeln; Aufenthalt in Senegal, Kurse bei Saf-Sap; Organisation von Tanz- und Trommelkursen der senegalesischen Musik, Mitglied der Freien Theatergruppe Colori; Mutter von 2 Söhnen; lebt im Appenzellerland.

Tony Majdalani



Is Palestinian, lives in Zurich with his wife and two daughters; his interest lies in the use of drumming to expand awareness, to connect to oneself and to change.

DRUMMING

During this week, the participants will have the opportunity to drum, make music and improvise using elements from African and Arabic rhythms. The goal is not only self-awareness, but also communication: how does playing in a group touch the various aspects of being part of a community. Drumming presents the opportunity for certain experiences to happen, such as a whole-body experience, a sense of the flow of energy in the group or a redefinition of what it means to be an individual in a group.



Hildegard E. Keller



Professor of German Literature in the Department of Germanic Studies at Indiana University, Bloomington IN, USA (since 2008); Jury Member for the Ingeborg-Bachmann Prize (2009). Assistant Professor (2001–2007) and Honorary Professor (since 2007) at the University of Zürich.

Two recently completed projects: Jakob Ruf. Leben, Werk und Studien. 5 vols. with 2 CD-ROM. Ed. by Hildegard E. Keller. Zürich: NZZ Libro 2008; Die Stunde des Hundes. Ein Hörbuch nach Heinrich Seuses Exemplar. Zürich: vdf 2007 (nominated for the German Audio Book Prize, 2009).

GEN*

IN THE LABYRINTH OF GENEALOGY

Genealogy represents a crucial element in the construction of both collective and individual identity because it visualizes the familial system into which a person is born: Who are your ancestors and who are you? The individual finds its place on a tiny twig on one of the many branches of a labyrinth-like family tree. The asterisk in my title refers to the wildcard in a computer search (in which it can represent zero, one or several characters, and therefore comprises all words that begin with gen-). My lecture focuses on genealogy, while also taking into consideration other relevant terms: gen, genetics, Genealogy, generation, genuine and genius.

Genealogical thought represents one of the defining characteristics both of society and of individual identity in pre-modern societies. It finds its most important prototype in the genealogy of Jesus Christ (witness the fact that many modern bibles still contain blank pages for the entry of essential names and dates concerning the owner's family). Noble families in the Middle Ages legitimized their rule over territories by constructing (often entirely fictive) identities that rooted their claim to power to a long-standing network of genealogical, dynastic relationships.

Genealogy attempts to overcome the tooth of time with images of temporal continuity: the dead remain no less present than the living, whose presence in turn implies those who are yet to come. Genealogy thus tends to diminish, if not outright suppress, individual identity by placing single persons within a deep synchronic setting – a setting of generation and sex. At the threshold of modernity, we find artists who delve into the challenge of the familial labyrinth for the individual: who are you within (and without)

the labyrinth of your familial ties? The works by two Latin American women shall be in the spotlight – the Mexican painter, Frida Kahlo, and the Argentine poet, journalist and playwright, Alfonsina Storni.

FIRELINE



In den Mythen und Sagen hängt vieles an einem Faden. Manchmal das Leben selbst. Das scheint auch der Fall zu sein beim berühmtesten Labyrinth, das je ein Lebender verliert. Der starke Theseus schaffte es zwar aus eigener Kraft, den stierköpfigen Minotaurus zu töten, doch hätte er es nie geschafft ohne die Listen der Ariadne. Sie hatte sich in ihn verliebt und verschaffte ihm deshalb ein paar Hilfsmittel. Ein Garnknäuel und ein Schwert. Theseus hatte Glück.

Faden und Schwert stehen für die beiden handwerklichen Aspekte, mit denen wir in diesem Workshop experimentieren werden: Schneiden, zerschneiden, kappen von Verbindungen einerseits – verknüpfen, zusammenfügen, weiterspinnen andererseits. Wir ersetzen Faden und Schwert durch andere Werkzeuge: Der Faden heißt *FireLine* (er soll ganz besonders stark sein) und als ‚Schwert‘ dienen uns Schere, Japanmesser und Schnittprogramme. Mit Hilfe von Film- und Collage-Techniken bauen wir Labyrinth und spielen mit unserer Identität.

Tonia Geissbühler



*1981. Matura am Liceo artistico. Master of Fine Arts, Modedesign 2008. Royal Academy of Fine Arts, Antwerpen, Belgien, 2002–2008. Diverse Praktika und Assistenzen bei Theater und Film. Arbeitsschwerpunkt: Design, Kleidung, ästhetische Wahrnehmung

Nora Steiner



*1981. Matura am Liceo artistico. Atelieraufenthalte in Paris, New-York und Antwerpen. Assistenz bei verschiedenen Künstlern. Dipl. Künstlerin HGK. Seit 2008 freischaffende Künstlerin. Bevorzugtes Medium ist die Malerei. Spezialisiert auf Oelmalerei und Spraytechniken.

EXPERIMENTIER- WERKSTATT – MALEREI

Mit Farben und Formen Bilderwelten kreieren. Ob mit Spraydosen, Acrylfarben, Pigmenten oder Kreide; wir stellen eine grosse Palette verschiedenster Materialien zur Verfügung, geben Tipps und Anregungen, thematische Vorschläge und kleine maltechnische Einführungen. Das Atelier im Garten bietet Raum zum experimentieren und ist ein guter Ausgleich zum theoretischen Angebot.

PAINTING – EXPE- RIMENTAL WORK- SHOP

Creating picture worlds with colours and forms. We provide you with a wide range of different materials such as sprays, acrylic paint, pigments and chalk, and give tips, ideas, suggestions about topics as well as short introductions to various techniques. The studio in the garden offers room for experiment and a welcome change from the theoretical programme.

Doris Lässer Stillwater



Dipl. Psych IAP. Geboren 1945 in Zürich, seit 1980 psychotherapeutische Praxis in Zürich, Einzel- und Gruppentherapie mit Ausrichtung auf die Transpersonale Psychologie. Retreats seit 7 Jahren in Amerika und Europa gemeinsam mit Michael Stillwater, (Autor von *Graceful passages and Care for the journey*). Mutter von zwei Töchtern und Grossmutter von einer Enkelin.

BREATHING & CONSCIOUSNESS

Focus and relax into deeper breathing supported by an expansive collection of world music. Self-observe aspects of one's existence not commonly accessed. The integration of breath, body and consciousness is at the center of many spiritual disciplines; by introducing experiences in the personal and transpersonal dimensions, this workshop helps cultivate new insights and awareness.

This workshop is not meant as psychotherapy, but to give insight into the power and influence of breath in our lives.

Pier Luigi



Pier Luigi Luisi received his degree in chemistry at the Scuola Normale Superiore di Pisa, travelled extensively in various academic institutions in USA, Soviet Union, Sweden, before settling down at the ETH in Zurich in 1971. As professor of macromolecular chemistry (biopolymers) he pioneered an active research in the self-organization of synthetic and biological systems, the origin of life, and semi-synthetic cellular systems («minimal life»). Interested in the interface between science and humanities, he grounded the Cortona Week in 1985 and participated 1987 to the foundation of Mind and Life in Dharamsala, India, with Francisco Varela and HH the Dalai Lama. In 2003 moved to Rome as professor of Biochemistry in Università Roma 3. Author of several books in science and literature.

A MIRACLE



I plan to share with you the path of twenty five years of Cortona Week, it started, out of a personal experience, in 1985 and was made possible due to the financial contribution of a well known Swiss entrepreneur. In Cortona we were about 70 people, with an initial atmosphere of doubt and even fear, and with the fierce opposition of many colleagues and of the ETH administration. It was an anarchic, anti-establishment experiment with a lot of internal fighting and confusion. Thought to be one single experiment, it was supposed to die immediately after its birth. I will analyse how and why this initial atmosphere gradually changed into one of internal harmony and appeasement with the establishment and how and why Cortona Week didn't die, it acquired more strength with time – a small miracle. I will review the elements of this evolution - from a poetic, anarchoid assembly to an established perfectly oiled organization. As a biologist, I look at Cortona Week as a living organism: it maintained its individuality, at the same time evolved with time and took up new staff members and new working themes according to the changes of science and society. The evolution of Cortona Week also corresponds to my own scientific and human evolution – and is true for several actors of this long play.

A gallery of original, often fantastic and occasionally odd, strange speakers enriched the many Cortona weeks, and we will recall a few of them.

I will not talk of Cortona Week without underlining its importance for the young students-they are the very reason – and therefore the presentation will end with an outlook towards the future. It is known that I have been saying from the very beginning: one, two, ten, hundred Cortonas -with the idea of a global network of universities aiming at producing future leaders as internally richer and more equilibrated human beings – a network dream? But of dreams we live. And this one has come true.

Uta Christ-Milz



Uta Christ-Milz holds MAs in science of education, psychology, political sciences and American studies from the Universities of Heidelberg and FU Berlin. She teaches the Feldenkrais Method, somatic education, mindfulness based stress reduction and Esalen-Bodywork. She is married and has three children.

Helmut Milz

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THE CHALLENGE OF WALKING TALL

Mastering upright walking is a long, playful, sometimes even a painful process. Each new step we take in life asks for finding new equilibrium and balance. Philosophers understand the upright gait as an expression of human dignity, strengthening the backbone against humiliation, dependency and subjugation. Writers describe the gait as «the physiognomy of the body». Psychologists read its «body language». Anatomists, physiologists, physicists and mechanics study different facets of this amazingly complex behavior. Experts in robotic science and artificial intelligence try to imitate its genius. Herds of educators and orthopedics provide advice and tools for its proper use and restitution. We can walk to simply transport our bodies or we can walk with more pleasure, mindfully.

We will experiment within our somatic labyrinths and use our senses, attentiveness to gravity, resistance, equilibrium and dynamic postures as possible Ariadne-threads. We will explore how emotions inspire or hinder walking. How can we walk with more ease and less pain? How may we gain more self-confidence and shrink less in front of authorities? We will try unusual walking options, while lying on the floor, study subtle sensory-motor connections of walking and explore possible effects of «motor imagery». In addition we will offer insights of current psycho-neuro-somatic research. As references in this journey we will use new somatic techniques such as the Feldenkrais Method, Sensory Awareness, Eutony or Body-Mind Centering.

Beate Kortendieck-Rasch



Beate Kortendieck-Rasche (Berlin) is a Gynecologist and couple therapist. She worked for years with pregnant women about their dreams.

Jörg Rasch



Dr.med. Jörg Rasche (Berlin) is a Jungian Psychoanalyst, Psychotherapist and Sandplay Therapist. Currently he is vice president of the International Association for Analytical Psychology IAAP.

«THE LABYRINTH OF DREAMS»

With the «Cartesian cut» science became restricted to the study of phenomena by natural scientific and mathematical methods. The «inner» movements and meanings of life of the psyche was excluded and no longer object of scientific research. This was put into question by psychiatric medicine. When in psychiatry the meaning of symptoms was addressed a new scientific revolution began. Symptoms, psychic illnesses and dreams became a matter of intensive studies.

Sigmund Freud thought he had found the missing thread to prevent from getting lost in the «Labyrinth of Dreams». Sexuality was the «Ariadne thread» he used to find his way out. With this reduction to symbols of sexuality he had solved the riddle of mythology. For C. G. Jung these ideas followed mythological patterns themselves. He said that dreams provide information from inside the psyche. His approach was strictly empirical and lacked reductionist dream interpretation. Cooperating with scientists like W. Pauli and A. Portmann he described patterns of the living process of self-structuring of the psyche and created the concept of the «Archetypes of the Collective Unconscious».

Today dreams are considered products of the autonomous process of integration and structuring of the psyche, happening without our consciousness. The images we remember are those parts which our unconscious brain cannot integrate completely – strange experiences and emotions which need more conscious attention. It is helpful to remember dreams and to contemplate their images, even without understanding their meaning.

In this workshop we talk about our dreams and consider their images for the process of integration and structuring of the psyche.

Monika Matta



Dr. phil. Fachpsychologin für Psychotherapie FSP. Seit 1977 psychotherapeutische Praxis in Zürich, Einzel und in Gruppen. Ausbildungen in verschiedenen Therapie- und Körpertherapieformen und Gruppentherapie. Jahrelange Auseinandersetzung und Weiterbildung mit der Stimme und dem Gehör. Seit 25 Jahren gemeinsame Workshops mit Kathrin Graf in der Schweiz, Japan und Cortona.
www.monikamatta.ch

Kathrin Graf

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SPRECHWERKSTATT

Voice as the Bridge to the Listener. Experiences with Voice, Body and Listening.

The effectiveness of what we say depends on how we speak. The colour of our voice and even our momentary mood determines whether an interesting subject resounds or not, or even if the audience wants to listen at all. My body is a sounding instrument. By listening to my voice and in contact with myself I am sure to reach my audience. In a playful relaxed atmosphere you will have the opportunity to get to know the various facets of your voice.

Die Vortragenden an Universitäten verfügen über eine höchst fundierte Fachausbildung in ihrem Gebiet. Sie haben gelernt, Inhalte zu präsentieren und diese in Vorträgen, Teamsitzungen und Diskussionen fachgerecht darzustellen. Was aber oft fehlt, ist ein Bewusstsein für die eigene Stimme. Besser sprechen lässt sich lernen! Bei Vorlesungen oder Diskussionen erleben wir alle, wie verschieden ein Inhalt ankommt. Die Stimme, der Stimmklang und was sich darin überträgt von der Stimmung, bestimmt, ob ein interessanter Inhalt Resonanz findet, oder ob die Angesprochenen müde oder angespannt werden und nicht aufnahmefähig sind. Nicht nur was, sondern wie gesprochen wird, entscheidet über Verständnis und Erfolg des Vorgetragenen. Dass ich meinen Körper als Resonanzraum erfahre, wie ich mir selber zuhöre, wie ich im Kontakt bin mit mir und dem Publikum, entscheidet massgeblich darüber, ob und wie ich als Sprechende/r vom Publikum aufgenommen werde, sei es als StudentIn oder Lehrende/r. Es geht nicht um technische Tricks, sondern um die Auseinandersetzung mit der eigenen Stimme, mit meinem Körper, mit meinem Hören und um lustvolles Experimentieren in einer spielerisch entspannten Atmosphäre. In jahrelanger praktischer Arbeit haben wir eine erfolgreiche Methode entwickelt, wie sich in kurzer Zeit die stimmlichen Voraussetzungen zum Sprechen optimieren lassen.

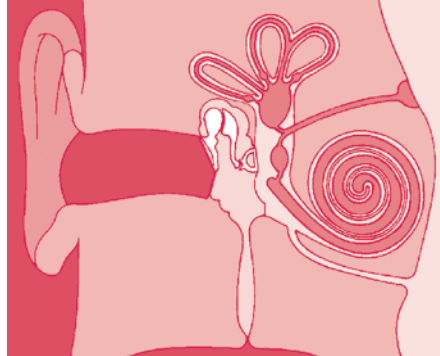
Kathrin Graf



Sängerin. 25 Jahre internationale Konzerttätigkeit als Sopran. CD- und Rundfunkaufnahmen und Dozentin für Berufsausbildung Musikhochschule Zürich. Meisterkurse in Japan. Lebenslange Schulung von Körperbewusstsein (Eutonie, Feldenkrais, Trager etc.) und Übereinstimmung von Stimme, Psyche und Körper
www.kathringraf.ch

MORGENSINGEN

Wir stimmen uns ein auf den Tag,
wecken den Körper, unser Instrument,
kommen lauschend in Resonanz,
weben Melodien zu harmonischen Klangteppichen
in Kanons und Liedern:
gemeinsam Singen setzt Glückshormone frei!
Wir singen ohne Noten –
wer gerne singt, ist herzlich willkommen!



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Morning singing

**Hortense
Reintjens-Anwari**



Dr. phil. Dipl. theol., geb. in Maastricht. Studium der Geschichte und Kulturanthropologie (Fokus: Vorderer und Mittlerer Orient) und Theologie (Fokus: Philosophische Anthropologie). Langjährige Lehrtätigkeit an der Universität zu Köln. Zur Zeit Forschung und Seminare auf dem Gebiet der interkulturellen Philosophie und Spiritualität.

LABYRINTH: MYTHOS DER MITTE

EINE ETHNOPSYCHOLOGISCHE SICHT

Die Symbolgestalt des Labyrinthes ist eine kartographische Darstellung kosmischer Vorstellungen. Die Verbindung von Quadrat (Erde) und Kreis (Himmel), die Bewegung der Linien zur und von der Mitte ist die Metapher für den menschlichen Lebensweg. Es ist ein Weg in die Tiefenschichten der irdischen Existenz, der zur Selbstwahrnehmung einladen will. In einer Zeitspanne von etwa 10.000 Jahren bis heute findet sich transkulturell diese archetypische Gestalt des Labyrinthes.

Die Themen des Workshops:

- Kosmische Urformen
- Interkulturelle Vergleiche
- Weg der Mitte



Irene Reintjens



Geboren in Maastricht. Studienaufenthalte in USA, Vorderen Orient und China. Schriftpsychologin. Studium der Sinologie am Institut für Asienkunde in Rom, sowie der chinesischen Religionen. Spezialgebiet Medical Qi-Gong. Mitglied der «World Academic Society for Medical Qi-Gong», Beijing, sowie des «Scientific and Medical Network», U.K.. Zusatzausbildung in verschiedenen Tanzrichtungen. Mitglied des «Conceil international de la Dance» CID Unesco, Paris.

DO YOU DANCE?

It may be a new dimension in your life, a source of stimulation for your work and a way of discovering your hidden potential in a creative process.

This workshop offers a variety of dances, different in style and rhythm from the past and the present, slow and lively, including a classic greek Labyrinth dance.

Between the Labyrinth and Dance, there is a close parallel. Both are deeply rooted in human culture and intertwine by universal patterns.

Our journey starts with simple steps, tuning into the spirit of the dance in an all-embracing circle.

Moving from within, we will discover and explore the flow, changing patterns that connect us with the world in and around us.

The turning point happens, when we let go and move beyond diversity, we share the joy and beauty of DANCING and being together

No skills required – everybody can dance!

Tanz setzt den Geist frei, steigert das Selbstbewusstsein und insbesondere die Heiterkeit.

Tanzend machen wir uns auf den Weg zu einer Reise nach innen, hin zur Mitte, zum Wendepunkt.

Getanzt werden überwiegend einfache Tänze aus verschiedenen Traditionen, Tänze aus der Gegenwart und aus der Vergangenheit (klassischer griechischer Labyrinth Tanz)

Ruhige, meditative Tänze wechseln ab mit lebendigen Volkstänzen aus dem Mittelmeer-Gebiet.

Im Fluss der Bewegungen, zentriert in Raum und Zeit, erfahren wir immer wieder die belebende Kraft der Mitte, der inneren Wandlung.

Und so tanzen wir unsere Leben, unsere Freude und unsere Dankbarkeit für Abschied und Neubeginn.

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Do You Dance?



Helmut Ringsdorf was brought up in the Rhine Valley, took wine for milk and studied Chemistry, Politics and Geology in Frankfurt, Darmstadt and Freiburg. After two years as post-doc in New York, he taught Polymer Science and Organic Chemistry at the Universities in Marburg and Mainz. The research group was active in attempts to bridge the gap between Life Science and Materials Science studying the self-organization of synthetic and biological systems, biomembrane models, polymeric liquid crystals, and polymeric therapeutics (Antitumor drugs, Nanomedicine). He could not avoid to get some prizes, awards, and Honorary PhDs from around the world.

DIE CORTONA WOCHE UND SEI- NE WEINPROBEN

Das Problem einer Weinprobe zur feierlichen «25. Cortona-Woche» besteht nicht so sehr in den Köstlichkeiten, die es zu versuchen gilt. Es ist vielmehr ein Problem der Auswahl der Teilnehmer. Dem speziellen Rahmen gemäss wäre eine Einladung der klassischen und würdigen und damit der alten Teilnehmer angemessen. Das aber widerspricht unserem Cortona-Prinzip der Gleichbehandlung. Gestattet man andererseits das normale Spiel der freien Wahl, dann entscheidet die Schnelligkeit der Beine. Die alten Teilnehmer hätten keine Chancen und die jungen wären bevorzugt. Warum also nicht nach dem alten Prinzip verfahren «all animals are equal, but some are more equal». Unter diesem Motto könnte man Alt und Jung etwas mischen.

Was die Probe selbst anbetrifft, sind dann immer noch alle Fragen offen. Als Auswahlprinzip könnte man sich denken: «Jung gegen alt», «einfach gegen kompliziert» (teuer), «trocken gegen süss» usw. Was immer es sein wird, ausgeschlossen ist jedenfalls «gut gegen schlecht». Das gibt es bei einer schönen Probe nicht. Allerdings wäre es dem Anlass angemessen, von einer Weinprobe zu einer Sekt- und Champagnerprobe überzugehen! Oder? Lasst Euch überraschen!

Nur nebenbei bemerkt, wann sollte man eigentlich Champagner trinken: «Ich trinke Champagner, wenn ich froh bin, und wenn ich traurig bin. Manchmal trinke ich davon, wenn ich allein bin; und wenn ich Gesellschaft habe, dann darf er nicht fehlen. Wenn ich keinen Hunger habe, mache ich mir mit ihm Appetit, und wenn ich hungrig bin, lasse ich ihn mir schmecken. Sonst aber rühre ich ihn nicht an, ausser wenn ich Durst habe.» (Madame Lily Bollinger)

Andreas Schneider



*1948 in Zürich. Ausbildungen an den Schulen für Gestaltung Zürich und Bern. Arbeitet als Illustrator, Grafiker, Designer, Keramiker etc. Seit 1978 freischaffend. Ausstellungen und Lehrtätigkeit im In- und Ausland. Lebt und arbeitet in Ossingen im Zürcher Weinland.

www.rabiusla.ch

STONE CARVING WITH A WIDE OPEN INNER EYE

A hand full of cosmic dust
from far away
crystalized into white marble or
translucent alabaster
is laying in my hand.

With hammer and chisel
I explore the inner world of the stone.
On the way to its hidden secrets I discover
a piece of myself.

100 different stones and well sharpened tools
are waiting for you.
And I gladly support you
on the adventurous journey
with your stone.

Hans-Peter Sibler



Studies Qigong and Taiji since 1975 in Europe, USA, Asia. Trained in psychology, body- and energy-work. Led workshops in creative communication, art of moving and energy-flow since 1972. As of 1977, he teaches Qigong and Taiji and founded the »school for Taiji and Qigong« in Zürich – the first specialized institute in this domain in Switzerland. He leads seminars and trainings, and offers lectures and projects in institutions and companies.

Author of the Qigong book and DVD: »Stärkendes Qigong: Yi Jin Jing«. Co-author of the book: »Die Welt der Fünf Elemente«. Producer of several Taiji teaching DVD's. Hans-Peter Sibler lives in Zürich.

www.taiji-qigong.ch

TAIJI AND QIGONG

In China as in many other countries all over the world millions of people start the day with Taiji and Qigong Exercises. The park in Cortona gives us an ideal environment to spend half an hour before breakfast on gentle movements, to wake up and to experience the pleasant effect of Taiji and Qigong: Focussing between heaven and earth, centering, strength, energy-flow, concentration and relaxation, inner calmness and serenity, clarity.

Awareness and aliveness will grow by the interplay of inner and outer movements. Simple exercises revitalize our body and mind by opening the energy (Qi-) channels. Qigong and Taiji will stimulate everybody, irrespective of age, fitness or precognition – a joyful and easy way to wake up and start a fresh new day.

**Bruder
David Steindl-Rast**



Born in Vienna, Austria, David Steindl-Rast studied art, anthropology, and psychology, at the Vienna Academy of Fine Arts (MA) and the University of Vienna (PhD). In 1953, he joined Mount Saviour Benedictine Monastery, where he is now a senior member. He began studying Zen in the 1960s, and became a pioneer in interfaith dialogue. In 1975 he received the Martin Buber Award for his achievements building bridges between religious traditions. His books include *Gratefulness, the Heart of Prayer*; *A Listening Heart*; and *Belonging to the Universe* (with Fritjof Capra). Currently, Brother David serves as founding advisor of www.gratefulness.org.

KEY WORDS TO THIS WEEK'S TOPIC

Clear language facilitates clear thinking. Clear thinking makes the Cortona Week more enjoyable. We must not take for granted that important terms used in lectures and discussions are sufficiently clear. Sometimes terms that can serve as keys for deeper understanding are not even mentioned. We may overlook them, or assume too quickly that they are obvious; they may even be taboo. Therefore, Brother David will facilitate the group's effort to spot key words and to use them to unlock insights. We can switch between the use of English and German, according to the needs of participants. Questions are encouraged.

Cornelia Walterspiel



Cornelia Walterspiel entwickelte auf der Basis ihrer langjährigen Auseinandersetzung mit asiatischen Kampfsportarten, Bewegungsmeditation sowie der Feldenkrais-Methode ein Trainingskonzept, bei dem die Erkenntnisse aus dem asiatischen Ki auf die Anforderungen der westlichen Lebens- und Arbeitswelt anwendbar gemacht werden. Seit 1984 hat sie ein eigenes Studio in Tübingen und leitet Management- und Pädagogikseminare im In- und Ausland.

«KI» AI KI DO

Haltung – Körpersprache – Bewegung

Ist man mit dem dynamischen Rhythmus des Universums verbunden, kann man sich überall und jederzeit ohne Widerstand bewegen, das Leben leben – das ist der wesentliche Aspekt des AI KI DO.

Durch einfache Haltungsarbeit – zum einen «Ki»-Übungen, die bisher ungeahnte körperliche und geistige Potenziale entdecken lassen, zum andern Techniken des Aikido, einer Kunst zur gewaltlosen Selbstverteidigung oder auch ein ganzheitlich ausgerichteteter Übungs- und Erfahrungsweg – werden Schritte aufgezeigt, die inneres Gleichgewicht und Zentriertheit, natürliches Selbstbewusstsein und Mitgefühl im Handeln fördern und eine neue Dimension in unser Leben bringen können. Menschen, die ihr Chi verwirklichen, erkennt man an ihrer Präsenz, an ihrer wunderbaren aufrechten Haltung und lebendigen Ausstrahlung.

«Möge die Übung gelingen»

Bitte bequeme Kleidung und warme Socken, wenn möglich Decke mitbringen.

Tu Wei Ming



Chair Professor of Chinese History and Philosophy and of Confucian Studies at Harvard University and Senior Professor of Philosophy at Peking University, was born in Kunming and grew up in Taiwan. He received his B.A from Tunghai University in Taiwan, M.A and Ph.D from Harvard University.

Tu has taught Chinese intellectual history, philosophies of China, and Confucian humanism at Tunghai Univ., Princeton Univ., Univ. of California at Berkeley, Peking Univ., Taiwan Univ., Ecole des Haute Etudes in Paris and teaching at Harvard since 1981.

He was invited by the UN as a member of the Group of Eminent Persons to facilitate the Dialogue among Civilizations in 2001 and gave a presentation on civilizational dialogue to the Executive Board of UNESCO in 2004.

CONFUCIAN HUMANISM IN THE 21ST CENTURY

It is an attempt to explore the significance of Confucian humanism, as a spiritual rather than secular humanism, to underscore the wholesome merging of the body and heart of the person, fruitful interaction of self and community, sustainable and harmonious relationship between human species and nature, and mutual responsiveness between the human heart and the way of Heaven has a message to deliver to our century. Its unique contribution, I will explain, lies in its commitment to the creation of a culture of peace and a «dialogical civilization».

**Nick Woolsey,
Adrian Wirth**



Nick Woolsey began exploring movement art as a teenager. His influences include contemporary and tribal dance, Tai Chi, Yoga, Capoeira, dervish whirling, rave music ecstatic dance, mysticism, and an inter-dimensional fractal entity who makes random appearances at unexpected times. Nick discovered poi in 2001, and by 2003 was recognized internationally within the poi and fire-spinning communities via the videos posted on his website. He taught poi workshops to thousands of people worldwide. His unique approach to poi is a fusion of all his influences.

www.playpoi.com



Adrian Wirth studied environmental science at ETH Zürich. His curiosity about life and the human mind has led him into

EXPLORING OUR INNER BODY-MIND LABYRINTH WITH POI AND YOGA

Poi is a form of dance where balls on the ends of ropes are swung through rhythmical patterns. It originates with the Maori people of New Zealand, who originally used poi to develop grace, flexibility, and combat skills. Poi has since spread around the world as a popular movement art, merging with other art forms in the process.

Yoga is an ancient system of exercises for body, breath, and mind, designed to bring humans closer to our true divine nature. Yoga originated in the ancient cultures of North India. It has also spread around the world and is evolving to fit the needs of the modern era, cross-fertilizing many other movement art forms.

We will use the basics of poi and yoga as a vehicle for exploring coordination, spatial perception, body alignment, self-awareness, rhythm, and creative expression. The format of the class will be participatory and playful, with a great selection of music. We will wander in our own inner body-mind Labyrinth, a pathless land, using Yoga to enlighten the travel towards merging of body and mind: Poi-Dance!

many different realities: He was a science teacher in a Tibetan monastery in southern India, a member of a Zurich based art collective, a poi apprentice with Nick Woolsey in Vancouver.

Adrian loves to feel the flow of Poi-Dance. It is a non intellectual experience, a holistic dance with the human nature.

Agnes von Wyl



Dr. lic. phil. I, Fachtitel für Psychotherapie FSP, Weiterbildung in psychoanalytischer Psychotherapie. Seit 1992 in der Forschung, Lehre und als Psychotherapeutin tätig. Leiterin des Forschungsschwerpunktes «Psychotherapie und Psychische Gesundheit» an der Zürcher Hochschule für angewandte Wissenschaften, Departement Psychologie. Ausserdem tätig als Psychoanalytikerin am dortigen Zentrum für Klinische Psychologie und Psychotherapie.

INZELGESPRÄCHE

Die Cortona-Woche bietet den Teilnehmenden Raum, sich mit existenziellen Fragen, mit kreativen Ideen, mit sich selbst auseinanderzusetzen. Dabei kommen viele auch mit persönliche Anliegen, Fragen und Konflikten in Kontakt. Möglicherweise werden diese so bedrängend, dass man sich gerne mit jemandem vertieft und unter vier Augen unterhalten möchte. Genauso gut ist es aber auch möglich, dass Sie die Gelegenheit nutzen wollen, um ein Thema, das Sie schon länger beschäftigt zu besprechen. Sie können dazu mit mir Einzelgespräche abmachen. Es kann Ihnen helfen, neue Perspektiven zu entwickeln oder Ansätze für Veränderungen anzuregen. Möglicherweise bedeutet es aber auch Anstoss zu einer längeren, vertieften Auseinandersetzung. Die Einzelgespräche stehen allen zur Verfügung.



Saajid lebt in Basel. Er führt Gespräche aus der Stille des Herzens und leitet Meditations- und Selbsterfahrungsgruppen in der Schweiz und Europa. Er ist in Liebe mit Osho, Ramana Maharshi und den Meistern des Zen verbunden. Saajid lehrt Meditation als Lebensweise, unabhängig von spirituellen Traditionen und Dogmen, ohne Trennung in ein spirituelles Leben und ein materielles Leben. Bis 2002 führte er das Osho Meditationszentrum und die Sangha Wohngemeinschaft in Bern.

www.saajid-satsang.ch

SITZEN IN STILLE

Das Licht deines Geistes umwenden

Wir nehmen stets unser eingebildetes Ich als Ausgangspunkt für all unsere Wahrnehmungen. Von Hier schauen wir nach Dort und vergessen das Hier im Dort. Wenn wir uns selbst jedoch als undefinierte, ungeteilte Wesen unmittelbar in all unsere Wahrnehmungen miteinbeziehen, so wird Gewahrsein die Basis unseres Erlebens werden. Meditation sollte nicht als Ausgleich zu unserem hektischen Leben, oder als Stressabbau angegangen werden. Das Sitzen in Stille ist Ausdruck unseres Ganzseins, unseres Einsseins. Es ist das Feiern der Vollkommenheit unserer Wesensnatur. Dies gilt es zu pflegen und zu kultivieren, nicht zu üben. Meditation ist keine Technik, Meditation ist ursprüngliches Sein, Hier-Sein, Bewusstsein ohne ich, mein, du, dein. Meditation ist die Einfachheit unseres ungeborenen Hier-Seins. Dieses Hier-Sein ist vor der Bildung jeder Ideologie immer zugegen und daher Ausgangspunkt der Erfahrbarekeit unseres Daseins jenseits aller Vorstellungen. Meditation ist das, was du bist, wenn du als Meditierende/r verschwindest. Mit dieser mühelosen Präsenz gilt es im Leben anwesend zu sein. Meditation ist eine Strategie um eingebildete Brücken über eingebildete Gegensätze zu bauen. Eine Brücke von Selbst zu Nichtselbst, von Einzigartigkeit zu All-Eins-Sein, von Form zu Leere, bis all diese Trennungen in unserem Erleben verschwinden.

Wir werden jeden Morgen vor dem Frühstück gemeinsam meditieren 20 min. Sitzmeditation – 10 min. Gehmeditation – 20 min. Sitzmeditation Alle sind willkommen!

Während der Cortona Woche steht ich auch tagsüber für Einzelgespräche aus der Stille des Herzens zur Verfügung.



Ph.D Founding Rector of the Academy of Arts and the Media in Cologne; chair for media theory/archaeology and variantology of the media at Berlin University of the Arts; Michel-Foucault-professor for techno-aesthetics and media archaeology at the European Graduate School Saas Fee; director of the Vilém-Flusser-Archiv in Berlin.

He studied theatre arts, modern German literature, linguistics, semiotics, sociology, philosophy, and political science in Marburg and Berlin, at both the Free University and the Technical University. He gives master classes at MECAD in Barcelona.

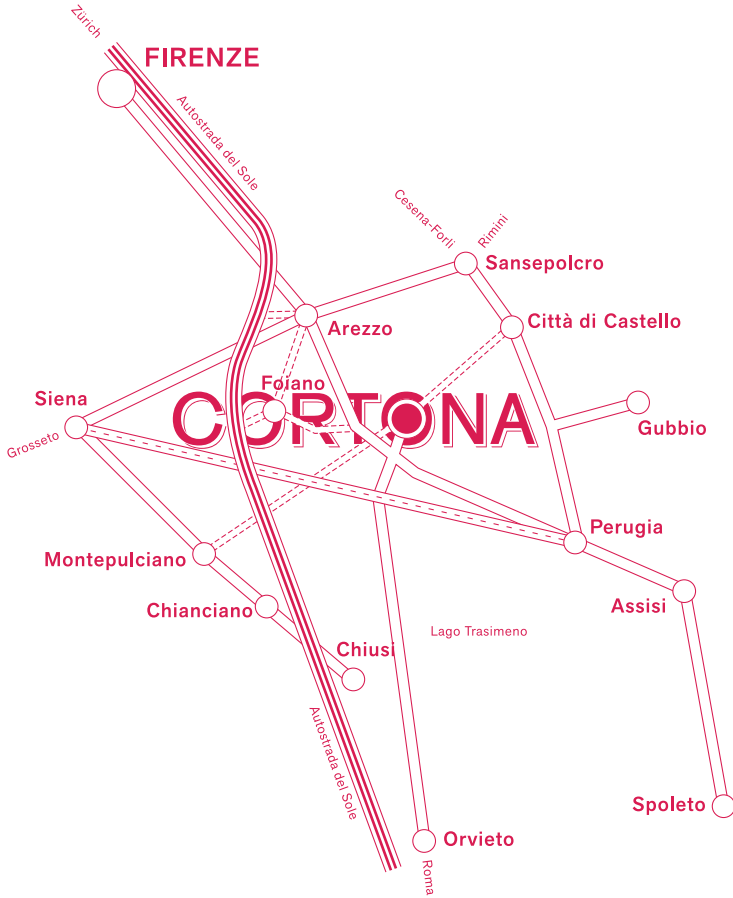
VARIANTOLOGY

Vertical Excursion Through the Labyrinth of Deep Time Relations Between Arts, Sciences, and Technologies

South from the alps I shall orient myself on the Orient. Oriens means literally «the rising sun», and another name for the Orient is the Levant. From this perspective I shall start an expedition to the worlds of arts, sciences, and technologies, and the relations between them, in the golden age of Arabic-Islamic knowledge culture. Our journey will take us to the House of Wisdom in Baghdad, where in the ninth century programmed music automatons were conceived and built and the world was surveyed anew; to a darkened chamber in Cairo, where in the early eleventh century the laws of seeing and visual perception were rewritten; to the al-Jazîra region between the two rivers Euphrates and Tigris, where in the eleventh and twelfth centuries fascinating automaton theatres were minutely described and built... The north was developed by the south and through the power of the south; not the other way round. England, France, The Netherlands, Switzerland, Germany, and especially the USA became the developing countries of the deep time cultures of Egypt, India, Mesopotamia, and the Byzantine, Greek, and Roman advanced civilisations. It is time that we acknowledge this history with an Institute for Southern Modernities (ISMs) and begin to turn the circumstances around. Tuscany is the right place to think about that.

NOTES

MAP



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Map

SCIENCE AND THE WHOLENESS OF LIFE

- 1985 **Cortona 1**
- 1986 **Cortona 2**
- 1988 **Perception**
- 1989 **Utopia & Science**
- 1991 **Metamorphosis**
- 1992 **Borders & Limits**
- 1994 **Mythos & Science**
- 1995 **The Many Ways**
- 1996 **Inside – Outside**
- 1997 **Becoming – Being – Passing Away**
- 1998 **Future Visions**
- 1999 **Continuity & Jumps**
- 2000 **Creation**
- 2001 **Science & Emotions**
- 2002 **Global – Local**
- 2003 **Curiosity & Creativity**
- 2004 **Mind Matters**
- 2005 **Beauty**
- 2006 **Sign Symbols Codes**
- 2007 **Ties & Webs**
- 2008 **Knowledge Vs Belief**
- 2009 **Bridges over Troubled Waters**
- 2010 **Labyrinth**
- 2011 **September 4-11**

