



Cortona

8. – 15. September 2012

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

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

Organization



Prof. Reinhard Nesper

ETH Zurich
Inorganic Chemistry
Wolfgang-Pauli-Str. 10
CH-8093 Zürich
+41 44 632 28 54
nesper@inorg.chem.ethz.ch



Marlen Karlen

ETH Zurich
Cortona Week
Wolfgang-Pauli-Str. 10
CH-8093 Zürich
+41 44 632 59 74
karlen@inorg.chem.ethz.ch



Prof. Giaco Schiesser

Zurich University of the Arts
Director Art & Media
Ausstellungsstrasse 60
CH-8005 Zürich
+41 43 446 46 46
giaco.schiesser@zhdk.ch

Impressum

Text: Marlen Karlen
Design poster and program:
Bonbon – Valeria Bonin,
Diego Bontognali, Zurich
Printing: Inka Druck, Zurich
www.cortona.ethz.ch

ETH

Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich

Z

hdk

Zürcher Hochschule der Künste
Zurich University of the Arts

2

Welcome to Cortona 2011

NO TIME AT ALL!

Editorial by Giaco Schiesser

When we started to discuss the subject of this year's Cortona Week the crucial question was: what would be an appropriate – meaning; an attractive, relevant and curiosity picking – issue? A subject that could only be developed in a dispute (Streitgespräch) between the Sciences, the Humanities and the Arts and which at the same time would enable new insights and new experiences? A problematic which will be discussed in the inter- and transdisciplinary tradition of the Cortona Week and which on the other hand would be part of a renewal?

Since for the Cortona Week the University of the Arts Zurich (ZHdK) has become a co-partner institutionally, financially and personally and thus contributes to the enlargement of the issues and the discussions of the Cortona Week, this year's focus is on the «epistemic contrariness» («epistemischen Widerborstigkeiten», Hans-Jörg Rheinberger, former director of the Max Planck Institute, Berlin) between the different regimes of knowledge like sciences, humanities, arts, ethic, religion, politics or economics.

«There is no truth, not even truths, only probabilities». Friedrich Nietzsche noted this at the end of the 19th century. Since then a lot of iron truths have faltered and still will falter, crossways through all regimes of knowledge (in the field of politics and the sciences the maximum credible accident in Fukushima in Japan is just the most actual, most evident symbol of this fact).

Against this background Plausibilities are a radical, far reaching issue.

To give you just a simple but most obvious example: Since Copernicus und Galilei we acknowledge as an objective truth that the earth rotates around the sun. At the same time, in the tradition of every day life an



in a very long tradition of the arts we still talk about sunrise and sunset. What you easily can see here is that even nowadays we have two perceptions or perspectives which are completely incompatible or two incompatible ways to behave towards the world. Both of them have a great effectualness within our society, both of them are right (or false) at the same time or they are just – plausible.

Why when who acts in the name of which plausibilities? Which plausibilities develop a great social effectualness when and for what reason? Which are the plausibilities we do not even identify or accept as plausibilities? Or: which are the iron truths we still accept without thinking about them, without even knowing them? – These are but a few questions which are probing questions for our life today. These are questions which only can be developed and, yes, sometimes even answered, by a transdisciplinary dialogue or, as I would prefer to name it; within a transdisciplinary dispute (Streitgespräch). Because there is no easy way to make different regimes of knowledge productive by confronting them to each other.

Prof. Giaco Schiesser
Zurich University of the Arts, ZHdK
Director Department of Art & Media

Editorial by Reinhard Nesper

Time – No Time - No Time At All is the red line for Cortona 2012. It leaves us with the puzzling curiosity of something everybody believes to know. But do we really?

“As time goes by”¹, the well-known song from the movie Casablanca paints a metaphor for our personal experience of life – time moves as we do, if time appeared to be faster, it ran, if slower it was at snails pace. In our clear-cut time span between birth and death we would like to have two contradictory time strategies: 1. timelessly feeling the emergent state of being alive and forgetting about the pace of time always approaching the end; 2. making the best out of

1 Herman Hupfeld wrote “As Time Goes By” for the 1931 Broadway musical Everybody’s Welcome. In the film Casablanca it is heard throughout the film as a Leitmotif.



our time and setting up our own pace in order to realize the many plans and desires we have.

In this global age, present culture puts forward its own pace – more and more beyond what individuals can stand for a longer time. One of the most puzzling practice is ultra-fast trading where the essence of money, namely “trust is traded much beyond human abilities”. So what does that mean? What can happen during the length of a moment – and can a much faster computer help you to encounter the beauty Your moment?

Bhuddhists and poets call the phenomenon of the moment a merger between Now and Eternity. That sounds strange at the first sight but contains a deep wisdom: time is made by Yourself, You determine unintentionally your pace. Your Now can be pretty long during meditation or during an accident, however not for you but only for an external observer.

Can our moment have a time span or must it by definition be timeless? Is it something like the white light, which we are just constructing? Whatever answer we can give - it is absolutely clear that our closest connection to reality is in the Now. Past and future are our mental constructions although we can find traces of the past in our daily environments – and of course in our autobiography, personally and culturally.

Physical time, in strict a causal framework, does not know the Now; there is always a before and an after. However, that concerns Newtonian physics. What about Einstein's universe and those four entities which cannot really looked at separately: Time, Space, Mass, and Energy? Massless particles are timeless and black holes also.

The invention of time was an accomplishment of human development and culture; should we hand it over to electronic machines? Although computers massively contribute to the spirit of age, these days, they will probably not know that spirit – it's a human feature and it should be developed as such!

One thing seems to be sure: If you cannot set Your time pace – You will, in the long run, not become happy and have a fulfilled life. Can one succeed in the present economical situation and do young people have a chance to impose their own time managements?

Cortona 2012 will present the wide range of contributions shedding light on many aspects of the construction of time, of intercultural and geopolitical issues as well as historian's, poet's, artist's, and philosopher's

LECTURES

WORKSHOPS

- 12 **Iso Camartin**
Borrowed time
- 15 **Florian Dombois**
I like FAST
- 16 **Gerd Folkers**
“Speed limits?”
- 19 **Hildegard E. Keller**
Of Mice, Men and Metaphors
- 22 **Elham Manea**
Time for a Change in Arab States
- 24 **Ramis Movassagh**
Status of Time in Physics
- 16 **Helmut Milz**
? Speed limits oder Minds in Motion
- 25 **Ernst Piper**
Time to Remember
- 29 **Brother David Steindl-Rast**
Key-words on this year's topic:
No Time At All
- 30 **Thây (Thich Thien Son)**
Zen and Time
- 8 **Jürg Altherr**
Organization of the Void
- 9 **Shams Anwari-Alhosseyni**
Calligraphy
- 10 **John Wolf Brennan**
Science and Arts
- 11 **Corinna Bünger**
Private Sessions
- 13 **Uta Christ-Milz & Helmut Milz**
Minds in Motion
- 14 **Colori Theater**
Improvisation Theatre
- 17 **Ulrike Hamann & Viola Plump**
Communication and Interaction
in two Worlds
- 18 **Eveline Hauser & Tony Majdalani**
Drumming
- 20 **Christine Kuhn**
Biographix
- 21 **Tian Lutz**
Transforming Clouds
- 23 **Chasper Mani**
Morning Singing
- 26 **Asia Andrzejka Naveen**
Politics and Identity
- 27 **Andreas Schneider**
Stone Carving Atelier
- 28 **Hans-Peter Sibler**
Taiji and Qigong





- 31 **Cornelia Walterspiel**
Ki: Ai Ki Do
- 32 **Adrian Wirth**
Yoga
- 33 **Nick Woolsey & Adrian Wirth**
Explore Mind-Body Connection with POI
- 34 **Saajid Zandolini**
Morning Meditation
Painting Atelier



- 36 **Travel information**
- 37 **Location**
- 38 **Cortona Conferences**
1985 – 2013



Jürg Altherr



Born in 1944. Sculpturer and landscape architect BSLA. Taught at the Fachhochschule Rapperswil from 1976 – 89 and ETH Zurich from 1979 – 81. His art work is exhibited and is own by privates and public institutions. His work focus is art in public space.

www.plastiker.ch/altherr

THE ORGA- NIZATION OF THE VOID

Walking through Cortona Town

The void is here, wraps us into it, from here to infinity and we seal us into it. We carry these imprints along where we go: streets, places, light and shadow. How do buildings, trees and gates imprint themselves into the void and how is it organized as a whole?



8

Workshop

**Shams Anwari-
Alhosseyni**



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.

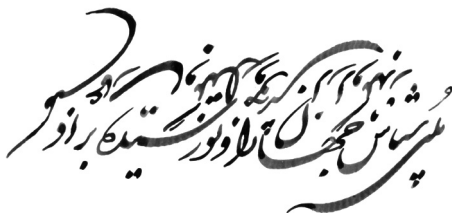
EINE ZEITLOSE KUNST

Islamische Kalligraphie

Kalligraphie ist die Handschrift der islamischen Kultur. Sie ist aus der Notwendigkeit entstanden, sakrales und profanes Wissen und Weisheit kunstvoll zu vermitteln. Sie bleibt der Höhepunkt der bildenden Kunst. Vor tausend Jahren versuchte ein begnadeter Meister der Kalligraphie, Ibn Mughla, sechs unterschiedliche Duktus zu kanonisieren. Diese genießen immer noch eine zeitlose Gültigkeit.

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.

This workshop is in German language.



Workshop

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 (sologpiano), 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
www.pagolibre.com
johnwolf@brennan.ch

SCIENCE AND ARTS

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, discovering 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 workshops, drum up the moon, conspire with the birds ...

Corinna Büniger



M.Sc., M.A., Dipl. POP. Process oriented psychologist and facilitator (Institut für Prozessarbeit, Zürich). M.A. in Conflict Facilitation and Organizational Change (Process Work Institute, Portland, OR, USA). Self-management trainer (Zürcher Ressourcen Modell, UniZH).

I have a private practice in Winterthur and work as a supervisor, trainer and conflict facilitator. My passion in all of my work is to support people in connecting with their core vision and power.

PRIVATE SESSIONS

We live in a complex and accelerated world that often leaves us no time at all to be aware and listen to the signals that do not go along with our every day identity and goals, may they come across as inner conflicts, as difficulties in relationships, as body symptoms, as addictive tendencies, as obstacles in our work, or maybe also as ideas, intuitions and dreams that do not fit and seem absurd – mainly we experience all these signals as disturbances.

I advocate the perspective of seeing these disturbances as invitations to get to know new parts of our personality. Since the 1990s the constructivist approach to identity has become accepted in identity research. The recent concept of identity is one of permanent reconstruction that requires an active involvement of the individual. The hypothesis I work with is that at the core of what we call problems the solution is already embedded. In intentionally slowing down the present experience, in gently and attentively exploring the quality and energy of the disturbance, in fathoming its essence we may find new creative ideas that and solutions to cope with our everyday challenges.

During the workshop times I am providing time and space for these kinds of explorations in private sessions. I have a variety of work methods to offer: therapeutic conversations, role play, working with movement, connecting to our body experience, and more.



Workshop

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. Latest publication: *Im Garten der Freundschaft* (C.H.Beck, 2011)

BORROWED TIME

About our Perception of Time through the Arts

When we look at a painting, listen to music or read a novel, we invest our time for something that changes our own perception of time. We participate in a foreign determination of time – we are on one side the victims of an alien regulation of our personal time, but on the other side: we are invited to be part of temporal experiences which open new dimensions to our own perception of time.

What does really happen to us, when we surrender our own time to the artistic management of time as it is at work in the visual arts, in fictional literature, in music or in the cinematic illusions of time? What do we lose and what do we gain by entering the space of the artistic construction of alternative times?

My presentation is an excursion in time-perception through the arts, which William Blake expressed miraculously with the words:

“To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your hand
And Eternity in an hour.”

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



Born in 1949. Studied medicine and sociology at FU Berlin. Medical doctor for psychosomatics and psychotherapy. Lifelong studies on body therapy with pioneers in various methods (as Esalen-Institute). Postgraduated in Public Health at UC Berkeley. Council at WHO and collaborated at Ottawa-Charter for Health promotion. Hon.Prof. for Psychosomatic Medicine at University of Bremen.

<http://www.helmutmilz.de>

TIME IS ON YOUR SIDE

Minds in motion

Can you tell me the time? Are we behind or ahead of it? As time flies, time will tell, if you took time to have time or no time. You can lose time, as “time is money”, for the time being. Even in golden times the times are changing.

“Time and tide will wait for no man” and “at all time there is a place for everything under heaven”. We consume time or share time as time travelers in the time limit of the Zeitgeist. Maybe we waste time, when we pass time, or we have the time of our life.

Welcome to exploring minds in motions. We will use different approaches to self-organization and health, such as Mindfulness-based stress reduction, Feldenkrais, Sensory Awareness, Eutony, Mind-Body Centering, Visualization and Self-Hypnosis.

Richi Diener



Born in 1952, social worker and adult educator. Theatre creations since the 1980th and member and co-founder of the Theatre COLORi in St. Gallen. Coach for a political Street Theatre. Father and co-educator of two children. Lives in Chur.

Fredi Rauner



Born in 1962. Theatre creations since 1984. Member and co-founder of the Theatre COLORi in St. Gallen. Studies at the Institute for IndividualSystemic in Munich. Since 2003 he practices in his own Studio. Father and co-educator of two children. Lives in Rheineck.

"ALL THE WORLD'S A STAGE..."

W. Shakespeare

Laboratory for improvisation

The roles everyday life dictates to us are well known. Parts of them are exciting, some are easy to fulfill, and some are difficult.

Yet sometimes we feel the urge to try something new, to step out of the box and go off track. Perhaps, just to see, who we also could be ... if?

Theatre improvisation can be very helpful to improve playfully our ability to handle difficult situations in an adequate and new way: Starting from our life-experience we bring parts of them on stage, play with them transforming the experience, and then bring them back into our lives.

In improvisation we work with our body, movement and voice.

The topic of this week – "PLAUSIBILITIES" and the atmosphere in Cortona will inspire our work. This immediate common background will be the soil on which playful scenes arise. At the end of the week we will share with the whole Cortona-community what emerged during our week of work and play.

The Theatre COLORi has created home productions on the basis of improvisation within the last 26 years. The group has committed itself to specific themes like: Sexuality, Natural Science, Gerontology and other social fields for the last 14 years.

Florian Dombois



Born in 1966 in Berlin - is an artist who has focused on landforms, labilities, seismic and tectonic activity, scientific and technical fictions, as well as on their various representational and media formats. From 2003 to 2011, he was a professor at the Bern University of the Arts and founded the Institute Y. In 2010 he received the German Sound Art Award and Kunsthalle Bern edited a monography "Florian Dombois: What Are the Places of Danger. Works 1999 - 2009" at argobooks Berlin. He is now a professor at Zurich University of the Arts. His latest book is Florian Dombois, Ute Meta Bauer, Claudia Mareis, Michael Schwab (eds.): "Intellectual Birdhouse. Artistic Practice as Research" London: Koenig Books, 2012

I LIKE FAST

(especially when it takes l o n g e r)

Scaling is used as much in the arts as in the sciences and can be described as one of the fundamental techniques of research. My talk will have a look on questions of size and scale and provide examples from different disciplines. I will give a special focus on ac- and deceleration of acoustic time scales, i.e. on the technique of audification, that has been used and discussed in different scientific disciplines since the 19th century, but also by many artists and musicians. Just to mention one, Jean Cocteau, who wrote in the 1950ies: "Die Welt des Tons ist durch die noch unbekannte Welt des Ultraschalls bereichert worden. Wir werden erfahren, dass die Fische schreien, daß die Meere von Lärm erfüllt sind, und wir werden wissen, daß die Leere bevölkert ist von realistischen Geistern, in deren Augen wir ebenfalls Geister sind." (*Kino und Poesie. Notizen*. Frankfurt a. M.: Ullstein, 1983, pp. 36f.).

Gerd Folkers



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. He spent time in the USA, UK and Switzerland before he finished his habilitation on drug design in 1990 at the University of Tübingen. He is member of the swiss national research council and member of the board of different start-up-companies, and member of the Swiss Academy for Engineering Sciences. He founded an ETH-spin-off, which runs a virtual leaning platform for pharmaceutical and biomedical sciences. He is (Co-)Author and Editor of numerous scientific publications in drug research and development. He received the European Prix Medida together with Beat Ernst, Basel for the development of new teaching and learning environment in Pharmaceutical Sciences.

Since 2004 he is head of the Collegium Helveticum, a joined project of ETH Zurich and University of Zurich for the study of new scientific perspectives in **transdisciplinary processes**. Since 2012, Gerd Folkers is a member of the Swiss Science and Technology Council, in trying to tackle complex problems.

SPEED LIMITS?

Can our ancient organisms still fit into modern times?

Lecture as a Dialogue between
Helmut Milz and Gerd Folkers

"The times they are a-changin'" (B.Dylan). Global economy speeds up our times – act immediately, in realtime, turbo, non-stop, always available, fast food, power naps, speed dating, finally a drive through funeral. Accelerating speed changes the environments and spaces in which we move – in straight lines, on flat surfaces, with no hindrance or resistance, always direct access. More modern humans spend most of their live sitting, with long hours in front of screens, computerized, even flexible or portable "workstations", with their eyes fixed in a constant distance, being engaged in restless, simultaneous multitasking.

Chronobiology research shows how our inborn, fine-tuned "rhythms" cooperate in (re)balancing the organism's homeostasis. These processes act in an ordered, sequenced timing. They need their time, independent from our will. Do we still allow us enough time to balance our rhythms of rest and excess, of an accelerating and decelerating life, which may be our "last chance"? Biological "clocks" try to compensate and adapt, e.g. if sleep is deprived or to-do plans are too tight for too long. But adaptation goes in both directions. From ion flux in their neurons to reaction of the reflex circuit humans are slowed down by the factor of six magnitudes. Is this related to the fact that humans seem so slow?

Reaction time of adaptation may not be measured in physical terms. Human suffering requires its own time frame. Those who suffer are caught up in nagging thoughts and feelings of being "too late" and "too early". Maybe there is never a right moment and nothing such like "a program"? Maybe **they are just anthropocentric, even individual means and measures? Are human beings no longer adequate for the growing demands of global economic profits? Will a future "24/7"-society be willing to respect our biological "limitations"? Are we trying to banish biological time? Are we willing to cooperate with our given "human outfit"? Or should science provide us with the necessary**

Ulrike Hamann



Ulrike Hamann is a medical doctor specialized in anaesthesia, pain management, palliative care and psychotherapy. Involved professionally as head of the department of pain therapy in a hospital in southern Germany, she is also fully tied up in family life with a husband and two children, thus she knows the daily ups and downs in trying to combine professional with family life and her own interests. The topics and questions of the workshop are also basic problems in her interactions with patients in the hospital.

Viola Plump



Viola Plump conducts her freelance business as coach, consultant and trainer focusing on communication, change, leadership and job fitness. She is used to act on different stages such as profit-, non-profit organizations and individuals of all hierarchies and technical backgrounds. In her private life she strives to bring family, birth family and friends into a good balance of **give and take. So she has gained**

COMMUNICATION AND INTERACTION IN TWO WORLDS

Combination of family and profession – dreams and reality

In our interactive workshop with five consecutive moduls we will discuss what types of challenges, possibilities and difficulties are hidden behind the goal of combining the two worlds of family and profession in our times.

What is needed for an adequate and suitable communication? How might it be possible to better recognize our own goals and turn them into reality? Based on the individual experiences of the participants we will present, discuss and apply classical models of communications (Friedemann Schulz von Thun and Paul Watzlawick). We hope for a lively discussion on Life and Work Balance - about family and professional life today, based on statistical facts and data available for Germany. In this context we also think about patchwork type families, parents educating alone or both professionally fully engaged.

Applying the classical models of communication we will try to offer solid ideas and methods for daily threats, including group experiments where needed (Rollenspiele). Thus we might learn to use possibilities better and learn to bridge gaps.

In this connection and in agreement with the topic of Cortona 2012 "No Time At All" the problem of overstress and even burnout feelings will be included. We are thinking about 12 -15 participants to allow an intensive interaction.

Eveline Hauser



Born in 1961, she teaches african rhythms on djembe and bass drum since 1994. She toured and worked in Senegal with Saf-Sap. Organizes and gives courses in senegaleze dance and drumming. She is active member of the theatre group Colori. She is mother of two sons and lives in 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).

OF MICE, MEN AND ME- TAPHORS

“Time is but the stream I go a-fishing in.” Henri David Thoreau resorts to one of the most famous metaphors that men use to talk about time and their experience of it. Metaphors for time are perhaps as prominent as metaphors for love and life itself.

Metaphors not only serve as communicative tools of cognition, they also animate understanding from an emotional point of view by adding other, pictorial modes of expression. This aspect of metaphorical speech will be demonstrated using a series of metaphors, all of which stem from nature, that were developed in periods that predate the invention of accurate methods of measuring time.

Christine Kuhn



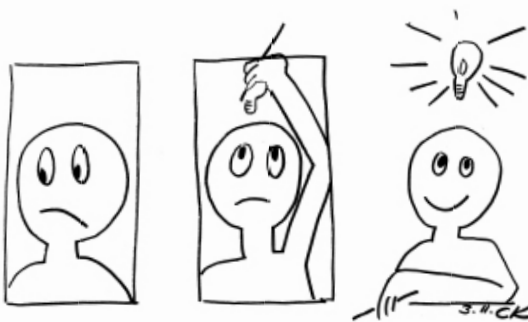
Christine Kuhn studied medicine and worked in diverse medical contexts from tropical medicine to Accident and Emergency. She specialized in Child- and Adolescent Psychiatry and Psycho-analytical Psychotherapy in 1998. Her main scientific interest is the Web for social learning and Online diagnostic systems. In her teaching she focuses on visual strategies in communication. Since 2009 she studies for an M. A. in Transdisziplinarität at the Department of Cultural Studies at the Zürich School of Arts. She has passion for drawing, and creates graphic novels and comics to explore the concepts of identity and biographies between rational understanding and intuitive perception of biographies as integrative works of art.

BIOGRAPHIX

Drawing The Mangas Guide to your Own Galaxy

Graphic stories are an ancient and diverting form of human communication. And they are an ideal tool for the exploration of our imaginary and virtual worlds. Although comics are omnipresent in user manuals, on the margins of old schoolbooks or daily press, they are hardly ever perceived as an art form.

We will challenge the questions of the Universe, the Arts, Time and Space, and Our Own Biographies using a simple pen, and adequate respectful humour. We will draw comics – individually or in teams – to tell stories of our everyday heroes, we will depict difficult quests, undecidable decisions, monsters, dream castles and the sand they are built on. While texts enable us to tell plausible stories, the pictures have the potential of counteracting these by offering a dynamic and multisensual level. Pictures are part of our very early human memories and skills. There are no special technical skills needed, materials are provided. All you need is the willingness to see and to express yourself.



Tian Lutz



Born 1970, apprenticeship as a building designer, study architecture in Mexico and Zurich, bachelor degree as an interaction leader at the Hyperwerk FHNW. Master degree of art in trans-disciplinarity at the ZHdK in Zurich. Since 2005 part of the artist collective PUBLICLAB. The main topics of his work are participative art intervention in the public space. He lives with his family in Zurich.

TRANSFORMING CLOUDS

What is the cloud? It is a metaphor for all the ideas originating and arising from the topic of this week. The idea is to bring keywords from the daily lectures and to explore them further in the workshop. In this first session we will get to know the process of developing and transforming the cloud all together.

Each afternoon we shall take a further step and continue to develop the cloud. This means building physical object with various materials.

Either on your own or in small groups you will put together a cloud or several clouds. And also discuss the relationship of the parts to each other and to the whole.

Then they will be combined to a bigger collective work and finally disappear continually transforming like the real clouds in the sky.

This is a kind of intellectual handicraft workshop for reflecting and experimenting. Not too serious, not very simple, and certainly demanding in a very unusual way!

The aim of the workshop is to strengthen, develop and thus to transform our individual experience of the week in a physical piece.

Do you have time?

21

Workshop

Elham Manea



PD. Dr. Elham Manea is of dual nationalities, Yemeni and Swiss. She is an Associate Professor specialized on the Middle East, a writer, and a human rights activist. She has published academic and non-fiction books in English, German, and Arabic in addition to two novels in Arabic. She works at the Political Science Institute at the University of Zurich and a consultant for Swiss government agencies and international human rights organizations.

TIME FOR A CHANGE IN ARAB STATES

It has often been argued that few have anticipated the chain of events that started on December 17th in Tunisia and led to the freedom uprisings in many Arab states.

Those who were following the region closely, on the other hand, were not surprised. Time was and is still ripe for a change in all Arab states in the region. But just as the exact moment that constituted the spark of the freedom uprisings was difficult to anticipate, change has never been predictable either.

Why change was and is necessary? What type of change(s) are we witnessing in the region today? Why was it possible for Tunisians and Egyptians to topple their presidents peacefully? Why it turned bloody and violent in Libya, Yemen and Syria and floundered all together in Bahrain? And why is the expression Arab Spring misrepresents the actual developments on the ground?

All of these questions will be discussed at length.

Chasper Mani



Chasper-Curò Mani, Bariton, attended Zurich University of the Arts (ZHDK) and Bern University of the Arts (HKB): Master of Pedagogy/ Concert-Diploma in singing; Master in conducting/ Soloists-Diploma at Swiss Operastudio. He sang many concerts, for example Bachs "Weihnachtsoratorium", "Johannespassion" or Händels "Messias". He also dedicated himself to singing Lieder ("Winterreise", "Dichterliebe", "Songs of Travel"...). As opera singer he performed roles like Malatesta in Donizettis „Don Pasquale" or the Father in Humperdincks „Hänsel und Gretel" and others. This year he was singing at the Stadttheater Bern (Leo Dick's „Wunsch Indianer zu werden") and Biel/ Solothurn (J. Offenbachs „Belle Hélène").

MORNING SONG

We start the day together on a good note. We wake our voices, as well as our minds and bodies, and enjoy the pleasures of song. We sing whatever pleases us from across the musical landscape, including witty canons and polyphonic folksongs. Anything that is fun and raises our spirits! We sing without sheet music – no prior experience or knowledge is required.

The only prerequisite? That you enjoy singing!

Ramis Movassagh



Ramis Movassagh is a scientist working on quantum information theory and quantum many-body systems. After a BSc. in applied and engineering physics from Cornell university, he went to Collegium Helveticum in Zürich to work with Reinhard Nesper on aspects of categorization of information and perception in human brain. He then obtained his PhD from MIT in the department of mathematics specializing on quantum many-body systems. In his leisure time, he loves thinking about various aspects of science and parts of reality not addressed by natural sciences.

STATUS OF TIME IN PHYSICS

Physics is concerned with specification and evolution in space-time of state of particles given the laws of interactions they are subjected to. Makes one wonder, what are particles? What are interactions? What is time or space-time? In this talk we will discuss the notion of time in natural sciences and how our understanding of it has morphed through 'time'. Besides the physical concept and its cosmological origin, we will discuss the state of art clocks, causality and recent quantum information theoretical work on closed time-like curves. Hope you find the time.

Ernst Piper



Born in 1952, he studied history and philosophy in Munich and Berlin. Graduated in Medieval History in 1981 and habilitated in Modern History in 2005. He teaches Modern History at the University of Potsdam and lives in Berlin. He has written more than a dozen books and specializes in the history of national socialism, the interactions between history and memory and the various forms of public history. At the moment he is working on a major book on the cultural history of World War I.

TIME TO REMEMBER

Memory is not just an individual, private experience but is also part of the collective domain. Individual people remember their history but not under circumstances chosen freely. The human memory gives room for the interaction between individual and social experiences and for the competition between individual and cultural memory. Our perception of the past is always influenced by the present and our perception of the present is always influenced by the past. The talk will discuss the interaction between image and perception and between history and memory. We will examine various examples of figurative representation of historical events from the European history of the last 150 years and draw some conclusions on the historicity of memory and its implications and consequences.

25

Workshop

Asia A. Naveen



Studied Fine Arts in Indonesia, China and Switzerland.

Lived together with three hundred asylum-seekers, arrested by Hezbollah and was spared from a forest fire, an earthquake and volcanic eruption.

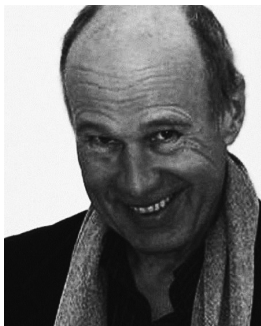
Her living performances extract, articulate and discuss ideas ranging from religious freedom, successive monogamy, art and prostitution, to crimes and baldness in the fashion industry.

POLITICS OF IDENTITY

In my living performances, I immerse myself in different contextual environments, introspecting and extrospecting ideas and thoughts, dispelling stereotype constructions and create a dialogue with individuals.

In this workshop we will transcend borders created by power structures and examine issues from different perspectives. Spring out of complacency and delve deeper into confusion, questioning the permeating socio-econo-political structures that constantly influence you, dividing and segregating people and mental constructs. In the ambience of the Tuscan monastery, we will read texts from my living performances, in dialogue, articulating and discussing ideas ranging from religious freedom, successive monogamy, art and prostitution, to crimes and baldness in the fashion industry.

Andreas Schneider



Born in 1948 in Zurich. Education in the "Schule für Gestaltung" in Zurich and Bern. Works as an illustrator and graphic artist. Designer and ceramist since 1978 he works on his own in Ossingen, Zurich wineregion and has exhibitions in Switzerland as well as abroad.

www.rabiusla.ch

STONE- CARVING IN THE PARK

Experience timelessness!

You will forget about your worries or pain. You will feel no hunger or thirst for hours and inspiration may be your guest Such happens to me all the time while I'm doing my artwork.

As soon as you get involved you dwell in the unfolding timelessness of the stone. But when you slowly fall in love with the stone watch out you may get addicted.

*Choose a piece of Marble or Alabastre and just start your adventure! I'm happy to assist you in the Cortona Garden Atelier.

*No technical skills are needed.

Hans-Peter Sibler



Studies Qigong and Taiji since 1975 in Europe, USA and Asia. Trained in psychology, body- and energy-work. Develops 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 gives 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.

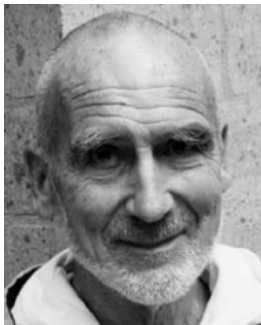
www.taiji-qigong.ch

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 parc 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 liveliness 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, regardless of age, fitness or precognition – a joyful and easy way to wake up and start freshly our new day.

**Brother
David Steindl-Rast**



Born in Vienna, Austria, 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 ON THIS YEAR'S TOPIC: NO TIME AT ALL

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

Thây (Thich Thien Son)



Ven. Thich Thien Son was born in 1967 in Saigon and was ordained in the Lin-Chi lineage of Zen Buddhism at the age of 8. In 1979, he fled political persecution in Vietnam and immigrated to Germany. During many years of training as a monk, he was educated in Taiwan and China in traditional Chinese medicine. Along with a deep understanding of the mental/physical interplay, he also participates in numerous charity projects. Ven. Thich Thien Son currently treats hundreds of patients weekly at his centers in Germany, leads Zen seminars around the world, and teaches Buddhist practices to help people understand themselves and their life situation.

ZEN AND TIME

If you are an astronaut in space you have a very different relationship to time than those waiting back on Earth. We take time to be a fixed process, but it is only a perception of our mind based on our observation of appearances. We Buddhists are taught that the concept of time is just that, a concept. The Buddha said that if we want to understand the past, we should look deeply into the present moment, as this came from that. If we want to understand the future then look at the present, that comes from this. If we look deeply then we will be able to see all three times are existing right here and now.

As you read my words, is it that I am someone reaching out to you from the past and that I am writing to someone in the future? Are we interacting on such a linear time path (me in the past you in the future) or a parallel one (each in their own present moment)? Are you the astronaut or am I?

Cornelia Walterspiel



Developed for many years a training concept based on studies of martial arts, movement meditation as well as the Feldenkrais method. The core idea transmits and adapts the knowledge of the "Chi" to the western professional and private life. She has her own studio in Tübingen / Germany since 1984 and gives seminars in the educational field as well as in management settings.

THE 'KI' OF THE AI KI DO

Awareness – Bodylanguage – Movement

The main aspect of AI KI DO is to be connected to the rhythm of the universe! If so, you can move without any restriction or resistance and live your life fully.

To acquire the ability to choose «posture» we use «Ki» exercises, these movements allow us to get in touch with maybe unknown physical and spiritual potential. Furthermore we will practice methods of Aikido, a martial art, which relates to non violent self defense and represents at the same time an experiential holistic path of growth.

AI KI DO work is oriented towards the inner balance and equilibrium, self-centeredness, natural self-esteem and compassion in our actions. This might enhance a new dimension in our lives.

People and masters who realize this «Chi» can be recognized by their presence, radiance and uprightness.

May the exercise succeed!

Please bring comfortable clothing, a pair of white socks and a blanket if possible.

31

Workshop

Adrian Wirth



Adrian was born near Zurich in 1975. He finished his studies of Environmental Sciences at the ETH Zürich in 2001 with two awards. Still, a diffuse sense of unhappiness and dissatisfaction about life and the place of us humans in the cosmos has led him to explore the inner and outer worlds. Since 2002 he has studied Indo-Tibetan Yogas in various forms. Adrian understands Yoga as an attitude towards life, a lifestyle, not just as a practice you do on a mat. He teaches weekly classes at Airyoga in Zurich and leads Yoga retreats in Switzerland. He lives with his wife and son in Zürich.

www.oshadi-yoga.ch

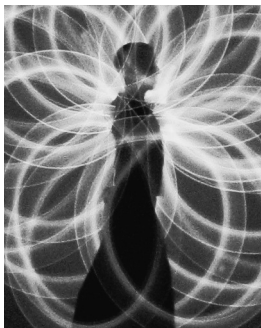
YOGA

Yoga is nowadays a mainstream phenomenon, but for many people it's just a synonym for a certain kind of physical exercise. The essence of Yoga has faded away. On the path of Yoga good things may happen: More calmness and clarity, more mental balance and stability and better health for the body. All these are however only welcomed side effects; it's just the beginning. Yoga is becoming healthy and whole – holy – to the core of our being. When practicing Yoga you are the researcher, the research object and the laboratory all in one. There is no time to lose for this unique endeavor!

In this workshop we will explore accessible ways of realizing the depth of what Yoga can be. We will start with mindful physical movements and breathing exercises, and then go beyond into Yoga-Nidra deep relaxation and Mantra chanting.

Join us for this workshop that will touch many different layers of your being. All you need is curiosity! No previous Yoga experience necessary!

Nick Woolsey



Nick 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 he posts on his website. He has since taught poi workshops to thousands of people in a dozen different countries. His unique approach to poi is a fusion of all his influences.

www.playpoi.com

Workshop together with:
Adrian Wirth

EXPLORE YOUR MIND-BODY CONNECTION WITH POI!

Poi is a form of dance where balls on the ends of tethers are swung through rhythmical patterns. It originates with the Maori people of New Zealand, who originally used poi to develop dexterity and to animate their songs with dance. In the past century poi has spread around the world, merging with other movement arts in the process.

In essence, poi are an extension and magnification of how energy moves through and around the body. Learning to dance freely with poi requires the balancing of left and right, forwards and backwards, and the ability to turn and whirl in either direction. The result is an engaging series of puzzles requiring visceral listening skills, spacial thinking, and lots of trial and error. All of this will be accompanied by plenty of games, music, and dance! If you're looking for a way to exercise your body and brain at the same time, poi is for you!

33

Community event

Saajid Zandolini



Up to 2002 he was the head of the Osho Meditation Center and local residential community in Bern. He now lives in Basel and gives meditation and self experiencing workshops in Switzerland and Europe. He is lovingly connected with Ramana Maharshi, Osho and the Masters of Zen. He gives conversations and engages in dialogues out of the heart and the silence. He teaches meditation as an attitude towards life itself, beyond traditions and dogmas and without separation of spiritual life from ordinary life.

He works since many years as an artist painter.

www.herzundstille.ch

Workshop together with:

Brother Hue Chuyen

TO SIT IN STILLNESS

What do we know about our existence? Very rarely we find time and space in our everyday-life to reflect on fundamental questions such as on the real nature of our mind and our representations about these subjects. We may experience impermanence as we perceive events and experiences, thoughts and emotions come and go and we cannot grasp and hold, however strong we may perceive and wish.

Impermanence and emptiness are intrinsic to appearance of phenomena. How is it possible to recognize this clearly – and who and what is this self by which we experience? What could be an awakened mind and how can we recognize the essence of all beings and live in loving kindness?

Morning meditation (7.30 - 8.15 a.m.)

In this workshop I offer the space for sitting meditation and walking meditation with a few oral explanations.

Meditation Workshop (7.00 - 8.00 p.m.)

This space is not so much for practicing meditation, but for the mutual investigation on questions on awareness, consciousness and self reflection. How can we deal with the challenges of everyday hectic and stress and yet develop and maintain joy and relief? It is also a possibility to share what is going on in your life in these days and to get a few hints how it is possible to avoid dramas.

In this evening workshop Brother Hue Chuyen will participate and also answer questions in his tradition.

Brother Hue Chuyen



Brother Hue Chuyen (Seth Krentcil) was born in Andover, Massachusetts, USA. After completing a Bachelors Degree in Fine Arts at University of Hartford ,CT, he travelled to Germany where he ordained as a Zen Buddhist monk. During his time in Germany, Brother Hue Chuyen received a rounded Buddhist education as he practiced with great Masters from the 3 Buddhist traditions including His Holiness XIV Dalai Lama, Venerable Thich Nhat Hanh, and Venerable Ajahn Brahm.

Brother Hue Chuyen currently lives at Kloster Buddhas Weg in Germany where he teaches meditation courses, leads Peace-walks, and runs the monastery's Traditional Chinese Medicine clinic.

Workshop together with:

Saajid Zandolini

PAINTING ATELIER

All human beings are able to paint and draw. Rock paintings and rock carvings from ancient cultures make this deep and primordial need of expression obvious. However, our conceptions about the result are often in our way and prevent us from experience. We are addicted (our addictions) to evaluate everything on common standards have held a lot of us back from a genuine and exhilarating adventure of painting and drawing.

This creative expression can though open up our horizon, give resort out of narrow minded intellectual thinking and reconnect to our intuition and the NOW. Drawing and Painting immerse us into experience BEYOND TIME.

This atelier provides a bunch of material for painting and drawing which may support your creative expressions and I will be there in case you need encouragement and advice.

TRAVEL INFORMATION

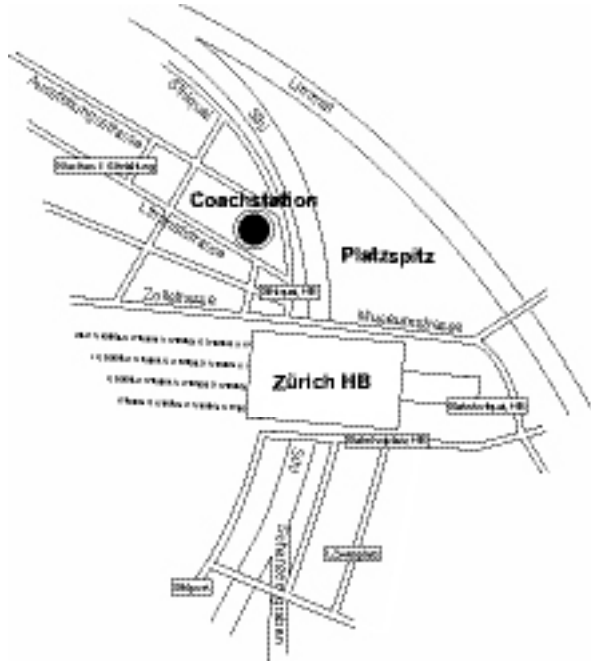
Group travel to Cortona

September 9th night travel by coach from Zurich HB coachstation. The two coaches will leave at 9.00 p.m. Please be there at least 20 minutes before departure.

With quick stops 2-3 times during the journey to Cortona. Arrival in Hotel Oasi in Cortona at approx. 8.00 a.m. for breakfast.

Group travel back home

September 17th coaches to Zurich HB. Departing from Hotel Oasi at 9.30 a.m. Arrival Saturday approx. 8.30 p.m. in Zurich HB.



Hotel Oasi

Via Contesse 1
I-52044 Cortona
+39 (0575) 630 354
info@hotelosineumann.it
www.servizire.it

LOCATION



CORTONA WEEK 1985 – 2013

- 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 **Plausibilities**
- 2012 **No Time At All!**
- 2013 **XX. – XX. September**

