

YOUR EMOTIONAL TOOLBOX: Workshop

In Tibetan Buddhism practise a small dagger known as a Phurba is used in active mediation to cut ties with bad emotional and negative thought. Through a trance like state the monks use this handheld instrument to slice space around their body, and imagine they see the cords that bind them to these feeling drop away.



Clearing space and emotional tool:

The phurba (Sanskrit: kila) dagger seen here was designed to symbolically consume the triple poisons of ignorance, greed, and delusion that impede spiritual progress. The phurba is the embodiment of the Vajrakila Buddha, who is empowered to suppress all evil in the world.

BRIEF OUTLINE:

Workshop Preparation: Research culturally relevant spiritual tools to inspire and inform yourself about how artefacts and natural materials play an important part in mental well-being. Think about your own personal objects that you feel bring you comfort. Collect any found objects that resonate with you, and inspire feelings. Be instinctive and responsive, try not to over analyse at this stage. Bring anything that sparks with. There is no wrong or right object, this is a personal journey.

Studio Days: This is a design and making workshop, and a space to test ideas and materials through to prototype stage – there is the potential to start to engage in designing in sequence. These immersive workshop days aim to provide an emotional space to connect to associated feeling or action, through object association. The intention will be to focus on the emotional function of each object or tool and for you to consider function and the relationship to the body. You are encouraged to question material consumption and ethical manufacturing methods. These tools or the association of the making experience may be used for comfort and well-being in times of confusion throughout the unit.

Keywords: Responsive – Intuitive – Making – Activism - Powerful – Transformative

- Emotional Journey Step 1
- The Toolbox: Workshop 1 - Create your Tools
- The Mind Mover – workshop 2 – find your voice.
- The Mark Maker – workshop 3 – mark your mark.
- The Space maker – workshop 4 – clear the path
- The shape shifter - workshop 5 – adapt and grow
- Talisman – workshop 6 – The Special ONE

