

LIFE STAGING® an artistic and creative approach

Life Staging® is about focusing the human, the common and at the same time unique. What is part of everyone's equality. Make us wake up; activate something we can all recognize, resonate with. No matter where we come from, no matter where we are going. Through our relational experiences, our knowledge and wisdom as human beings, we can and want to recognize, relate and react to each other and phenomena despite our differences in language, culture etc. Especially non verbally. Because we all share the basic needs of closeness, love, value, inclusion, etc. As in the fear of being rejected, excluded, humiliated, embarrassed, etc.

There is a tremendous amount of knowledge in the silence that has not been verbalized, valued. More often, it has been silenced. By ourselves, others, culture, etc. And by professionals. Many experts have colonized the verbal language, and made themselves interpreters on "what's there". How something should be perceived, defined, understood and cured. Life Staging® wants to regain the interpretation, language use and explanations from the experts. Let the client hold the pen, write the story in his or her preferred way. Develop their own meaning and draw their conclusions in their context. In that person's language, which can be in words, pictures, music, dance or whatever that person prefers.

Life Staging® is about challenging dominant psychological theories and explanations, getting into another "language", a language that unites. Not separate. Focuses our universal knowledge, our equal needs and the desire to belong to a context where we can feel seen and worthy. Believe we can relate to each other in a meaningful way by activating our human knowledge.

Life Staging® views the expert as an artistic leader. Who, through creative approaches, "set's the table" in ways that enable the clients to get hold of their own words, knowledge and insights. Value their history by linking it to the person's intention with their life. Activate and encourage. Redeem rather than solve. Connect rather than try to understand, interpret. As a kind of midwife?

How do we know something and how do we know we know? Can you "understand" without walking in the other's shoes? Maybe "understand" more and different by refraining from just talking about it? Trying to refrain from "understanding" from a given psychological reference frame? Become more alert, perceptive, and curious by not just repeating formats focused on left brain hemisphere activities?
Can Life Staging® liberate us to some extent from this?

We don't need experts who can understand what we do not understand. It's the one's own expertise that is in the forefront. We are the experts. Experts might not see and recognize what we see! From what we make our own understandings, conclusions and direction about, and in life.

We do not need psychological theories to embrace and validate the deeply human. No expert who sets the norm for what is to be considered important or true. In the unique moment, through the group's unique context, we validate something together. Each from

what it sees as meaningful. By creating together, everyone contributes to a richer story. In confidence that the collective power of action, diversity of knowledge and experience will transform us.

If we keep our traditional arrangements, our prejudices and norms are often reproduced. In new arrangements new insights can be achieved. When we let go we can develop, become richer. See and feel from different perspectives. Can we challenge what we have taken for granted.

It is the context that determines who we are and will be in the unique moment. Contexts that can neither be repeated nor generalized around. Just enlighten us, inform us. Experts can advantageously work more as explorers, knowing that everything is changing, that what we have is only here and now. To be able to do so, one must wipe out the ego, empty oneself, in order to see and capture something beyond one's own prejudices, perspective. Be present, improvise, and join in the flow, in the co-creating process. Have a will and the courage to transform oneself.

There is a kind of logic for all people in the same way as painting a picture or making music. We are all sensitive to this logic, grammar. A type of aesthetic sensitivity for what harmonizes in a melody, in a quarrel or similar. An ability that is quite invisible, often less valued in our culture. We are rarely asked by the psychologist to dance us healthy. We do not paint a picture together when we disagree. We are talking. We think and try to understand "why" to know "how". Looking for reasons.

It's time to add more aesthetics, dance, art, music and creative formats to the profession! Meet the challenges we face in new ways. Don't just do more of the same kind; give theoretical and verbal context the highest status. Let us benefit from formats that include more of our creativity and relational abilities!