

DESIGNING FROM AN EMERGING FUTURE

Levels of Listening and 3D Modeling
from Awareness-Based Systems Theory

WHY AWARENESS-BASED?

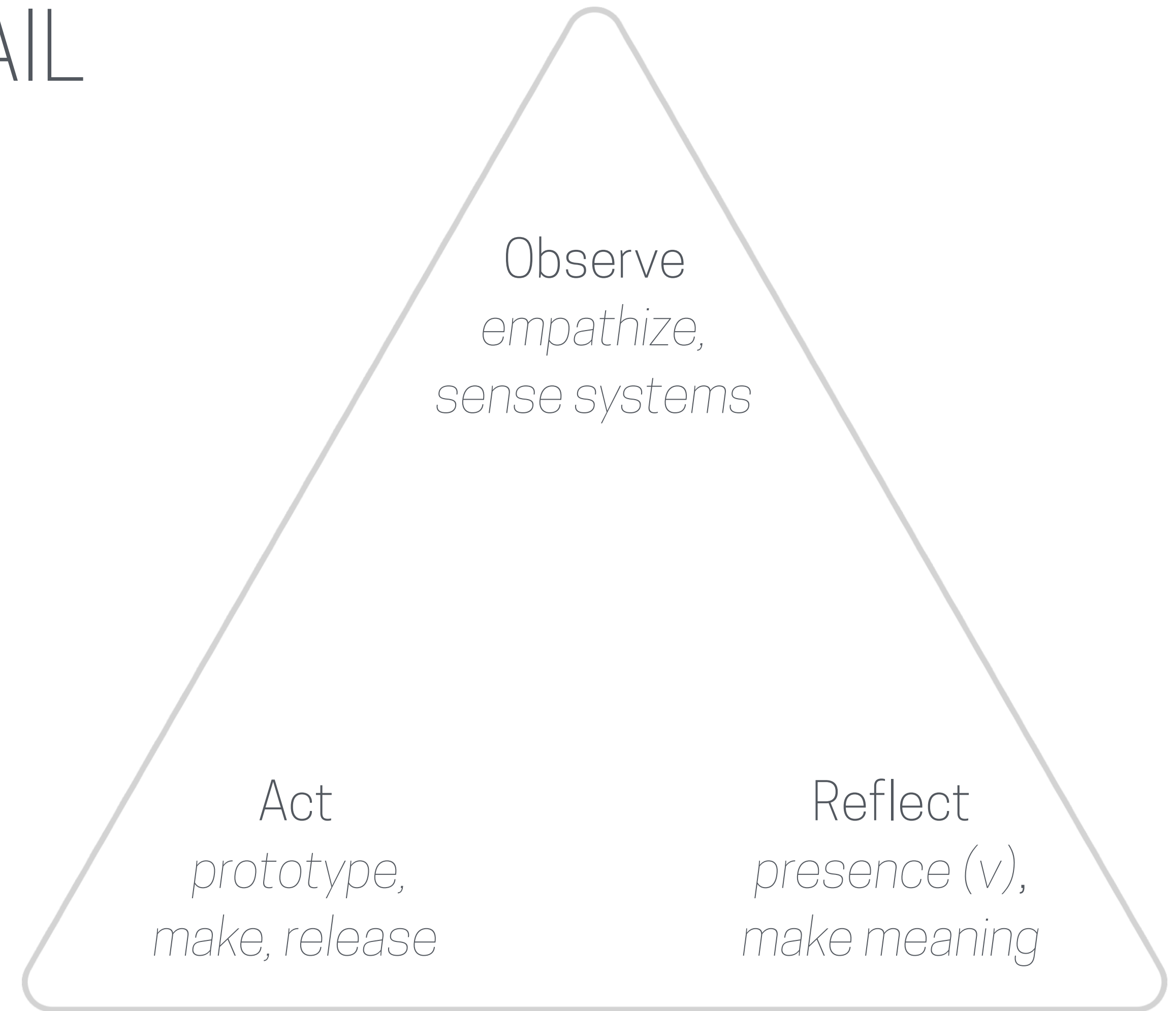
WHEN THE USUAL METHODS FAIL

As designers, we aim to solve complex challenges with elegant solutions. We need *fresh* methods to:

Observe: Empathize with stakeholders + users and grasp systems

Reflect: Get present with ourselves, the system, and form our positions

Act: Create and test solutions while letting go of outcomes



FIRST WE RECOGNIZE

INNER CONDITIONS INFLUENCE OUTER REALITIES

We recognize—form follows our individual focus and feelings.

We change our outer reality by shifting the inner place from which we operate.

We aim to answer a calling to **do work that's meaningful** to us and **aligns with others**.

Awareness-Based Systems Theory refers to this recognition as,

PRESENCING - *being present and sensing*

WHAT AWARENESS-BASED MEANS

THE INNER CONDITIONS WE CULTIVATE

Our three superpowers

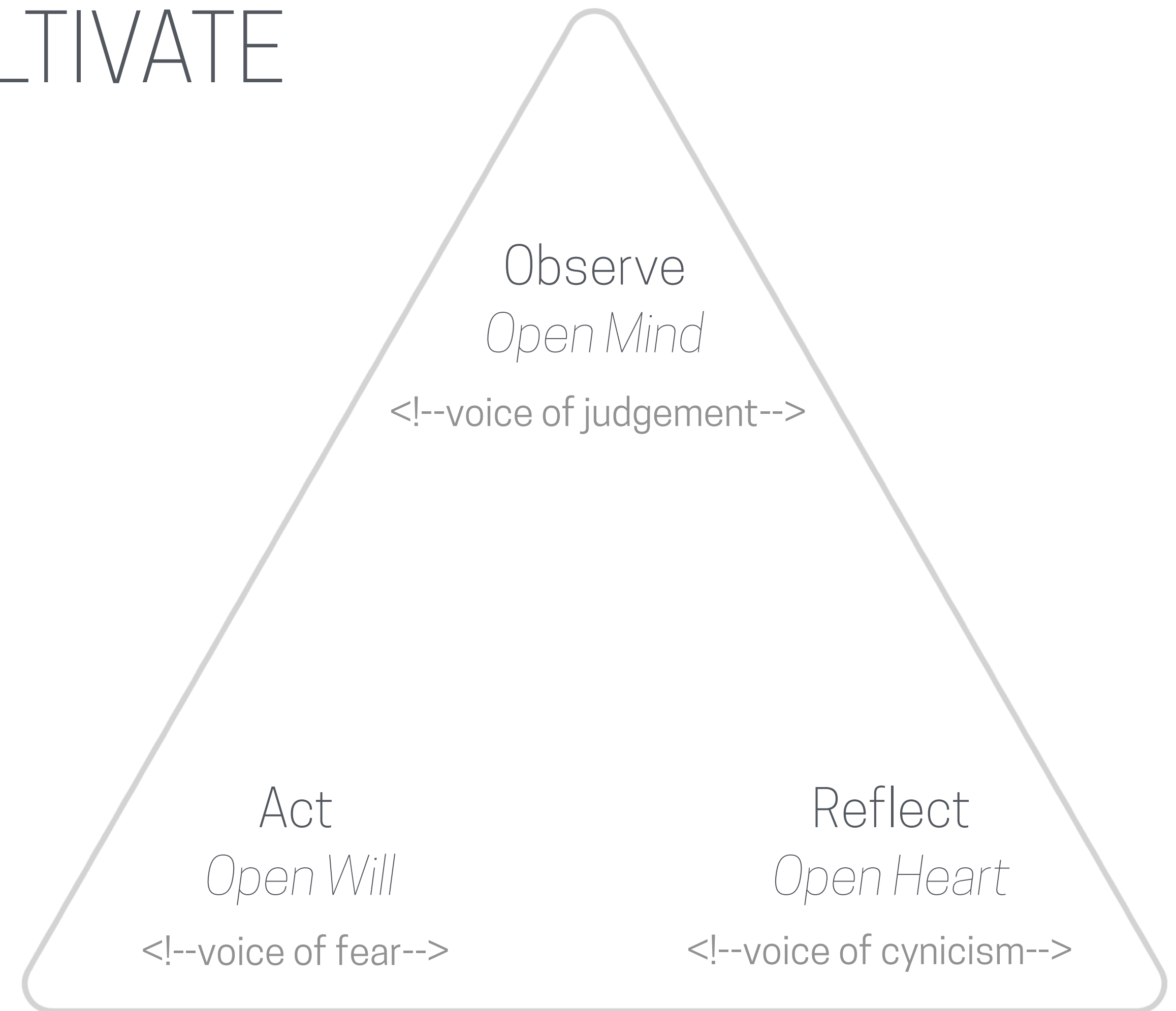
observe; retreat & reflect; and to act in an instant.

Our three inner instruments

Open Mind, Heart, and Will

To remain aware of our three “inner critics”

the voices of judgment, cynicism, and fear.



WHAT IS AN 'EMERGING FUTURE'?

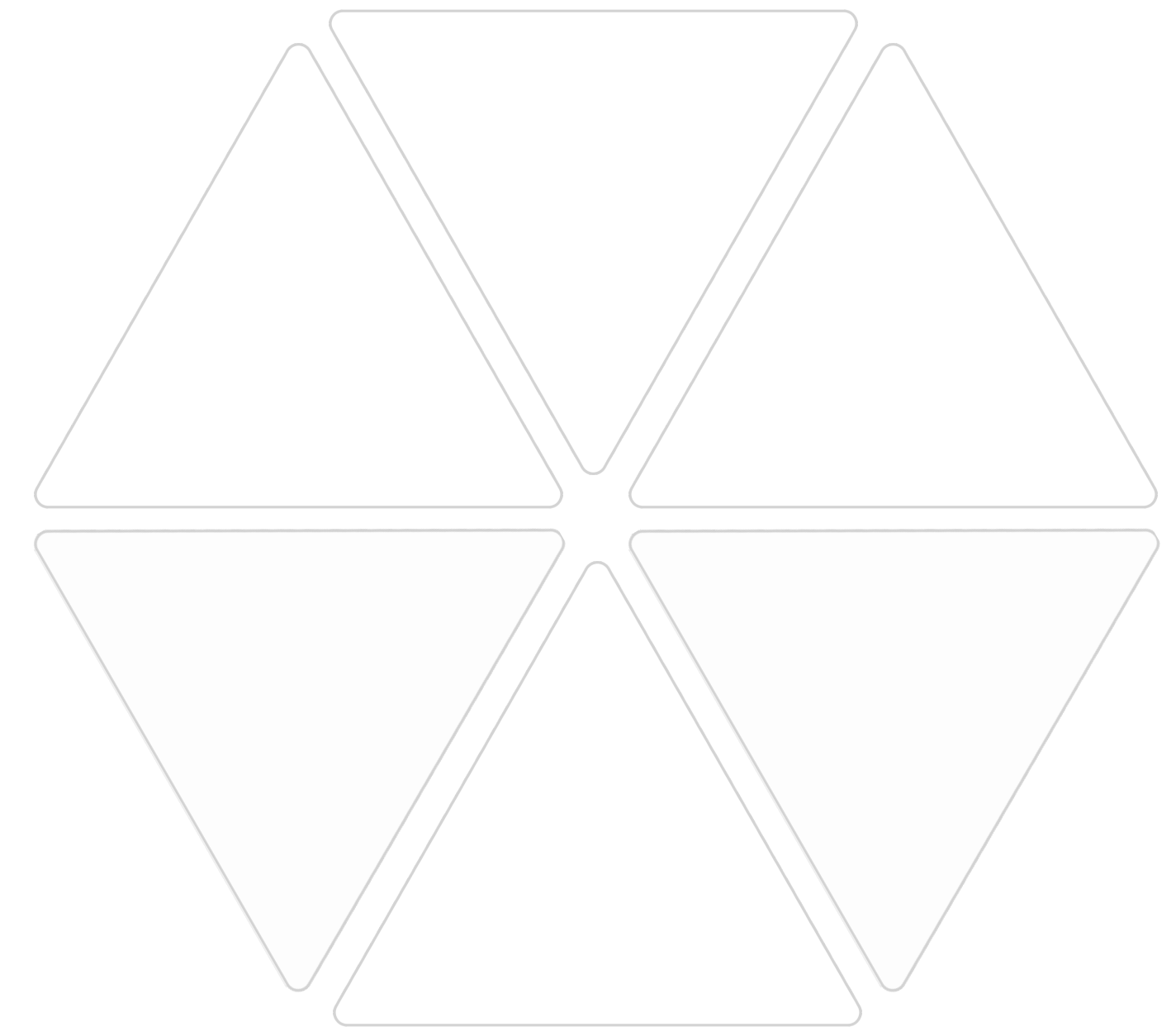
AWARENESS EXTENDS TO GROUPS

When we deepen our sensing capabilities with our open mind, heart, and will, we engage our all our senses and intelligences.

We begin to access creative spaces that align with 'source.'

When we **practice** these sensing and intelligences together **in groups** we open ourselves to **emergent collaboration** and **generative 'making.'**

Greater than the sum of our parts, we glimpse **new future states** as they emerge.



LET'S SHIFT OUR AWARENESS

A MINUTE'S PAUSE TOGETHER

Pause for a moment. Relax or close your eyes.

Soften your gaze.

Check in with your posture.

Notice the quality of your breathing.

What sounds can you hear around you?

Attend to the current moment as it is for you.

Shifting our awareness does not have to mean sitting for hours in lotus posture with our index finger and thumb touching.

It can be as simple as resting the eyes softly for a moment or taking a deep breath. Shifting is a natural skill that everyone has. We may have experienced it before an important conversation, or when committing to a sports play, or a creative act.



ENGAGEMENT AWARENESS

LISTENING AND CONVERSATION

Keys to engage our awareness and recognize the impact our attention has on our reality. *Awareness of a system affects that system.*

To create together from an emerging future, we first understand the awareness levels we need to get there.

Let's use the Presencing Institute's four patterns of listening as one way to evaluate the quality of our engagement.

PATTERNS OF LISTENING

Listening Type	Character	Our Role	Outcome
1. Downloading	From habits of judgement	Hearing	Reconfirm old opinions
2. Factual	Noticing differences from the outside	Open mind	Gather new data
3. Empathetic	Connecting emotionally from within	Open heart	Walk in another's shoes
4. Generative	Engaging w/ source from an emerging future	Open will	Connect to whole, shift identity

We recognize that any of the four patterns of listening may be appropriate for a given situation. No need to judge one pattern over another; they each have their purpose.

PATTERNS OF CONVERSATION

Dialogue Type	Character	Our Role	Outcome
1. Downloading	Saying what others want to hear	Speaking	A bubble or silo system
2. Debate	Speaking what I think	Open mind	A reactive system
3. Dialogue	Conversing from the whole picture	Open heart	A reframing system
4. Creative	Communicating what's actively evolving	Open will	A procreative system

OBSERVING AND REFLECTING

LISTENING ASSESSMENT TOOL

Listening Type	Character	Our O.S.	Listening Outcome	M	T	W	Th	F
1. Downloading	Habits of judgement	Hearing	Reconfirm					
2. Factual	Noticing differences	Open mind	New data					
3. Empathetic	Connecting emotionally	Open heart	Another's shoes					
4. Generative	Engaging with source	Open will	Shift identities					
				100%	100%	100%	100%	100%

Use the listening assessment over a week or two to raise awareness of your listening patterns. At the end of each day record what percentage of your listening was within each pattern. Reflect and note anything of interest each day.

WHEN TO USE 3D MODELING

ENGAGE MULTIPLE INTELLIGENCES TO SOLVE PROBLEMS

When you need to become more sensitive to the **doing-qualities** of your current situation.

Suspend mental concepts; **build trust** in body-knowing.

Accessing additional intelligences we gain new **insights**.

See things from new **perspectives**.

Play with what is **emerging**.

See possible **futures** that we want to create.

“YOU CAN’T SOLVE A
PROBLEM WITH THE
SAME ‘MIND’ THAT
CREATED IT.”

3-D MODELING

PART ONE (eight minutes)

Introduce yourselves. Decide who will be the “sculptor” and who will be the “observer.”
Take a presencing pause together in whatever manner you wish

The Sculptor

- Communicates as much as they wish to about what they intend to focus on in their situation, design challenge, or system issue.
- Can choose to describe what they are building while creating, or not.
- It's ok to take time and work in silence or to verbally describe what's happening in real time with your observer.

The Observer

- Open your mind, heart, and will to the sculptor.
- Observe and remain present. Witness the sculpture. **Pay special attention to your own internal sensations.**
- Only ask clarifying questions if needed. Try not to interrupt the sculptor.
- It's ok to take notes.

3-D MODEL REFLECTION

PART TWO (eight minutes)

The 3D Model Sculptor

Move your bodies or rotate the sculpture so that both Sculptor and Coach are viewing from the same perspective or direction for the following four directions. It's ok to take notes or photos.

It is important to physically move yourselves or the sculpture to experience multiple perspectives.

The Observer: From each of four directions, ask the following questions.

East

Feeling

- What do you love in the sculpture?
- What other emotions come up? What would it say?

South

Truth

- What's at risk for this situation to change?
- What's at risk for it to stay the same?

West

Reflection

- What assumptions might be underlying this situation?
- If it were designed for you to learn, what might it be teaching?

North

Purpose

- What in the situation is ending, and wanting to be born?
- If this sculpture could speak, what advice might it offer?

3-D MODEL ADJUSTMENTS

PART THREE (four minutes)

Take some minutes to adjust and reflect

The 3D Model Sculptor

Allow a few moments to pause in stillness.

- Then take a couple minutes to adjust your sculpture to what an emerging future state might look like.

Share with your observer verbally.

- What is the first step you will take to bring this emerging future to life?
- Feel free to take notes or photos of your sculpture.

- When ready, take your sculpture apart with care and replace all materials into the bag.

The Observer

Listen and offer observational feedback to your sculptor. Instead of offering advice or resources (which you can do outside of this container), share your direct observations of what you saw, heard, and felt emotionally yourself while you witnessed the sculptor.

Switch roles and repeat the three parts, or, both parties thank each other and complete.

REFLECTING ON 3D MODELING

DISCUSSION, OBSERVATIONS, FEEDBACK

THANK YOU

Here's to our emerging future