

## **Improvising and Focusing: carrying forward stories on stage and in life**

This workshop was about the *empty space* that we find on stage when we are there as improvisers without a script. It's similar to the *open space* we create in focusing within us through a *pause* to listen and let unfold the wisdom of a felt sense to a specific topic.

Improvising stories requires presence. Here I am, ready for what comes, inviting all what is here, willing and ready to enact on the spot. As an improviser I always start with creating a stage and a team that feels safe and supportive. This is my invitation to the creative process.

Then I start to listen with my ears, my eyes, my skin, my breath and my whole body. And the listening process flows into a movement, a sound, an imagination, an inspiration, words that all together form the first acting. Now the flow of the story, that has to be told for reasons unknown, is starting on stage.

Improvising is the invitation to connect with the creative and unpredictable nature of our lives beyond all the learnt, protecting and integrated patterns and scripts. While improvising, I go with the flow and therefore have no time to observe myself. I am interacting with my surroundings (fellow players, room, obstacles, theme and so on), totally absorbed with what happens right NOW. This free play just feels right, and connected to so many different levels that I can't name them all. There is just the feeling of oneness because one scene drops naturally out of the next without a script. It's just magic.

In our workshop we explored this unfolding of such lively moments and stories through the awareness and creative interaction with room, rhythm, sound, body and our imagination. This experience opens new perspectives on Focusing and our everyday life. Improvised acting with Focusing is a wonderful experience to develop and cultivate a lively and connected live.

*Tobias von Schulthess*

Tobias is a Playback Theatre practitioner and trainer, a mediator and a Focusing trainer, and founder and director of the Playback Theatre in St. Gallen, Switzerland. He uses and explores the art of improvisation as a creative, challenging and playful practice to deal with our complex and unpredictable lives.

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