

Creating Sense-able Questions For Silent-Level Experiments

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Below you will find a template for developing 'sense-able' questions. Combine each question with a verb phrase and a noun phrase to create a silent level experiment. Vary these to extend your organismic awareness. In this way you can enhance your consciousness and control of your abstracting process. What do you choose to be present for in this moment?

<u>Question</u>	<u>Verb phrase</u>	<u>Noun phrase (silent level experience)</u>
<i>What</i>	<i>do I sense of</i>	<i>how the floor supports my feet in standing?</i>
<i>Where</i>	<i>am I aware of</i>	<i>the tensions in my jaw?</i>
<i>How</i>	<i>can I be awake to</i>	<i>where my back makes contact with the chair?</i>
<i>When</i>	<i>can I get in touch with sense the connection with make contact with become acquainted with</i>	<i>the movements related to my breathing?</i>

Et Cetera...

Korzybski wrote:

"Our actual lives are lived entirely on the objective levels, including the un-speakable 'feelings', 'emotions', the verbal levels being only *auxiliary*, and effective only if they are translated back into first order un-speakable effects, such as an object, an action, a 'feeling', all on the silent and un-speakable objective levels." (*Science and Sanity*, p.35)

How can you continue to apply what you have learned here?

What other g-s formulations can you connect to your silent level experiences?