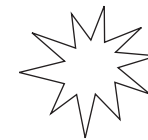




**I WOULD LIKE
TO PUT A BIG
QUESTION
MARK—**



PERMANENTLY.

—Ben Okri, at the Thought Workshop panel discussion

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"I realised it will say 'EVIL' from the outside...
—Richard, on the 'LIVE PRESS' sign

Illustration by Florence Shaw



"I cannot express how amazing and inspirational this talk has been – each talker was an exceptional human being. Many thanks!"

—Anonymous comment submitted from Saturday's panel discussion

BOING!
BOING!
BOING!

"I'm half expecting secret agents to come down..."

—Owen Jones

"The word *imagination*
is my starting point."
—Matthew Herbert



CHANGE 3

There are two words you can't use doing my job:
1, Orwellian. 2, Kafkaesque.
—Shami Chakrabarti

"I thought, yeaaaaaaahhhhhh....."

—Ben Okri

OPTIMISM

Janice Forde:

I thought it was terribly vague and the food was wonderful. At the second someone said I had enough energy to write a blog but I don't.

There is an infiltration of our public discourse by the pernicious use of language directed against the disadvantaged. Yesterday cheered me up so much. I realised I am not the only person who feels like this. Yesterday was amazing.

I WEIGH 27 STONE BECAUSE OF BENFITS. Benefits has caused me to be 27 stone? In another words you are against fat people and against benefit scroungers. We're being asked turn on people below us on a social scale instead of turning on the bankers and well to do people. Owen Jones condemns this kind of attitude. He talks about "them", I am not sure who they are but it is very insidious. Every day, BENEFITS, SCROUNGERS, BENEFIT SCROUNGERS.

Matthew Herbert said the "Optimism of the action outweighs the pessimism of the thought".



Frank Maet:

I phone my wife and said "I went to the first workshop and said it was strange. My wife said "Just continue". I said "Ok".
"So I came to the second workshop... I phone my wife and said something is happening but I don't know what? I feel like is something different."

After the third workshop...

"What did your wife say?"

I only have three minutes. I said to my wife. "Change happened".

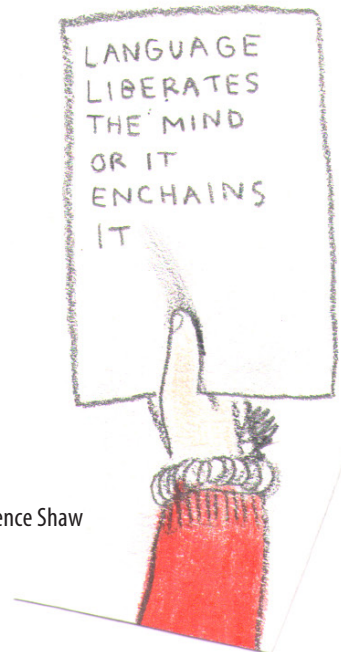
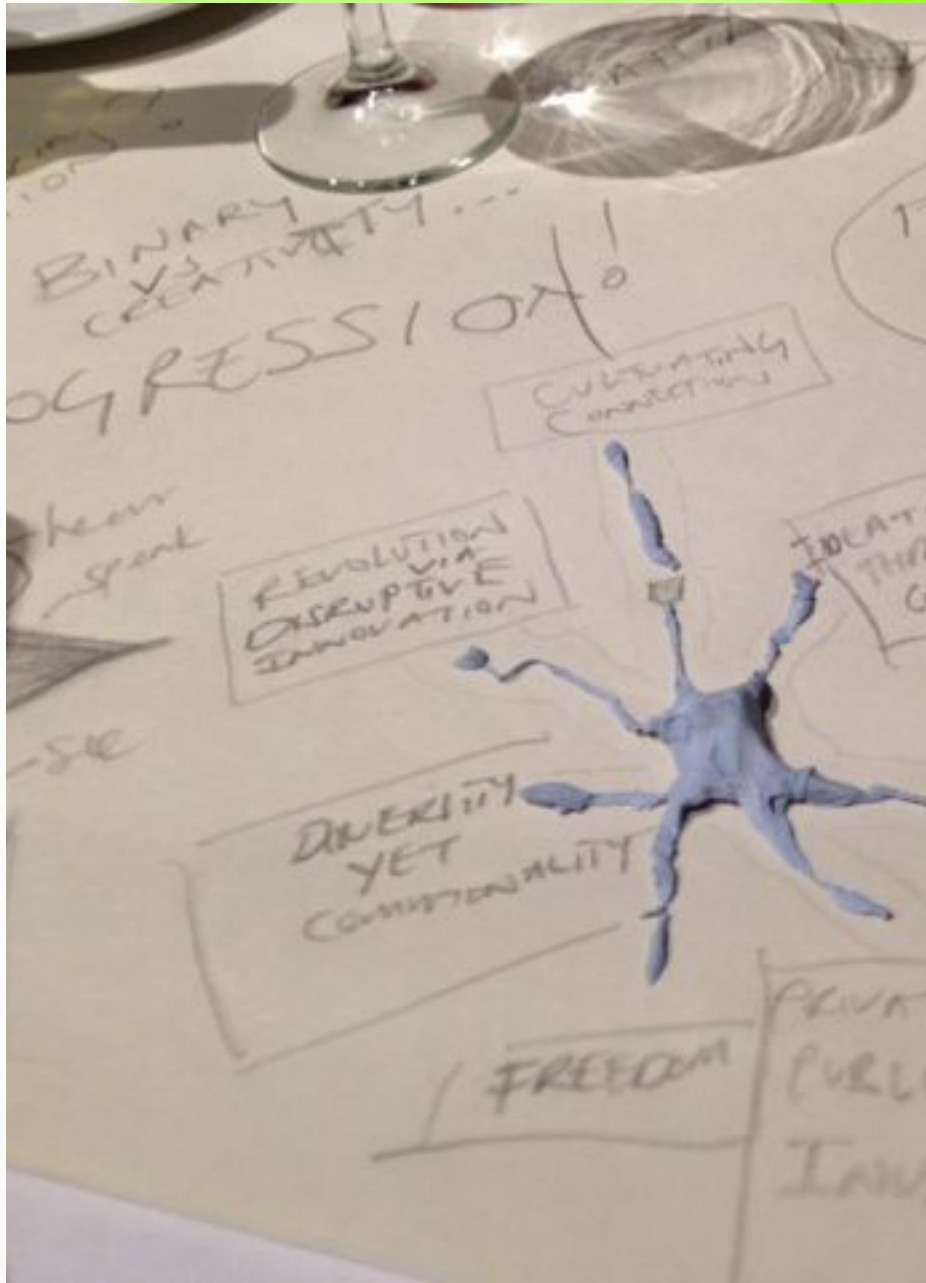


Illustration by Florence Shaw

"My art school was not so arty and more like farty...at least one person liked the video so as long as there is that one person liking it, there will be more videos."



Joey A Frenette
aka *Bourgeoisie*



During workshop 2: conversational dinner table notes by Afua Basoah.
"Just a couple of pens and a little blob of blue tac."

Ana: "How did the team come up with such a great idea?"
Joseph: "Well, we all went to the forest."

Workshop Haiku by
Christine Rayner

Meet, greet, say "hello"
Journeys end, others begin
Tell a tale untold

Idyllic thoughts
Amidst, beyond and close by
Time spent to rehearse

Thoughts shared now open
Growth to ideas nurtured
Reality starts

"I'll try to come up with one
for this one," she said.

A few hours later:

Tales of journeys past
music played to ears received
times of change persist

The optimism of the action outweighs the pessimism of the thought.

we needed some grit in the oyster

moved to fear by the evocation of the Hillsborough campaign? Community - Change - Justice

"WE SHOULD ASK MORE QUESTIONS"

How about humanity over nationality?

PUT A BIG ? PERMANENTLY INTO THE MINDS OF PEOPLE ...

Anja: "This is by everyone"

How about a world based on ...



HAVE A DREAM

WHAT DID YOU SEE / HEAR / SMELL / TASTE / FEEL / TOUCH / TASTE / FEEL / TOUCH



everything is INTER connected

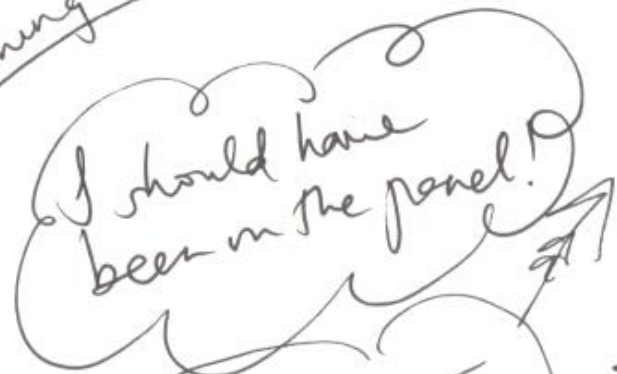
HOW DO WE KNOW WHICH CHANGE IS THE GOOD ONE?

I HAD A YEAST INFECTION OF LIFE!!!

Is it necessary to oppose humanism & nationalism?

"There's nothing more powerful than an idea whose time has come"

Language I work



I felt inspired by words today.

CREATE THE MINISTRY OF IMAGINATION

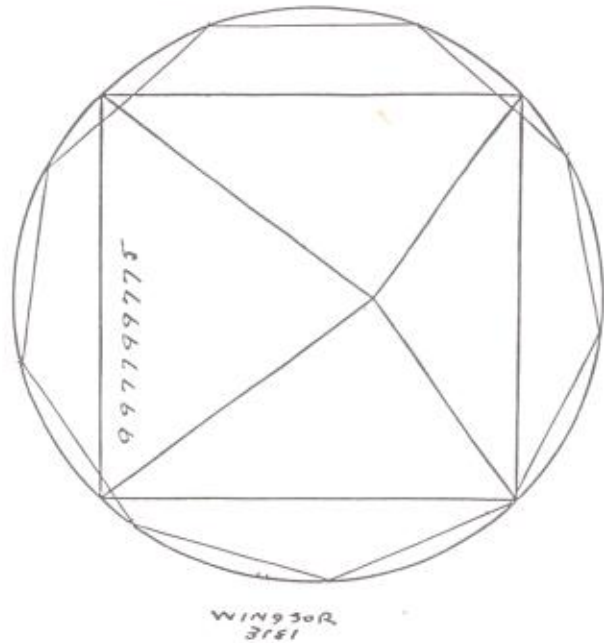
- WHERE DO I JOIN UP?

IN ANY COUNTRY AND THEN ... NO MORE NATIONS ANYMORE

Dear Editor,

Here is my latest design for healing and purification of water.

A copy was sent to a member of the Society in Britain, I received verification of its attributes.



A glass of tap water after five or six minutes on the design will taste entirely different, sweeter and softer. A jug will take 45 minutes approx. This water has a cleansing action on body toxins if taken repeatedly. For a boost try placing the left hand on it and the fingers of the right hand in a bowl of water, ten minutes first time, after that five as often as one wishes.

A woman 57 looking much older, dull eyes, after ten minutes looked 40 with eyes like diamonds. A man friend drank a full glass before leaving, he returned later to tell me he had been going to the same gymnasium for ten years and knew his peak performances, that morning he outpeaked all peaks. Do not throw the used water on plants.

The design is named Windsor 3181, the district where the urge to draw came in the early hours, can be used to clear "black" energies, try a reduced size on the eastern wall of a bedroom. Members will find other uses.

Frank Moody

THOUGHT

"Just being alive, that is a responsibility"
—Ben Okri

What started as an idea born at a time that I egotistically considered my own legacy, has become a tangible concept driven by the need for improved maternal health in regions of Africa. The journey began with notions of 'World Domination' scale changes across a multitude of therapeutical areas across Africa. Through the washing machine of utopic consideration, in the form of the BMW Live Tate Thought Workshops, I feel empowered to achieve the 'dream' - a focused drive to contribute to the improvement of maternal health in a small regions in West Africa. The experience over the last

9 months has culminated with the development of a roadmap of sorts. There is clarity regarding the steps needed to effect a shift....however small. In addition, it has highlighted to me that change need not be 'big' in my mind to be significant to others- change is such a subjective word. In the word of the corporate giant, Tesco, 'every little helps'. I feel energised, empowered and ready for the journey ahead!

Dr Afua Basoah



Photo by Yemisi Blake



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CARTOGRAPHY

...of the Past, Present, and Future

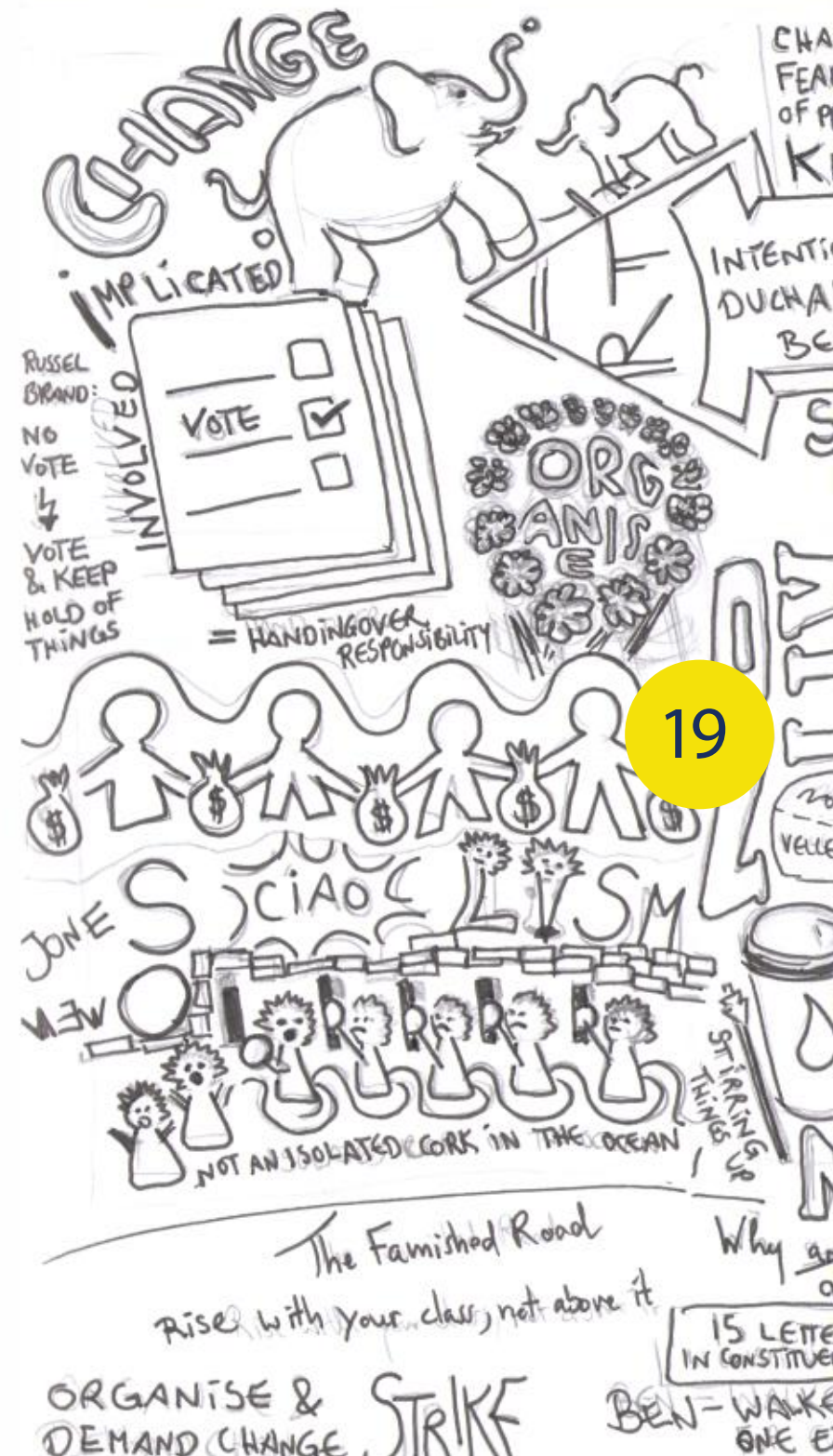
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"I imagine myself as a girl. I take her by the hand and we go for a walk." —Ana Escobar

From Anja



19



A scene from the workshop: photo by Yemisi Blake

Nine Months

Mum planned no second child
But I popped up – belly bump
The she thought - girl'd be nice!
Another boy (and girl) were born.

2. Too much care, candy and pink
catholic Infanta-like brought up – ME!
No football could I ever play
But what dainty cakes did I eat and make.

3. Adolescent depression arrived:
Daily mass; Daily wank,
Daily binge; Mind kaput
Body FAT.

4. When at last eighteen
To the priest who'd have sectioned me
To the doctor who'd have killed me
To the family who protected me
Adieu!

5. London – WOW – what now!
Life at last – be born!
The bird feed
Now it's fly or fall.

6. Then with time and some change
Toa church back I came
Grand and Dressed all in black
So that, God driven back, the theatre
remained.

7. Oh, that mask eats my face
Eight whole years came and went
Yet, again there's nine months
To once more be again born.

8. Now the body – the temple
Eating mindful- building blocks
Great big sweet – box now abandoned
For sweet bitterness of truth.

9. Mind, this journey continues –
Its Destination Itself!
Where mind housed in this temple
Shares full soul with the World

By Fabiano Borretti

I'm curious about how people make their thoughts happen, how one can translate their thought into action. We all get inspired by others who make changes in our world, people who make change happen in our sociopolitical world particularly inspire me. However how many of us feel inspired to act but do not pursue that desire or intention? Have you ever had an idea and thought it out and actually believe it could happen and you could do it well...but you don't do it? I'm a psychotherapist trained in cognitive-behavioural therapy which is a therapy focused on making changes in one's own thought and behaviour in order to change mood state. My daily work revolves around the possibility of change and the hope it can happen...but I started to feel demoralised at times because I knew deep down that I could not make certain changes in my life. I saw the ad for the Thought Workshop about change at a time in my life when I felt frustrated with myself. I wondered whether I could find out what blocks my thoughts becoming action - in a deeper way than I understood at the time. I was interested in the way one defines themselves, the role/s in life one takes on and how those roles can sometimes reflect constraints one puts on themselves. I was also interested in how the constraints we put on ourselves, the way we define ourselves lends others to define us in certain ways which can be further constraining. I was interested in our once those constraints have been placed, how difficult it can be to break out of a role, even if you desperately want to, and might even know how to, you sometimes can't.

So my challenge was to identify my roles which were not helping me, identify what I needed to be / do / say to be out of that role. The I needed to apply on myself what I know from my psychotherapy training...to identify unhelpful thoughts and behavioural patterns which typically get in the way of me taking a risk, to take that risk, to

tolerate the weirdness of how it felt and to keep trying. All this was what I usually talked about with my clients but from my own experience, I realised the block can be a very deep visceral feeling - a feeling so persistent that it is there even if you can overcome doubts in self-belief....a feeling so visceral that it is still there even if you can overcome the fear about how others might react if you change. Sometimes the block is like an inertia within. Overcoming that visceral feeling is so difficult. What helped me was being part of a group whom I knew wanted me to succeed at my project - it felt safe to come to the workshops and say "this is my idea, I really want to do x" and for people to go beyond saying "oh that sounds good" to actually helping you think about it and move it on. It felt that there was a collective effort and the collective backdrop helped me access my autonomy. I felt we had our own utopia. I felt we had the good bits of a utopian community - where we worked together in harmony, in a space characterised by respect for one another's ideas and enthusiasm, where we were allowed to do what we wanted, where we were supported to follow our idea through, where creativity and free-thinking was allowed to grow and nurtured to flourish. There wasn't a sense that you had to work together for the greater good, there was a sense of working together so the individual could grow. My sense is that if the individual can grow and realise their own ideas, then that is the fundamental step to us working together effectively for the greater good. For me, our utopia helped me access and literally unleash my potential and in that way, I can now hopefully add more to everything I do and thus do more for everyone in effect. I will now do that thing for the social causes I always imagined I would do, because I see myself as someone who can and will as opposed to someone who wants to but won't.

—Maya Cooray

WHY I DREW
WHAT I DREW

EVERYONE SPOKE
VERY PERSONALLY
THE DAY SEEMED
LESS ABOUT THE
IDEAS THEMSELVES
AND MORE ABOUT
HOW EACH PERSON
HAD GROWN
IN CONFIDENCE
WHICH SHOWED
IN THEIR CLOTHES
THEIR BODY
LANGUAGE
HOW
COMFORTABLE
WE ALL WERE

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Saturday night's dinner. Photo by Yemisi Blake



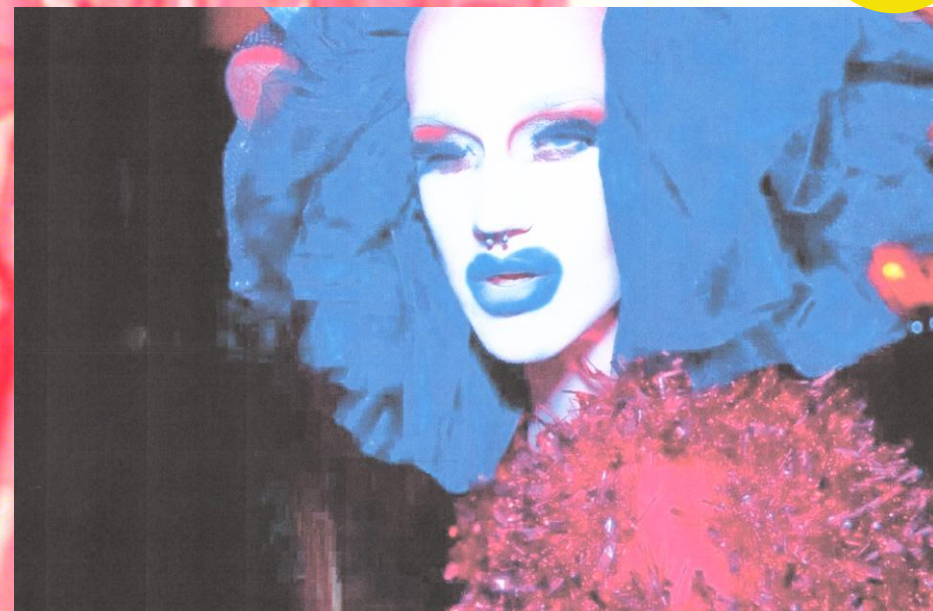
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Here's what I'd do.
I'm going for understated rather than rabid utopianism. I'm going to apologise in advance. I'm going to have to swear. Tate, Saturday afternoon:
Socialism!
—Owen Jones

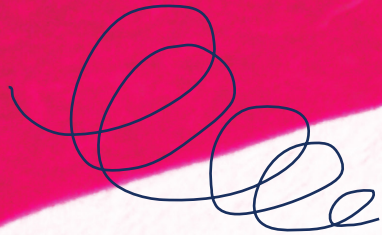
"I don't know if I can be a change catalyst for other people but I have been interested and following other people's ideas."
Christine

Joey A Frenette
aka *Bourgeoisie*

27



Why is this problem happening? Why isn't there enough diversity in this industry. (Colour Blind Production Company)



"Oh...you can call me pinkshoes"
—Anja Eichen

Anja brings her laptop to the front of the room, places it on the table and sits down and starts typing on a laptop. Giggles travel through the room. "It is a personal problem... is that I spend about 12 hours a day in this position. I wanted to change this. I did not want to sit anymore. Clearly, what a person would do is stand up." She stands, pushes her chair out of the way and leans over the laptop. "But this is a problem." She then lifts the chair and places it on the table and the laptop on top of it. Then continues typing. More giggles in the room.

I wanted to start a blog. But. Really, how interesting is it that I am standing more?

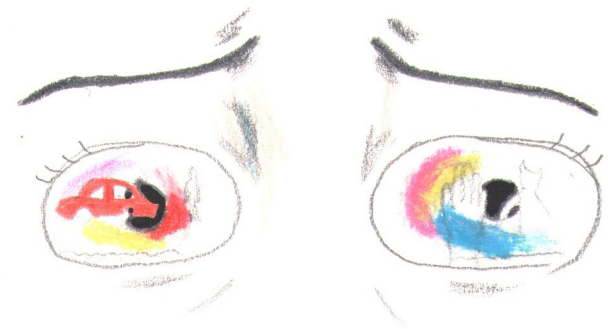
"One idea I want to write down." She mimes air typing with her fingers as she says that.

Salience Dysregulation Syndrome

The re-naming of Schizophrenia

ANDREW'S PROJECT

IT IS UNDERSTANDABLE TO REACT
TO A HALLUCINATION



“We’re watching ads more than news.
It’s bullshit. It’s based on stereotypes.
We should swap.

The green fields on food packages.
The chicken have never seen a
goddamn piece of grass!”

—Matthew Herbert

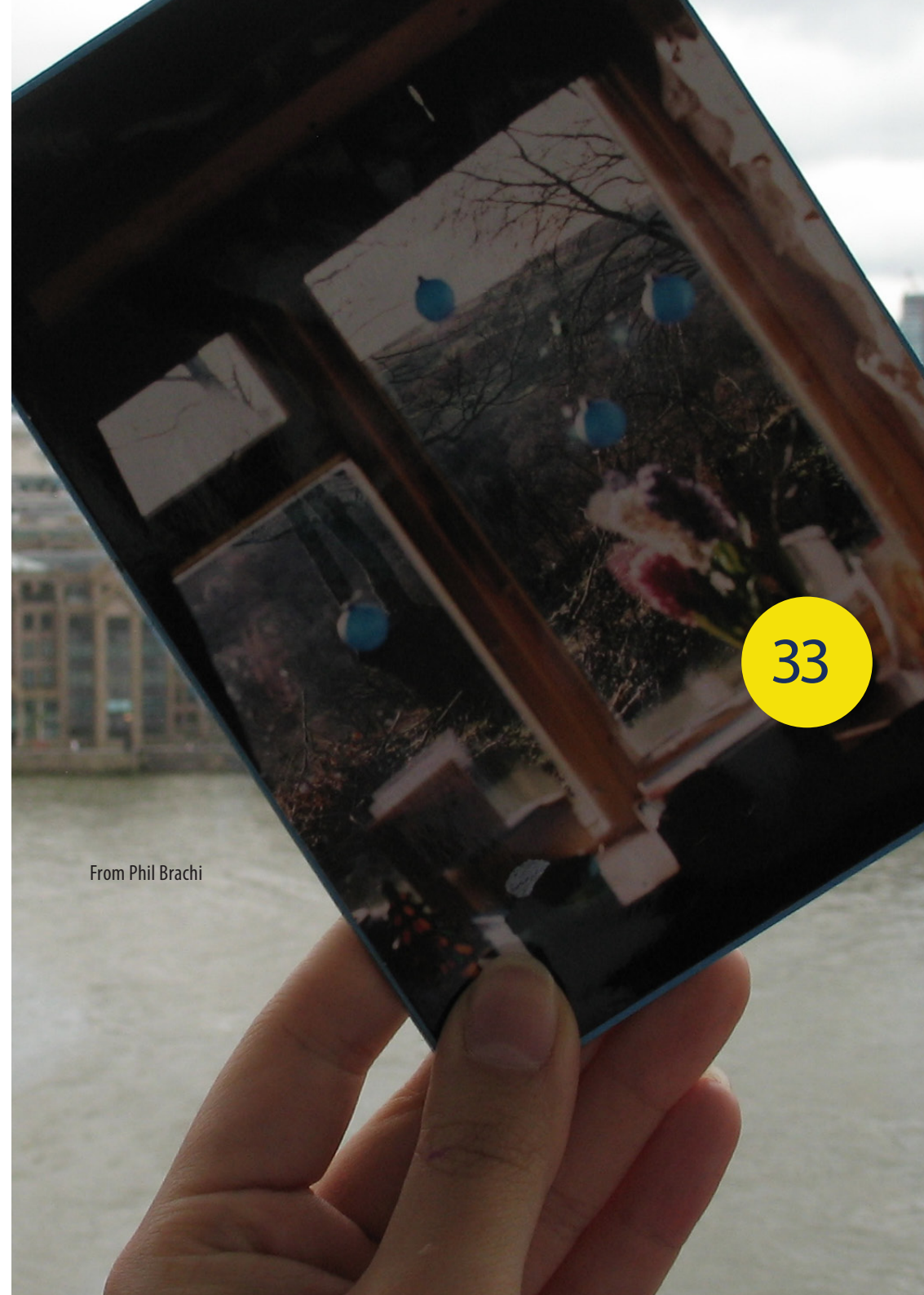




Imagine the 'walkie talkie' being your favourite sandwich. It is top-heavy, lop-sided, and before long all the fillings would fall out. The top slice is our ageing society with everyone living longer; the bottom slice has been replaced by your cheese cracker. This cracker is no cracker because it is metaphorically our shrinking younger population, many of whom are out of work.

This is my Hope Project. #WeNeedToTalkAboutMoney

William Wong



From Phil Brachi

33



Vanessa Dowling:

“There are people who are house bound but a lot of older people don’t have the motivation to get out of the house.”

She takes out a pair of silver shoes.

“I’ve never danced in my life. These are my motivation to get out.”

Neil Wolfson

British summer time all time around...

“This is the sun, yeah?”



“The experience has been stimulating and overwhelming. From a big project of changing the world, I feel that the change will be a conscious one; one from within.” —Gitanjali Pyndiah

The blank page is like a beginning, it is blank and you can fill it up each time anew with whatever you can imagine.

morVi

“Everything wrong in society is rigged at the interest at the people at the top. The point I want to make: I’m already helped along because we don’t have free market capitalism. We have socialism. Socialism for the rich. State helped the banks. Banks allowed to continue – carried out paying bonuses while benefits were stripped away for being 2 minutes late for their interview. You end up with a society with 5 million people in housing waiting lists. Private landlords are subsidized with housing benefits. Socialism for the rich. And those who aren’t go out and earn their poverty.”
—Owen Jones

“Question of what we perceive reality to be. Something out there, or are we implicated in it? By being conscious? Alive? Citizens of the world? Fundamental question of how we relate to the world. We are fatally implicated in the world. Being human and being conscious. Are there any disagreements? No? I’m astonished.”
—Ben Okri

“Our imagination caught up with the possibility. We need some exercise. We need to reward it more. Colossal revolution happened in my generation. Being about something to BEING that thing. Describe George Osborne’s nasal whine with an oboe. Now, I can follow him around on the Eurostar. I can go to the court case. Take noises. Take a roll of toilet paper from the supermarket – Nouvelle. I think it’s an extraordinary shift. Music with pigs. Bombs exploding in Libya. Important to not underestimate the other side. George W Bush was an imaginative president – he imagined the worst world, and he made it that way.”
—Matthew Herbert

“I think the big existential choice for the next generation is...do you want to be nationalist and citizen with a little bundle of privileges. Do you want to be that person? A foreigner in most places, or do you want to be a human being everywhere?”

—Shami Chakrabarti



Group shot!

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“I want to say that the workshops have been really inspiring, although everyday I am being a polymath as much as I can, I haven’t achieved ...yet.” Polymath



THANKS:

Joseph Kendra and Luisa Santos;
Renny O'Shea and Richard Gregory; Sandra Sykorova;
Florence Shaw and Justin Hopper;
Yemisi Blake;
Adam Asnan;
The caterers, Massi Mas (who weren't allowed to cater at the Tate...and the beetroot was delightful);
All the workshop participants;
Shami Chakrabarti, Owen Jones, Ben Okri and Matthew Herbert for the inspiring talks the night before;

...and BMW, of course, **but most of all Joseph's long arm stapler heroics in the morning!**

Ana & Renée x

