QUESTIONING or how RTSessions are stimulating the act of wondering and doubting.

The following is about how I personally experience the Research Training Sessions. I prefer to call them the Reflection Time Sessions as:

They give you a wonderful

**TIME OUT**

They invite you to try to free your mind.

To have a meditative **MOMENT**

To focus alertness

To see the whole

To step out for a moment out of

the visual routine

To respite – to retreat

The sessions are

**MOMENTS OF CONTEMPLATION**

Of uttermost concentration

They are moments of refreshment

They help you to clear up your mind

To freeze frame and get an overview

To obtain a state of mindlessness.
They invite you to **TAKE A BREAK**

After one or more sessions you might **BE LOST**

It’s possible you get the feeling to be undirected

But be **Open**!

Don’t be **afraid** to be out of control

Take the benefit out of this state of desorientation

**RTSessions** make you

- Searching
- Wandering
- Exploring
- Powerful

**Questioning?**

- Doubting / Doubting
- H - He - Hesitating
- Comparing/comparing – relating – [ isolating ]

Walking ~~~dreaming acting

Structuring

<table>
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<tr>
<th>Framing</th>
<th>Rastering</th>
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Composing **Decomposing**

[ Isolating ]
They want you to be critical
To be sceptical

When you experience the wonderful blue hour,
l’heure cháte – ñou p,
as it is so beautifully called in french.
When you are awake when everybody is asleep zzz
When you find yourself in an in between zone

You might all of a sudden
see things clearer.
More specific and then again out of focus

Zooming in zooming out
You may recognise things
See things – by reading – going back and forward

While ~~~dreaming away .... mapping things.
While sketching ... entering the own
storyboard.
Having an eidetic recall.
Reading Seeing Imagining
All
• P    • B    • I
• O    • I    • E
• S    • L    • S
• S    • I
• I    • T
Putting } into{ together – over –
walking through – decomposing again
– layering – projecting mentally - reading –
comparing/comparing – relating

**Modelling** - simplifying – peeling off –
(c, v) entering – peeling off

And then you **START** to build up a filter,

**Determining** the rules

Restricting, limiting |
Simplyfying – 1
Selec|ting
Claryfying
You highlite the **headlines** of the story
You chose/chose the **essential** element
You take decisions
In excluding and eliminating

**QUESTIONING** – **COMMUNICATING**

Wondering
Doubting / Doubting
Discovering
Dealing with the **uncertain**
FINALLY YOU MIGHT SIT DOWN AND MAKE THE MODEL FOR...

FINDING Ö A KEY

Finding ö a key can give you a way out of uncertainty. Sharing, being together, e-e x-x c-c h-h a-a n-n g-g i-i n-n g-g and finally making explicit. Clarifying Refining & extending Going in dialogue

To get more deepness Enrichment S-h-a-r-e something

Dialoguing in conversation

Needing someone to as the listener makes the communication Learning the Ac/ of listening The Action of trying to formulate You think while you speak Talking, formulating ideas
REPRESENTING 🧐🧐🧐🧐
How to make this *personal* knowledge public, comprehensible?

Making the reflection tactile – tangible
Simplified – understandable
Explaining
Explicitificating

Searching for a **BALANCE**
between *personally* knowledge and true knowledge,
between *passively* gained knowledge and *actively* gained knowledge.

ACTING REACTING 📐
Evaluating /....
Rechecking

Transforming
Cycling
Being Flexible
Inter ← → acting
Learning from your own mental space
Learning from *Literature*

We, as architects act to understand – so we don’t need to understand to act.
We learn to be able to act without being certain, with uncomplete information.
With trial and error.

Thanks to all tutors and participants of the RTSessions 2010-2011 and 2011-2012. And to Me’Shell for the lay-out.

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