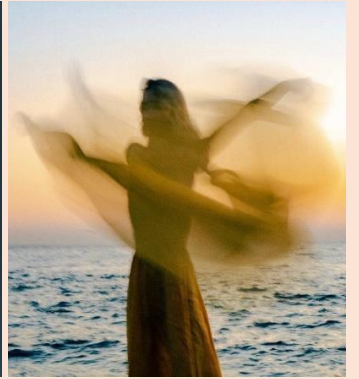
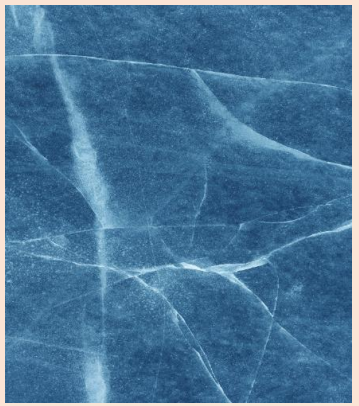


vulnerability tenderness tears needs fingertips touch resting role relationships love is in the air



growing in its intensity setting boundaries
speaking with kind words being present
feeling all the feelings being honest

collected intimidating calm comforting supporting scary simple on point queer and straight at the same time

soft explorations – tender ways to face the world

Ideen für gelingende Alltagsgestaltung
als introvertierter und hochsensibler Mensch

Hallo du zarte Seele,

du bist in dieser lauten und schnellen Welt immer wieder überfordert? Du fühlst dich schnell von Reizen überflutet und deine sozialen Batterien wollen viel und regelmäßig aufgeladen werden? Damit bist du nicht allein!

Im Rahmen des Kunstprojekts soft explorations sind junge Menschen zwischen 20 und 26 zusammengekommen, denen es genauso ergeht wie dir. Gemeinsam haben wir das Thema Softness künstlerisch erforscht und uns so den Themen Introversion und Hochsensibilität angenähert.

Einige Ergebnisse der gemeinsamen Zeit sind in diesem Zine abgedruckt. Die folgenden Seiten bestehen aus Alltagstipps und Erkenntnissen, wie wir uns als introvertierte und hochsensible Menschen in dieser lauten Welt zurechtfinden und dabei die gewohnten gesellschaftlichen Muster durchbrechen können.

Viel Spaß beim Stöbern und Entdecken!

Hello you tender soul,

you are often overwhelmed in this noisy and fast world? You feel quickly flooded by stimuli and your social batteries want to be recharged a lot and regularly? You are not alone in this!

The art project soft explorations brought together young people between 20 and 26 who feel the same way as you do. Together we artistically explored the topic of softness and thus approached the topics of introversion and high sensitivity.

Some results of our time together are printed in this zine. The following pages consist of everyday tips and insights on how we, as introverts and highly sensitive people, can find our way in this noisy world and break through the usual social patterns in the process.

Have fun browsing and exploring!

CONNECTION IN

S P A C E

SLOWING DOWN WHENEVER I NEED TO?! WHENEVER I WANT TO.
slowing down whenever i need to, whenever i want to.
w h e n e v e r i w a n t t o .

EVERYONE HAS THEIR OWN RHYTHM



Softness

how does one even begin to be soft?
in a world that is made of cement, iron rods, bomb shells
and stolen lands...
in a world that teaches you that a striking hand is stronger
than a warm embrace...
where do i even begin?

...

-L-

This is the INTRO
to a VERSION of myself
softly blooming into life

As I walk through the garden of long lost dreams
I honor the touch of rain on my cheeks

In to the version of myself
freely dancing in the darkness of fears and sorrow
knowing that my decisions today
will define my tomorrow

NORMALIZE CRYING IN PUBLIC



How often are you sitting
in public overwhelmed by
your emotions with the
urgent need of just
letting them go
with a stream of tears

How often do you see people
crying in public?

verletzlichkeit
in meinem inneren
habe ich eine welt
die ganz zart ist.
ich möchte sie teilen
aber langsam
stück für stück
& dir dabei in die augen sehen.

impermanency

fleeting, invisible marks.
the memory stays.
imprinting on my soul.
and it's gone.



Wenn ich berührt werde,
möchte ich es echt
möchte es ganz
und wahrhaftig.
Kein Schein, nicht nur so tun.
Ich will es fühlen!

Vulnerability

opening up
empathy
I see you
I am being seen
crying
laughing
together

Wolken
schafft Raum
Raum zu sein
Raum zu leben
in diesem Moment
Raum zu lieben
Statt festzuhalten / zu besitzen

touch
physical
emotional
connection
deisolation

Ridiculous energy cleanse

Shake and jump and make noises the person supports you're finished you draw a circle on the ground and clap your hands release the energy when you can also do it alone.



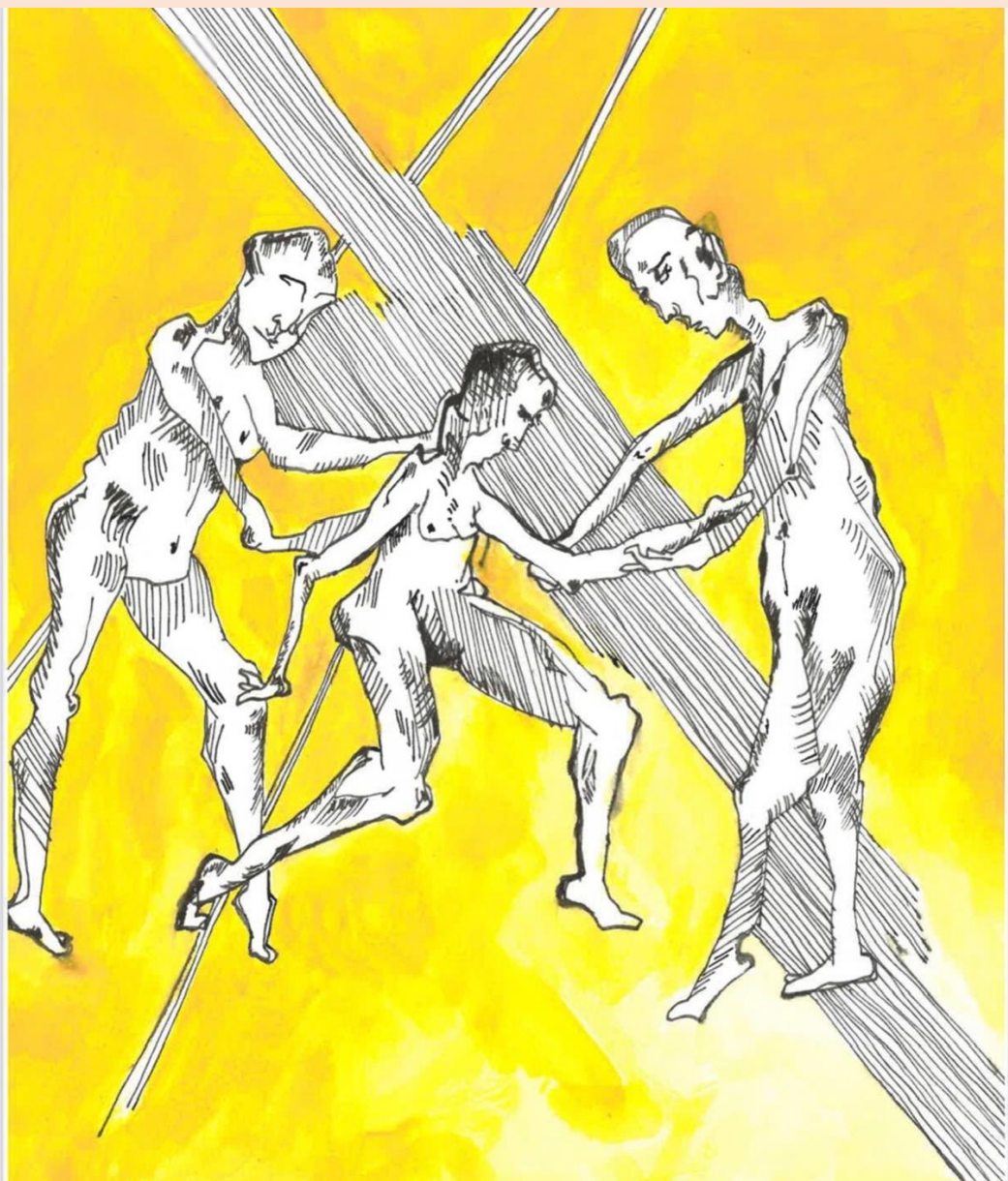
Self-regulation techniques

- breathing out longer than breathing in
- soft/strong grip/being intentional with it/counting
- stomping

ICH EMPFINDE

ALSO BIN ICH

- Maria Lammig



yes can be so easy and no can be so hard
but they are both very essential
to know with your whole heart
you can practice saying no all day
and feel within yourself
what it says to you
before you start to melt

melt into the ground around
by softly caring hands
that allow to become with all
and sense tenderness in wealth

in a world where to be loud seems to be a norm
silence can frighten us. maybe it frightens us because it
is so precise. There is a competence in its clearness. But
to be able to be so clear you need to be able to actually
sense into what is going on.
To be sensitive seems to be an act of revolting in itself .
Just to stop and pause and listen. How crazy is it that our
society usually does not hold space for it? How did we as a
species end up like this? In a world bedded into tender grass
and soft clouds...where did we go wrong?
if i look into nature i really appreciate that the bees and
the flowers, the water flowing in the river are just there.
Sometimes i feel we forgot to appreciate the presence of each
other. We forgot the opportunity to witness. Maybe we did...
We are so busy burning out, using all our capacities that it ~~seems~~
seems as if we forgot that we have a choice...
We can choose to act on our extraverted side as well as we
can ALSO choose our introversion. we can choose every day
in every situation, again and again...
it might take some bravery to soften into it, but it is
possible and maybe necessary...?
it can be hard sometimes to do all of this on your own...
how relieving to realize that we are not alone. to network
can be challenging, especially as an introverted character.
but maybe because networking is sooo much designed for
extraverts? how to change this? maybe focus on one person
after the other and not put so much pressure on ourselves?
softness does not necessarily mean low energy however...
it creates its own intensity that
allows to recognize
creates space and time for empathy
allows compassion take over
listen deeply
sensing all there is

in a world full of crisis
maybe it is time to slow down?
and take action conciously

and softly unlearn what we were taught t
as truth
again and again

silence is a treasure in a world too loud for all of us



Es gibt eine wichtige Lektion aus folgendem -> Aktivität

Personen nach Energielevel fragen
dazu im Alltag
z.B. in Schule

Singen/
kuscheln
in
Öffentlichkeit

Performance
Teppich in der Öffentlichkeit
ausrollen, ruhen
an verschiedenen Orten

Kissen, Tücher
aufhängen, Pflanzen,
nützige Dinge im
Umweltbereich

in aufgeladenen Demos
(im Kreis) sitzen und durch
solche Räume schaffen

verschiedene
Formen, Diversität,
Respekt

Barrieren im
Aktivismus

Kapazitäten
erhöhen,
aktiv Raum für
Tätigkeiten
erschaffen

Scham,
Rechtfertigung
bei nicht reibungs-
läufigem

solche Ressourcen haben ist wichtig

Ballkammer
aufhängen

sofort als
eigenes Thema/
Ziel von Aktivismus

Räume zum Erholen
erschaffen, Gemeinschaft
stärken,
sich bestärken

selbst in einer bewussten
Lebenshaltung leben

Selbstfürsorge als
Grundlage, Priorität-
setzung, selbsttätig sein
zu können

Selbst von anderen nicht befehlen

EMPATHY DANCE
IN BERLIN MAIN
STATION 2

2 sofort as political activism



LIA'S PERLE SONG
i like MY PERLES
THE SKY IS BLUE...



MOANING

Did you ever come together with people who you don't know
very well to moan together?

Not at all in a sexual or sensual way, more with the
intention to be playful together, brave, free, feeling
your body and your voice.

Have you ever sat together in the dark, doing whale sounds?
Moaning together has the potential to be really liberating
the potential to feel yourself

the potential to connect with your inner strength, animalpower
the potential to laugh a lot

How about you imagine you turn on a really hard to turn on
lawnmower with moans and then you all run around the room
to mawn that imaginative lawn with moans and because the
lawnmower is really shitty you have to restart it with
moaning?

How about you moan really loud when you bike up a hill and
your legs don't want anymore? Try it. It's empowering.

Every moan is different.

It can be really high
really deep
reeeeaaally long
or very short
it can be like a sigh
or a scream

It will make you feel your chest and your stomach
and afterwards you might feel grounded.

It can be soft and strong and all in between.



STEPH'S SURPRISE

Handcontacthand

resistance push pull one leads

melting into one lump it's a smooth movement no one is leading or pushing

feel the contact of your touching hands where do they end begin and touch how are they build

it's normal to feel resistance to what "authority" persons say at our age & that's good and important

I brought good and bad tools do what you want with them don't forget to breathe

SOFTNESS IN A BOWL

aka. Vegan Lebanese Rice pudding / Riz Bi Halib

This bowl of goodness will leave you feeling warm and fuzzy.
Vegan and Gluten-free

Ingredients:

- 1L of preferred plant milk (i use coconut)
- 1/2 cup or 90g of medium grain white rice
- 3/4 cup or 175ml of preferred sweetener (i use agave)
- 2 tbsp or 29ml of rose water or orange blossom water or 50/50
- 2 tbsp or 29g of corn starch or flour
- 1 1/2 cup or 355ml of water

Instructions:

- combine 1/4 cup or 60ml of water with starch. Put aside.
- in a pot over medium-high heat, add rice and 1 cup or 236ml of water. Cook rice until par boil (approximately 6mins)
- Add the milk and sweetener, turn up the heat to high and bring to boil.
- Turn the heat down to medium-high, add corn starch and rose+orange blossom water. Simmer for 15 mins, stirring slowly and continuously.
- Turn heat back up, get to a boil. Once thickened turn off heat.
- Pour into individual serving bowls or in one large container.
- allow to cool off at room temperature then refrigerate.
- serve with pistachio or/and cinnamon garnish

and Sahtein!!

JE LÄNGER
ICH DICH
ANSCHAUEN,
DESTO MEHR
ÖFFNET SICH
DEIN BLICK



KOLLABORATION
ALS SCHLÜSSEL
WAHR
HAFTIG
KEIT
ZUR
IN DER
PRÄSENZ

let your eyes soften onto the world...

wounds
scars

tears falling
trembling
shaking bodies
how come we
are so wounded?

impermanence
i dont know
in every moment
something new.
what can i hold onto?

Verletzlichkeit ohne Verletzung?
Oder Verletzung ohne Verletzlichkeit.
Gibt das?
Ist das Liebe?
Kinyabe
Fallen lassen



LOSLASSEN


alles was ich glaubte zu wissen
was ich glaubte wie ich sein soll
alles was ich nie vergessen wollte
was ich nie verlieren wollte
was mir wichtig ist
villeicht bleibt etwas dafon
auch ohne das ich es festhalte
villeicht nicht

loslassen
alles was ich dachte wer ich bin
im versuch zu vertrauen, dass ich bleibe , auch ohne den krampf
haften , auslaugenden und entfremdenden grif meiner selbst
um mich selbst
dass ich bleibe, wo? bei mir?
vielleicht auch erst zu mir finde, ankomme ,endlich ankomme
meine hände öffnen sich, meine augen werden weich

loslassen
erwartungen, Urteile!
und alles kann endlich von mir abfallen
wenigstens für einenmpment
meine Worte
meine Schale
meine Maske

nur SEIN

ausatmen
einatmen
ich atme



Loslassen.



was willst du

LOS|LA|S|SEN ?

and dont forget to clap twice

The background of the green paper is filled with faint, overlapping letters and words, creating a dense, abstract pattern.



ALL

THINGS

WE

KNOW

THERE IS ALWAYS

TIME FOR ME

TO



CHANGE AND GROW

Weitere hilfreiche Quellen könnten beispielsweise folgende Bücher sein: „Still“ von Susan Cain, „Zart besaitet“ von Georg Parlow, „Achtsam leben mit Hochsensibilität“ von Susan Marletta-Hart, „Selbstmitgefühl“ von Kristin Neff

Du möchtest mehr über soft explorations erfahren? Folge uns gern auf Instagram @softexplorations

Eine Zine von Amra, Debora, Emilie, Franzi, Georg, Gunnar, Hannah, Leyl, Lia, Lydi, Mia, Miri, Paula, Rain, Sophie und Tobi.

Ein großer Dank gilt Neele Ruckdeschel und Tessa Broadby für Unterstützung aller Art, Freya Gorny, Ludger Storcks und Nicola Bullock für ihre wunderbaren Workshops, Mandy für ihre gewissenhafte Beratung auf dem Weg zur Förderung und Ponderosa² für die Kooperation und den magischen Raum im Odertal.

Wir freuen uns über Rückmeldungen und konstruktive Kritik per Mail an softexplorations@gmail.com

Gefördert durch das Zukunftspaket für Bewegung, Kultur und Gesundheit

Other helpful resources could be, for example, the following books: “Quiet” by Susan Cain, “Self-Compassion” by Kristin Neff.

Want to learn more about soft explorations? Feel free to follow us on Instagram @softexplorations

A zine by Amra, Debora, Emilie, Franzi, Georg, Gunnar, Hannah, Leyl, Lia, Lydi, Mia, Miri, Paula, Rain, Sophie and Tobi.

A big thank you goes to Neele Ruckdeschel and Tessa Broadby for all kinds of support, to Freya Gorny, Ludger Storcks and Nicola Bullock for their wonderful workshops, to Mandy for her conscientious guidance on the way to the funding and to Ponderosa² for the cooperation and the magical space in the Oder Valley.

We welcome feedback and constructive criticism via mail to softexplorations@gmail.com

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