

XAVIER WHITE

*My Human Campaign:
Cohedia Summer Fair*



EXHIBITION CATALOGUE: June 2016

Cohedia Summer Fair: A Mind Expanding Exhibition

A ground-setting exhibition that explores how art can promote understanding of resilience, compassion and wellbeing.

1: Think about it...	K2 Reception
2: Stair-lifts: affirmations of ascendance.	K2 Stairwell
3: The fear of death on the mind of a cyclist.	K2 Reception
4: Life Patterns; onwards and upwards	K2 water fountain
5: Can you lift your foot? 1	Corridor between K2 and Keyworth building
6: Across the Board	Corridor between K2 and Keyworth building
7: Verrellic Spires	Corridor between K2 and Keyworth building
8: Roberts Walks through Water (3/4)	Corridor between K2 and Keyworth building
9: Can you lift your foot? 2	Corridor between K2 and Keyworth building
10: Cohedia: a mind expending cityscape: A guided tour	K2 Reception
11. Cohedia: Wish you were here Xx	Corridor between K2 and Keyworth building
12: Enigmatic Object	Keyworth Building
13: Self Circle (wheel of fortune)	Keyworth Building
14: Never Rest Mind Map	Keyworth Building
15: University of Understanding	Keyworth Building
16: Windows of Opportunity	Keyworth Building
17: What's on at the Globe Tonight?	Keyworth Building
18: Make your move	Keyworth Building
19: Jump for Gold	Keyworth Building
20: Newton Principia	Keyworth Building
21: Wishing Pageant Barrow	Student Centre Walkway

Introduction

My Human Campaign: a series of artworks that depicts understandings of individual neurological and emotional behaviour, responses and interactions.

Xavier White has embarked on a year's residency at London South Bank University, working as part of the School of Health and Social Care's People's Academy. A survivor of a near fatal head injury, when hit by a car whilst cycling in south London, he has had to re-learn all his life skills. His art-work stems from personal struggles, delivered with humour and a provocative intention to inform and engage others with the multiplicity of humanity. The residency focuses on human interactions in the context of health and social care, which allows for a re-examination of creative practices that promote reciprocity as mutual recovery for all involved in any human encounter. Experiential learning, praxis, and the impact of place/space across the NHS are central themes to his work. His

focus is what others neglect; hidden connections such as those taking place in the workings of the human brain.

Xavier informs and inspires others to consider their own, personal journeys in search of "Cohedia", a speculative utopian world where collective expression forms the basis of knowing, being and doing (qualia). It is this expression of learning that Xavier explores, with intent to expose hidden elements of collaborative, inclusive-participation, towards enhanced compassionate performance praxis; where a viewer refines their concepts through critically informed action.

Sally Hardy: Professor of Mental Health and Practice Innovation

Fellow humans, join with Cohedian's and I on a research journey from, through and to the mind-expanding cityscape of Cohedia.

Cohedia is a many sided jewel of an idea, polished by time and thought, where you can take a mental stroll in its streets and vistas to appreciate the full ambience of the settlement. Thought and effort are put into making an atmosphere that is coherent and conducive to the development of the human spirit; enabling brain connections that bring about cognition.

2016 marks 500 years of Thomas More's Utopia a suitable backdrop from which I intend to investigate any developments, social and environmental that could be applied in Cohedia, whose foundations were conceived 11 years ago. I come in peace and in anticipation of inspirational exchange of ideas. (See cover image for When Cohedia met Utopia at Somerset House, January 2016)

I hope this Summer Fair and Cohedia pageant will be welcomed in the manner it arrives, towards it's caring dance of wonderment.

Xavier White: Artist in Residence

Glossary of Terms

FAIR:	free from bias, dishonesty, or injustice:
adjective,	a fair decision; a fair judge.
fairer,	legitimately sought, pursued, done, given, etc.; proper under the rules:
fairest.	a fair fight.
	moderately large; ample:
	a fair income..
	neither excellent nor poor; moderately or tolerably good:
	fair health.
	marked by favoring conditions; likely; promising:
	in a fair way to succeed.
	Meteorology.
	a (of the sky) bright; sunny; cloudless to half-cloudy.
	b (of the weather) fine; with no prospect of rain, snow, or hail; not stormy.
	c Nautical. (of a wind or tide) tending to aid the progress of a vessel.

Idiom	a group of words established by usage as having a meaning not deducible from those of the individual words (e.g. over the moon, see the light).
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Long term potentiation	<p>In neuroscience, long-term potentiation (LTP) is a persistent strengthening of synapses based on recent patterns of activity. These are patterns of synaptic activity that produce a long-lasting increase in signal transmission between two neurons. The opposite of LTP is long-term depression, which produces a long-lasting decrease in synaptic strength.</p> <p>It is one of several phenomena underlying synaptic plasticity, the ability of chemical synapses to change their strength. As memories are thought to be encoded by modification of synaptic strength, LTP is widely considered one of the major cellular mechanisms that underlies learning and memory.</p>
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Praxis	<p>The process by which a theory, lesson, or skill is enacted, embodied, or realised. “Praxis” may also refer to the act of engaging, applying, exercising, realizing, or practising ideas. Praxis is also considered to be critical informed action.</p>
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Qualia	<p>Philosophers consider qualia to be individual instances of internal, subjective, conscious experience. Qualia are experiential properties of sensations, feelings, perceptions and thoughts and desires. Researchers and philosophers alike seek to define and refine notions of qualia, as the hard problem of consciousness</p>
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1: THINK ABOUT IT...

Engraved glass, various appropriated wine glasses and glass beads. 2014. 120cm x 80cm x 98cm:



Think About It (Think Tank) is a three dimensional visual - the core of my research with **My Human Campaign**. A representation of our neurons cognising with charged atoms, ions, waves and chemical molecules, neurotransmitters being released and accepted across our synapses to affect our thinking about it... Investigating the leap between our neurones (Brain) and our consciousness (Mind) this is know as the 'Hard Problem of Conscious'.

How the oceans of different atoms and molecules in our brains brings us our minds and the effects currents have on our behaviour and interactions with the environment / world around us...

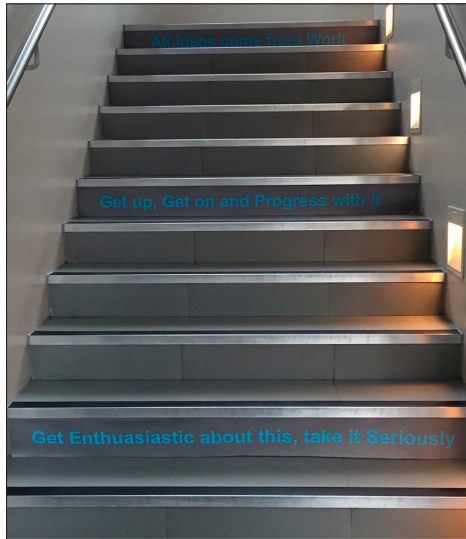
To campaign whether my creative visualizations around this subject can stimulate the deeper understanding of resilience and compassion, plus how these chemical currents affect us and others.

Further reading

- Greenfield, S. (2002). *The private life of the brain*. Penguin UK.
- Hardy, S., Jackson, C., Webster, J., & Manley, K. (2013). Educating advanced level practice within complex health care workplace environments through transformational practice development. *Nurse education today*, 33(10), 1099-1103.
- Titchen, A., McCormack, B., Wilson, V., & Solman, A. (2011). Human flourishing through body, creative imagination and reflection. *International Practice Development Journal*, 1(1).

2: Stair-lifts: affirmations of ascendance

3 (minimum) x 140 x 12.5, 2004 onwards
vinyl stickers.



1. Get up, and get on (progress) with it...
2. Get enthusiastic about this, take it seriously...
3. Think about It...
4. Use your experience and instinct...
5. Work with time as a tool.
6. Everything is relative, work with gravity and time.
7. If you haven't got anything to show there's nothing to talk about.
8. Like an athlete, train your mind and body.
9. All idea's come from work.
10. Life means nothing without being creative

Along my educational journey I have seen and climbed many education establishments' staircases... Would the weary climb have been helped with these inspirational Stair-Lifts?

Using ascending stairs as a metaphor for the effort / focus required to learn, gain knowledge these Stair-lifts offers / focus's the mind in preparation for an educational / classroom headspace. They are based on quotes my father gave me over the phone about the creative / learning process... He went to the same school as Grayson Perry, Chelmsford Grammar.

Further reading

Allin P (2007) Measuring societal wellbeing. *Economic and Labour Market Review* 1 (10) 46-52

BACP (2013) *Making the case for the social sciences. No 9 Mental Wellbeing*. London

Friedll L (2009) *Mental health, resilience and inequalities*. World Health Organisation, Denmark.

Office for National Statistics (2015) *National Wellbeing measures*. September 2015

3: The fear of death on the mind of a cyclist.

Cycling helmet, fish tank, spring, silicon 2001,
(35cm x 46cm x 25,5cm)



The fear of death in a tank, encased, framed.
Oceans of neurons, ions, molecules
Currents of emotions that flow beneath...

As a teenager I loved swimming, after seeing the film *Jaws*, when getting out of a swimming pool I would shudder at the thought of a shark rising up behind me. This is a similar thought process that occurs each time a large lorry looms toward me when cycling.

Wearing a cycle helmet (was not required in 1985) would have prevented a lot of damage; friends and family upset, plus NHS care time / money. I always thought a good metaphor for a brain injury's effect to one's brain was like shaking a Snow-storm globe. All those neurons shaken about trying to reconnect before they die.

Professor Phil Barker, Poppy Buchanan-Barker and their colleagues introduced the **Tidal Model** (Barker et al, 2002;2005) of care into mental health nursing. The Tidal Model focuses on the continuous process of change inherent in all people. It seeks to reveal the meaning of people's

experiences, emphasising the importance of their own voice and wisdom through the power of metaphor. It aims to empower people to lead their own recovery rather than being directed by professionals. I too have previously used the oceans / water metaphor for neurons in my artworks. Since reading the Tidal Model I feel a Wave metaphor is highly appropriate for the patient / carer dynamic.

The Wave Method focuses on the back and forth exchange between people, patient and carer. A trained mental health nurse offers the resilience and compassion to support and contain the exterior / surface / action of a patient, and to understand the forces at play that brings.

It aims to increase understanding between people, through a dialogue, unspoken means and the organization they are both part of; creating a caring dance.

Further reading

Barker, P. J., & Buchanan-Barker, P. (2005). *The Tidal Model: A guide for mental health professionals*. Psychology Press.

Barker, P. (2002). The tidal model. The healing potential of metaphor within a patient's narrative. *Journal of psychosocial nursing and mental health services*, 40(7), 42-50.

Dyess, S., Boykin, A., & Rigg, C. (2010). Integrating caring theory with nursing practice and education: Connecting with what matters. *Journal of Nursing Administration*, 40(11), 498-503.

Thomas, P., Talbot, R., Reed, S., Barnes, J., & Christie, N. (2015). Fatal Urban Cyclist Collisions with Lorries: An In-Depth Study of Causation Factors and Countermeasures Using a System-Based Approach. In *24th International Technical Conference on the Enhanced Safety of Vehicles (ESV)* (No. 15-0169).

4: Life Patterns; onwards and upwards

Ink on canvas 2011, 77cm x 165 cm approx + 44cm x 250 cm approx.



Motif of Routine, (long) can be read like a heraldic symbol, showing the ups and the downs, the swings, back and forth, and the roundabouts as we pattern through life.

Motifs of displacement, (short) the open arms sharing, opening, embracing, seeds that spring, go on get out, Amber the ancient sap nectar that enhances and drives into arms for gold crowns, of displacement.

Further reading

Araeen, R. (2010). Preliminary notes for the understanding of the historical significance of geometry in Arab/Islamic thought, and its suppressed role in the genealogy of world history. *Third Text*, 24(5), 509-519.

Curnock, E., Leyland, A. H., & Popham, F. (2016). The impact on health of employment and welfare transitions for those receiving out-of-work disability benefits in the UK. *Social Science & Medicine*.

5: Can you lift your foot?: 1 (self-consciousness)

Gauche on paper, 2004 (63cm x 85cm)



Later in the physiotherapy department at Kings College Hospital London, whilst waiting to be seen, an old woman in a wheelchair next to me was struggling to get some new knickers on over her heavily bandaged stump of her amputated leg. How ironic that I was able to help someone else in difficulty.

The focused therapeutic environment that this is best achieved in?

Dance of caring persons... Why do the three women who probably love me the most talk and laugh, as if uncaring, it's not fun, so distracting that I lost it!!!

There I was in physiotherapy, standing - just about - trying to learn how to walk again as an 18 year old man/boy...

Self consciousness, not as we like it but early consciousness, nevertheless...

This picture is about the intense focus and supportive therapy needed to make the neural connection required to lift a foot, place it and move forward, to take one step. Or even just wiggle toes...

Distractions that upset intensive focus when struggling with a single task, cognition...

Further reading

Rolfe, G. (2011). Practitioner-centred research: Nursing praxis and the science of the unique. *Reed P, Crawford Shearer N, eds. Nursing Knowledge and Theory Innovation: Advancing the Science of Practice. New York, NY: Springer, 59-74.*

Wilson, V., Hardy, S., & Brown, B. (2008). An exploration of practice development evaluation: unearthing PRAXIS. *International Practice Development in Nursing and Healthcare, 126-146.*

6: Across the Board

Gouache on canvas, chessboard 2011, 91cm X 35cm



Across The Board is about the journey through life's moves, decisions and where we end up (or hope & fear too)?

In my case as a brain injury survivor, I finally discovered my path in life as a creative person, using my personal strengths and weakness's to move from a lonely outsider to be involved, fitting in, cooperating as part of something bigger than myself. I still never understood the game really! It's moves, interactions and rewards. I often stand on the edge of the board, scared, , confused, bored but watching, wanting to be part of the routine, but what move to make?

Chess multitudes, confidence of choice (overshadowed by self doubt), working towards what actions to achieve life goals ...But its a good idea I've held onto. It's lost some if it's original purpose for me, but remains valid and beneficial to encourage me to stick with it and pursue this journey to become a more integrated human being.

I have tried academia as a method to improve, and although delayed and chaotic it has raised my game, my creative output and confidence. Or was progress more to do with the experiential learning, or is it just me, or my head injury?

I hope LSBU will be my 'University of Understanding', to improve my weaknesses with the resilience and compassion of others.

Further reading

Entwistle, N. J. (2009). *Teaching for understanding at university: Deep approaches and distinctive ways of thinking*. Palgrave Macmillan.

Iacoboni, M. (2005). Understanding others: Imitation, language, empathy. *Perspectives on imitation: From cognitive neuroscience to social science*, 1, 77-99.

7: Verrellic Spires (Long-Term Potentiation)

Reclaimed, appropriated glassware, glass glue and imagination on black and white tiles. 2015 / 6, Various sizes.



Verrellic Spires are a metaphor for neurons firing, passing information through our bodies and brains at the molecular level. The 3D glass spires represent synaptic terminals that connect to dendrite of other neurons. Each of the glass pieces are individual neurons, divided into dendrites, passing along the axon to the synaptic terminals where it connects to other axons to create sensation and meaning. Light through the glass itself acts as the reservoir of charged ions.

The Glass glue is clear and represents neural transmission, released from the ionic charge, as a light, or ions in the body – the electro / chemical molecular change. Verrellic Spires are strong, brittle and yet fragile; as are human brains.

Creating these spires has become a **Long-Term Potentiation**; repeated action for higher physical and cognitive functioning, integrating more fully with the world.

A number of Verrellic Spires are on tour around the UK with the Outside In's Radical Craft exhibition until 2017.

This is Xavier's first Verrellic Spires installation and film. A chant of Verrellic Spires: https://www.youtube.com/watch?v=qKp_uu5f4dU

Further reading

Haglund, P. E. (1996). "A clear and equal glass": Reflections on the metaphor of the mirror. *Psychoanalytic Psychology*, 13(2), 225.

Wadsworth, Y. (2006). The mirror, the magnifying glass, the compass and the map: Facilitating participatory action research. *Handbook of action research: The concise paperback edition*, 322-342.

8: Robert walks through water (3,4)

Gouache on canvas, chessboard 2011, 91cm X 35cm



An old man used to pass my house, early about 7 am, most days. Cap and flaps pulled down as he hobbled along to the supermarket. Returning later with maybe 3 or 4 bags laden with shopping... Sometimes we'd meet, smile and say hello as we passed. I can't remember how much we chatted, never knew where he lived.

The Café down the road got a new coffee machine and Bob would break his journey there. Bob would offer me a seat and a coffee while he examined The Times crossword. Occasionally he would read out the clues to me. The title is a tribute to his love

of crosswords. Over our morning chats I learnt that this very modest man had an OBE, and a temper, when I tried to inform others of his prowess.

Bob died in 2008 and I painted this memorial of our friendship in the style of artist Marcel Duchamp's cubist style chess themed paintings. Bob turned out to be an international chess master pictured here on both sides of the table, as a young man playing chess and as I knew him, doing the crossword. The player in the green jumper is Bobby Fisher, who after reading Bob's book on his Russian opponents game, won in a big game against him during the 1970's cold war period. Duchamp gave up painting to play chess. Bob had seen him at

a tournament but had never played him. Bob had travelled widely as a chess player, having played chess with loads of big names, Che Guerva being just one of the famous names he encountered...

Further reading

Saariluoma, P. (1995). *Chess players' thinking: A cognitive psychological approach*. Psychology Press.

Naumann, F. M., Bailey, B., & Shahade, J. (2009). *Marcel Duchamp, The art of chess*. Readymade Press.

9: Can you lift your foot?: 2 (Reflective Learning / practice)

Engraved mirror and lead, 2014. 36.6cm x 82cm



This reflects how I have been stubborn, determined, fortunate and talented enough to come this far in life. From not being able to lift my foot, to here now, cycling to and through My Human Campaign residency.

It was a starting point of my physical journey to a physical consciousness... In occupational therapy I remember being in front of a mirror, being given a marker pen and asked to draw around myself. Mark your outline;consciousness.

From the complete inability to comprehend, or change one's place in the world to here now, presenting to you.

This piece was originally shown as part of the Xavier White's Full Circle at ORTUS Maudsley Learning, Camberwell 2014.

Further reading

Eslinger, P. J., Grattan, L. M., & Geder, L. (1995). Impact of frontal lobe lesions on rehabilitation and recovery from acute brain injury. *Neurorehabilitation*, 5(2), 161-182.

Lamers, S. M., Bolier, L., Westerhof, G. J., Smit, F., & Bohlmeijer, E. T. (2012). The impact of emotional well-being on long-term recovery and survival in physical illness: a meta-analysis. *Journal of behavioral medicine*, 35(5), 538-547.

10: Cohedia, a Mind-Expanding Cityscape (Guided tour)

Film 2008, 12 minutes

www.youtube.com/watch?v=XmqxrBtEnFU

The world of Cohedia, as created by Xavier White is a speculative environment simultaneously asking the viewer to imagine what kind of world we would create if we were given a blank canvas, and at the same time shedding light on the physical, cultural, and social structures that exist within our communities that shape our understanding of ourselves and others.

*Take a mental stroll in it's streets
buildings and vistas to appreciate
the full ambience of the settlement...
Thought and effort are put into making
an atmosphere that is coherent and
conducive to the development of
the human spirit, enabling the brain
connections that bring about cognition.
Wish you were here Xx"*

I intended to utilise Cohedia's mind expanding cityscape as a mind map for my Architectural Glass degree studies (Swansea 2004-2008). The Cohedia concept, was inspired by the Art and Design Foundation level painting class question:

*'What are your interests and obsessions
and how would you represent them?'*

This question so inspired me, I thought on my concerns, from geometry to road safety, bicycles to making art, our national health services / education and power sources, our environments and general good living, utopias?

How to represent this wide variety? A cityscape designed to address these interests, learning about the ergonomics, designing and crafting for them. Addressing the issue as a problem by investigating an imaginatively habitable solution.

*'Headmaster, what kind of atmosphere
do you want within your school? : A
coherent world'* was the answer.

Being the artist that would attempt to represent this coherent world, I began to understand and control its production and materials. This personal task required that self-discipline, physical control required as a form of personal megalomania! I smiled at the humour of it and the coherent meglomania of 'Cohedia'... a mind expanding cityscape was conceived.

This short film takes us 'wandering wanderingly' through a parallel universe, the utopian Cohedia. An artists' world where knowledge, the currency, is accessible to all, and yet sankhara, existence, is nothing more than the sum of junk -- if this doesn't spurn intellectualism, nothing does.

Rejecting the very educational system of which it is a parody, Cohedia offers an alternative place to grow and learn, to travel 'sideways, onwards, and up'. Yet how different is it really from where we are now? Lost in hyper reality, we are, indeed, 'all artists [who] just have to identify our medium.' Anna Mc Nay art writer; art-corpus.blogspot.co.uk

Cohedia is brought to you with the help of Paul, Tim and Anna. The cityscape has kept breathing in

me to raise Cohedia again with Bethlem Gallery's curator Beth Elliot's recognition of it's potential in the following exhibitions.

My SLAM triptych : 1st Full circle info (Ortus, SLAM): 2nd Wish you were here. Xx (Bethlem Gallery) and 3rd The Verrellic Magi, Arrival (Bethlem Royal Hospital's Chapel).

More recently Cohedia (large canvas) plus 'Cohedia goes Cornell: a case for treatment' cabinet are on display at the Youtopia Exhibition, at the Bethlem Hospital's, Museum of the Mind. The Verrellic Spires are on Tour as part of the Radical Craft, Exhibition, and now Cohedia forms part of this years residency at LSBU, entitled My Human Campaign (LSBU)

11: Cohedia wish you were here. Xx



A documentation film of Bethlem Gallery's Cohedia exhibition in 2015 at their new gallery. Work in progress.

This film shows the 'footprints' of my path / journey to Cohedia and gives my first sights / a deeper insight into Cohedia's daily routines...

*an outsider's artistic wanderings on
the journey to the mind-expanding
cityscape of Cohedia*

It talks about chasing your interests and obsessions, a dream, the dream / good idea??? and the knock backs, distractions and marks made on the to overcome the route...

Further reading

Youtopia: Visions of the past, present and future:
<http://museumofthemind.org.uk/whats-on/exhibition-info/youtopia-visions-of-the-past-present-and-future>

12: Enigmatic Object

Charcoal on paper 2003, 84cm X 90cm



Here it is, an enigmatic object,
mystery?

To test our imaginations as what
it is, what's inside?

To be untied / opened, found,
toyed with, investigated...

Why and how does the neurology
of curiosity the fuel our
investigations into what's in front
of us and inside / behind it?

Does this enigmatic object
contain the materials for visual
metaphor for concepts resilience
and compassion to be applied in
mental health nursing?

What is inside the Enigmatic Object?

A question to think about?

How to use what's inside?

What are my interests and obsessions?

How would I represent them?

The volume or bulk of interests and idea's,
discoveries to apply to Cohedia's mind expanding
cityscape?

Professional Curiosity?

Further reading

Moss, D. (1987). Psychoanalysis and Art: The Carnality of Interpretation. *American imago*, 44(3), 171.

Wollheim, R. (1970). Freud and the Understanding of Art. *The British Journal of Aesthetics*, 10(3), 211-224.

13: Self Circle (wheel of fortune)

Engraved glass and bicycle wheel 2014, 76cm x 76cm x 3.5 cm



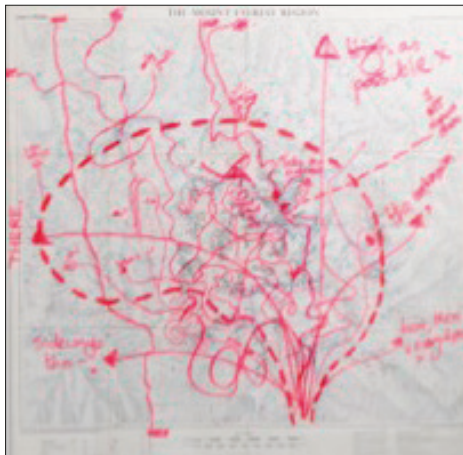
The spokes in a bicycle wheel hold it in working form.

The names are people who have influenced, pushed, supported and guided me to form myself, my human identity...

A full circle, around, towards being human ... a process of human becoming.

14: Never Rest Mind Map: What's your route?

Map, nail varnish 2015, 84cm X 81cm.



Viewers are encouraged to think about and then mark their own route through the gyrus (ridges) and sulcus (valleys) of our own brain range. What is your route from your brainstem in our upper neck (centre bottom) to your cortex (grey matter) on the outside of your brain? Please write a comment if you cant find one.

Further reading

Titchen, A. (2009). 12. Developing Expertise through Nurturing Professional Artistry in the Workplace. *Revealing nursing expertise through practitioner inquiry*, 219.

Wadsworth, Y. (2006). The mirror, the magnifying glass, the compass and the map: Facilitating participatory action research. *Handbook of action research: The concise paperback edition*, 322-342.

15: Cohedia's University Of Understanding (third time lucky)

Polyboard, pins and transparencies, 2015,
60cm X 40cm



experience of
our senses and
through the
experience of
doing work of
various kinds.
Tacit knowledge
differs from
propositional
knowledge in that
it cannot easily
be articulated or
described. Nor can
tacit knowledge
be described
mathematically.

The Architectural model of Cohedia's University of Understanding, the building is glazed with The Windows of Opportunity stained glass window scheme. This glazing scheme is based on human learning processes and progress, exemplifying for the students, like the medieval cathedral's mythology.

University of Understanding is the university building in the visionary city of Cohedia. Continuing my coherent world obsession I have designed the university building for Cohedia...as pedagogical structures...

The building's design is abstracted / taken from the idea of a stack of books, the traditional carriers of knowledge, learning theories...
Academic...Experiential

Titchen (2009) explains how tacit knowledge is gained through experience - both through the

This inability to describe the core of a craft becomes more and more acute the closer the craft comes to being an 'art'.

The idiom of education is that it is enough to build up the information base and that action is then easy. It is not. The skills of action are every bit as important as the skills of knowledge. That this is not recognised in education is a tragedy. For convenience I have coined the term 'operacy', which is derived from 'operate' and 'operational' and thus indicates 'the skill needed for doing'.

I believe that operacy should rank alongside literacy and numeracy as a major aim of education.

www.avec.com.au/esprit/concept.html

16: Windows of Opportunity

A) Senses to Synapses, Self, Cognition

Framed stained glass panel 59cm x 50cm



The theme of this window is the journey of information along our 5 physical senses. The neural journey of information from our exterior senses to our interior brain, to produce our sixth sense.

Seeing, Hearing, Touch, Smell, Taste and our 6th sense 'Operacy', intuition...

B) One to One communication

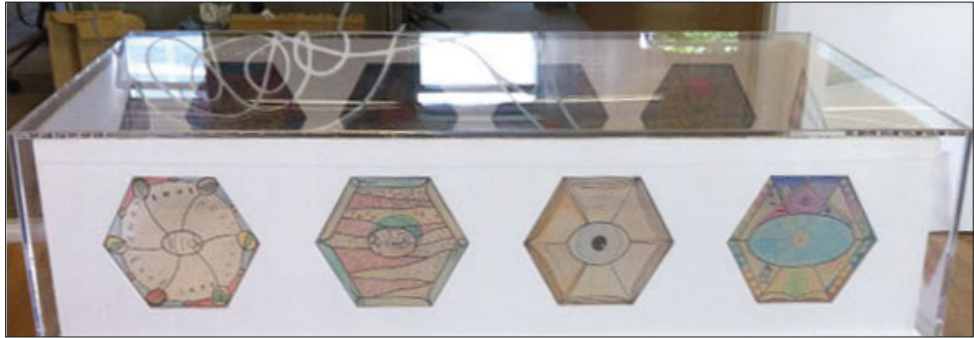
Framed Hexagonal stained glass windows 59 cm x 50cm70 cm Stained glass, lead and solder 2008



This panel is first in the Communications series of the Windows Of Opportunity. It attempts to describe how language is, and how it works. When one person says leaf, whatever their accent, another will imagine their own type of leaf.

C) Communications level of the University of Understanding in Cohedia

110cm x 72cm x 30cm + various Verrelic Spires.



This cabinet shows a Communicational level series of designs from the Windows of Opportunity.

1. One to One Communication.
2. Tribal Langscape...
3. Reading Eye...
4. Mathematics, the language of God and science can be used to explain the physical worlds

The spires rise up with the cognition involved in clear / good communication and the growth it allows. It allows a sort of reflective learning...

Further reading

Bronowski, J. (2011). *The ascent of man*. Random House.

Pinker, S. (1995). *The language instinct: The new science of language and mind* (Vol. 7529). Penguin UK.

17: What's on at the globe tonight? (As You Like It)

70 x 70 x 30 cm. Glass Sculpture



to voluntary control over automatic action routines. It has been suggested that consciousness may itself be viewed as that to which 'we' have access.

This mental architecture can be described informally as a working theatre. Working theatres are not just 'Cartesian' daydreams — they do real things, just like real theatres. In the working theatre, focal consciousness acts as a 'bright spot' on the stage, directed there by the selective 'spotlight' of attention. The bright spot is further surrounded by a 'fringe,' of vital but vaguely conscious events.

Each of us will approach an art object with significantly different perspectives because of our unique personal history and social experiences.

Knowledge is not haphazardly arranged in the brain, but is systematically organized around themes and schemes, that are important structures in the understanding of art as well as all reality
(Solso, 1996:102)

Baars' (1993) global workspace theory of consciousness, presented in his book *A Cognitive Theory of Consciousness* offers further explanation and meaning: One dramatic contrast is between the vast number of unconscious neural processes happening in any given moment, compared to the very narrow bottleneck of conscious capacity. Conscious experience creates access to the mental lexicon, to autobiographical memory, and

The entire stage of the theatre corresponds to 'working memory', the immediate memory system in which we talk to ourselves, visualize places and people, and plan actions.

Information from the bright spot is globally distributed through the theatre, to two classes of complex unconscious processors: those in the darkened theatre 'audience' mainly receive information from the bright spot; while 'behind the scenes', unconscious contextual systems shape events in the bright spot.

Further reading

Baars, B. J. (1993). *A cognitive theory of consciousness*. Cambridge University Press.

Solso, R. L. (1996). *Cognition and the visual arts*. MIT press.

18: White to start / move

Glass chess set 2009, 90cm X 90cm X 40cm



Working and frequent visits to Deptford market bought to light old domestic items of vintage glass. I observed the similarities between the shapes of the second hand domestic glass items and the facets of chess pieces. The English Chess Federation saw Bob Wade's OBE memorial portrait (Robert walks through Water) they recommended me to the organisers of a chess exhibition at Nottingham Museum. I completed and exhibited White to Start/ move at their Chess point exhibition 2009.

The game of chess is a good metaphor for cognition and life choices. This creative cognition around 3 dimensional glass items led to the invention of my Verrellic Spires, as neural connects in a series of glass installations

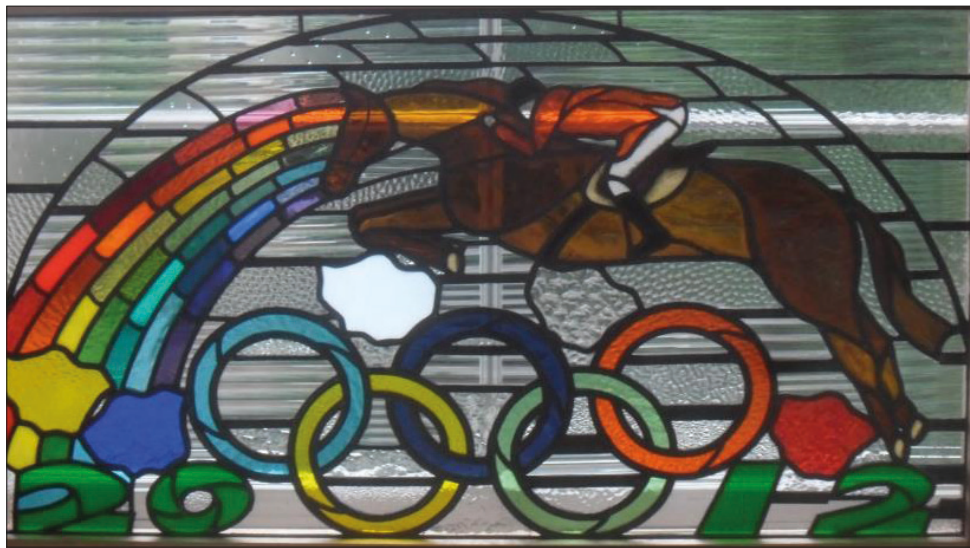
Further reading

Charness, N., Tuffiash, M., Krampe, R., Reingold, E., & Vasyukova, E. (2005). The role of deliberate practice in chess expertise. *Applied Cognitive Psychology*, 19(2), 151-165.

Hardy, S., Titchen, A., McCormack, B., & Manley, K. (Eds.). (2009). *Revealing nursing expertise through practitioner inquiry*. John Wiley & Sons.

19: Jump for Gold

Stained glass, lead came 2012/ 130 cm x 80 cm framed



In early January 2012, I thought about what I could creatively produce for the London 2012 Olympics'. I live 5 minutes walk from Greenwich Park where the equestrian events were to be held. I put out a call for submissions for *Out of the Stable* on various social / arts based websites for equestrian themed art works. In total 32 pieces were submitted from all over the country and one from Norway. Jump for Gold was the centerpiece.

'Olympism' is an old idea reinvigorated by a French Baron, and was more about personal discipline and perfection which are good ideals to have as a craft / professional person - what works best. When making a stained glass window I often think of lead lines holding the glass sections together are like the neurons connecting in our brains.

Like an athlete train your mind and body
(cf. stair-lifts)

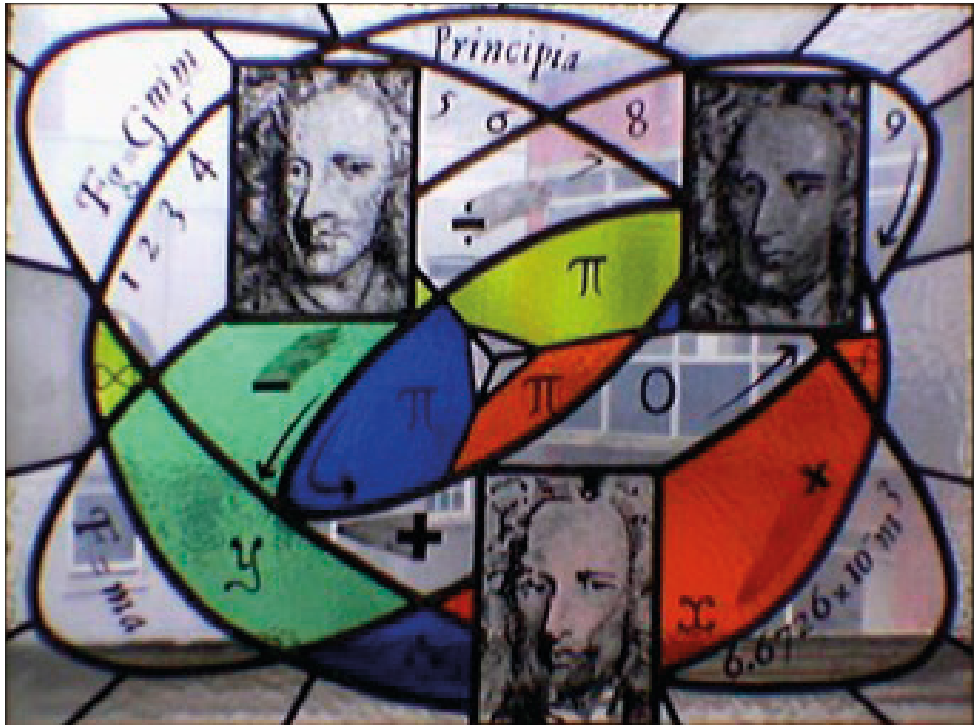
The ambience held in place by the lead /
neurons can be seen and felt with resilience and
compassion...Shade of thinking... The emotions I
want to project?

Further reading

Binder, D. (2001). "Olympism" revisited as context for global education: implications for physical education. *Quest*, 53(1), 14-34.

20: Newton Principia (Stained Glass)

Stained glass and lead comes 93cm x 69cm



Isaac Newton realised mathematical theories / calculations from what he observed around him, that still work in modern physics. His theorem took us to the moon

Now we are able to see our brains at work, we are continuing our rationalizing of our places in the world. Theories of the cognitive leap from neural activity to our minds...

If we can identify theories of brain / mind that will improve our understandings of our brain activity / consciousness in a similar way... where will that take us?

Further reading

Chalmers, D. (2007). The hard problem of consciousness. *The Blackwell companion to consciousness*, 225-235.

21: Wishing Gate Pageant:

Ladies and gentleman! Fellow travellers

Welcome all to the wishing gate pageant.

It is with good fortune that I stand here before you today.

The planets have aligned, or at least the mental hospitals. SLAM!

There I was, knocked down and now SLAM-back: Full Circle for this Tom O'Bedlam. A parade - a carnival for Cohedia in the Wishing Gate Pageant.

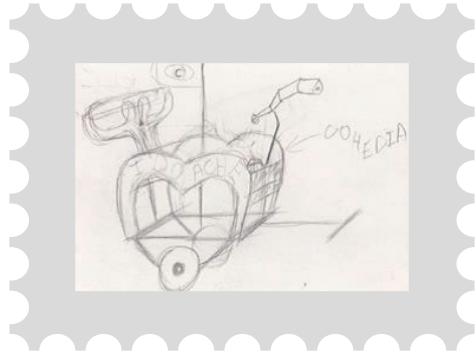
Intelligence is what we do when we don't know what to do.

But the journey is not complete; for a Bethlem angel spied the story and potentials in him, through mystifying quirks and mysdemeanours. And invite our Mr White to Cohedia to stir up possibilities with a dance of Caring Persons, which brought me before you Embracing his / Praxis- seeking out inner worlds, inner secrets of resilience and compassion.

The medium is the message, be it glass, a T-shirt, a carnival float?

Lady luck has not always been at his side, oh no! But that's an old woe begotten story. So with a dance of the caring persons, here, there, all around...join us now in search of improved wellbeing in the Human Campaign.

The hard problem! How we get from our brains neuronal activity, charged ions, chemical molecules to cognition to consciousness?



The barrow boy's chatter (Rabbit, rabbit..)

We are 'con-o-sewers' for the mind-expanding city of Cohedia and we are on a research journey to investigate a better world for wellbeing. We have long roads a-head, investing in the story of our minds, come one, come all, on a road filled with wit, wonderment and a channel of humour.

The hard problem is a human campaign; one of resilience / compassion to be shared, explored and performed, together; being human.

Onward we go, to collide with Utopia, in this year of imaginative possibilities.

Join us as we travel on to explore how creativity outputs can improve our experience of our worlds.

From Xavier with thanks



I am pleased to be presenting you with my thoughts in this Summer Fair, to be fair.

Language and story could be the bridge between our neurological activity and our minds consciousness, how our brains rationalise.

It is how we communicate, whether verbal or non verbal that helps embody compassion, promotes resilience, and influences wellbeing.

It is said that the spoken word is the closest we can get to the brain...

Some of us are less able to express our consciousness. It requires resilience, compassion and patience to fully understand.

I have pulled together various pieces of information to give you this story of my consciousness

I really would rather people watch Cohedia's mind expanding cityscape and enjoy the Qualia that story brings and apply imagination to how they work humanely within their environment.

It is with thanks to South London and Maudsley, Bethlem Gallery, Museum of the Mind and LSBU's Health and Social Care School's compassion and resilience that I am able to present you with my thoughts in this Summer Fair. As the residency progresses, so too must I, in further understanding awareness of the hard problem.: how to engage fully in the human campaign.

Art Work for Sale

The Summer Fair exhibits are for sale. We want them to be shared across work spaces enabling others to enjoy their message of resilience and wellbeing as part of the My Human Campaign. If you wish to purchase any items please contact Xavier White via whitex2@lsbu.ac.uk

1: Think about it...	K2 Reception	£4000
2: Stair-lifts: affirmations of ascendance.	K2 Stairwell	FTA
3: The possibility of brain injury on the mind of a cyclist.	K2 Reception	£250
4: Life Patterns; onwards and upwards	K2 water fountain	£500 each
5: Can you lift your foot? 1	Corridor between K2 and Keyworth building	£150
6: Across the Board	Corridor between K2 and Keyworth building	
7: Verrellic Spires	Corridor between K2 and Keyworth building	£70 – 100 each
8: Roberts Walks through Water	Corridor between k2 and Keyworth building	£150
9: Can you lift your foot? 2	Corridor between K2 and Keyworth building	£250
10: Cohedia: A guided tour	K2 Reception	FTA
11: Cohedia: Wish you were here Xx	Corridor between K2 and Keyworth building	FTA
12: Enigmatic Object	Keyworth Building	£450
13: A self circle	Keyworth Building	£250
14: Never Rest Mind Map	Keyworth Building	£250
15: University of Understanding	Keyworth Building	£100
16: Windows of Opportunity	Keyworth Building	£800
17: What's on at the Globe Tonight?	Keyworth Building	£2000
18: Make your move	Keyworth Building	£2500
19: Jump for Gold	Keyworth Building	£3500
20: Newton's Principia	Keyworth Building	£1000

All sales go towards My Human Campaign.

My Human Campaign Summer Fair
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