

1. *The Tidal Sense Podcast - Group Reflections*

Embodiment, intuition and senses

- Calming, meditative
- Empathy: There's another world we don't fit in to
- Articles felt cold in comparison
- The embodiment of tides and our inner sense
- "The medium of sound is time" (changing soundscape over time)
- Embodiment rather than physically seeing
- Sheep meeting at the sea to eat seaweed; they have an intrinsic knowledge
- Necessary medicine: the sea as a healing thing
- The sea is smelly and gross
- How can you relate to the ocean if you don't have a background with it, and what can you gain from it?
- Sensory experiences and childhood memories (fishing, visiting an island, being at the mercy of the tide)
- We are disconnected from our bodies and senses
- Our biological connection to the moon
- Different scales of 'tides' - those in your body cells, the sea, etc.
- Life originating from the ocean: how much did we evolve from the sea and is there an echo of that mechanism in us?

Time

- Time of the waves (contains the past and the present, water and the ocean contains a lot of history)
- The ebbs and flows are linked to temporal and sonic information
- "The constant becoming of a place"
- What would it be like if we modeled our rhythm on the tide? Our workday is constructed, could it be of service to connect more to the tidal clock? Is the current rhythm the most beneficial to us?
- How a place existed in the past is part of its existence in the present, and also what its future may be

Philosophy, religion, spirituality, responsibility

- The tide will always survive, makes humans feel small
- The recurring dream: humans are destroying everything
- Narrative and emotional narrative, a metaphysical strain to perceive our future, related to the biblical notion of 'constant becoming' – a religious idea, sanctification, ongoing process of development
- The Anishinaabe concept of drifting
- Belief that we are born on and dying on a certain tide

Personification and empathy toward nature

- Personhood of nature and natural entities - could the tide be a person, thinking and making?
- Algae as the 'thought' of the tide, the sea being a 'whole' creature rather than an environment alone
- Embracing the interconnectedness of nature (people don't appreciate it)
- Giving ocean creatures personhood, feeling the sound of the ocean and its inhabitants

2. Daniel Wahl Readings - Group Reflections

- We talk about personifying nature, but is that too anthropocentric?
- How do we tune into nature? Is it about proximity? Do you feel 'closer' to the sea when you're beside it or in it?
- From rigid mindset to common humanity
- Elite thinkers above others instead of getting down to earth and walking the walk/taking the responsibility instead of translating thought into action
- Reconnecting the heart, the head, and the hand?
- Translating philosophical knowledge into something practical
- Humility - learning from everyone
- Nature as a concept and scarcity: for WHOM is a resource scarce?
- Equality: where does the resource come from? For whom is it used, who has to take it out? What part of the world has to extract it?
- Disconnectedness of nature — we have actively through generations made a choice that it's too hard, we've become accustomed to being in protected places
- We place ourselves above nature, but are we at the top of the pyramid? Is nature our responsibility?
- No one is willing to connect or go back to nature
- Minority and Majority worlds / Global North and Global South
- Different approaches to nature (spiritual)
- Are you incited to action or not?
- Reflecting upon your choices and what you do. Being aware of where you come from and the actions you take. Thinking that everything is linear can be difficult.
- Overconsumption in industrialized world
- Decolonizing design, the 'White Saviour' approach
- Difficult to listen to what other things need when we don't have a common language
- Learning patience when cultivating empathy
- Reassuring to focus on interventions on a small scale
- Not figuring out new systems, not changing everything they do, trying to assist on everything we know based on research
- Fixing things that we as collective humanity has done wrong already
- Is local production the answer? It's one answer.
- Conservation of nature, leaving it untouched, is it actually good for nature?
- Are humans and nature actually opposites?
- Make nature something part of your life
- Community is a solution. We are not building a future, we are building a community that we need to reach that future