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# Internal Organs // Interior Spaces

— Project Documentation - Spring 2021 —  
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## About Cauldron

Cauldron was an experiment by the Deep Play Institute exploring how to migrate creative facilitation practices to online spaces.

Over 3 months, a cohort participations were paired up to facilitate one-on-one somatic and creative

## THE DEEP PLAY INSTITUTE



### THE CAULDRON (Fall 2021)

A free, 3-month long, weekly, one-on-one, virtual event for playing with creative facilitation



APPLY

Goal: in one-on-one video sessions, connect domestic space with internal organs/spaces

Techniques: conversation, interviewing, movement prompts, drawing and charting, meditation, breathwork

# Session 1 - onboarding, intimacy

## Selected Prompts

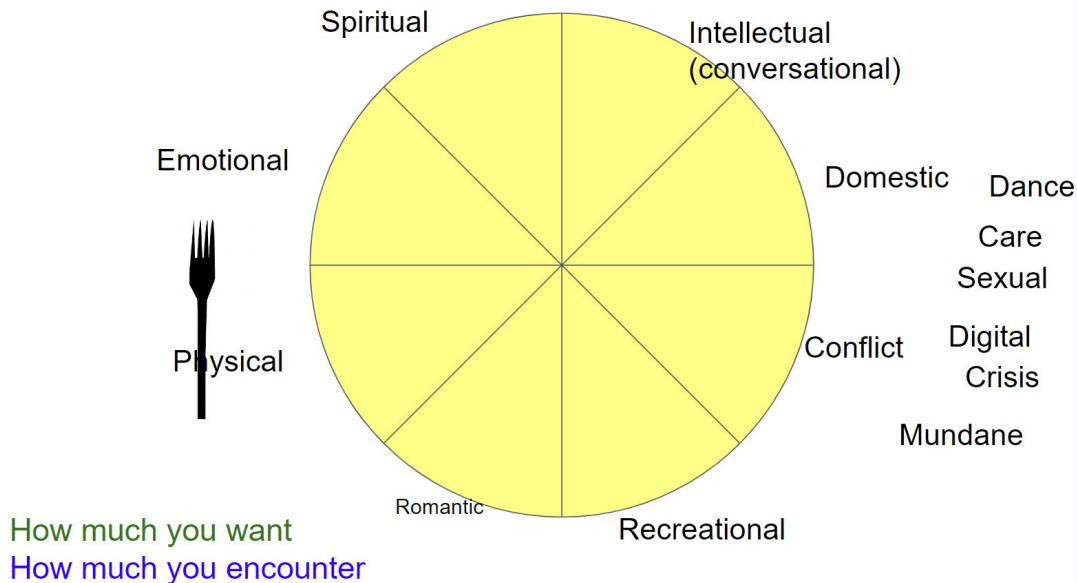
Where do you live? Who do you live with?  
How do you live, domestically?

Are there any parts of your home environment that you don't want to share with me?

What's your relationship to embarrassment and awkwardness?

Who are some people/places/concepts/things you feel an intimacy with? Preferably outside your family, partner, and home space.

**Activity:** mapping intimacy graphs



## Session 2 - tongues & tastes

Warm-Up Your Tongue	Yawning. Invite you to consider your tongue as a landscape. Topography. What air moves over it? What grows on its surface? mine is mossy. water flow, saliva is rain.
Review Graphs	pick 3 types of intimacy you want to explore more today
Ice Cream Shop Meditation	<p>you're at the ice cream store. there's a kid over in the corner that just dumped his on the table on accident. another kid with a little on their nose. two teens having an awkward date. Do you see notice anything/see anything?</p> <p>smell how the cold changes the scent of the ice cream flavors. dulls down the human stench. doesnt smell as human body odor-like.</p> <p>Behind the counter, the warmest human you've met, unequivocally trust. "What are you hungry for?" They list off three flavors: [spiritual, conflict, domestic]. What do you pick?What does it taste like?</p>

# Session 3 - sinus & closets

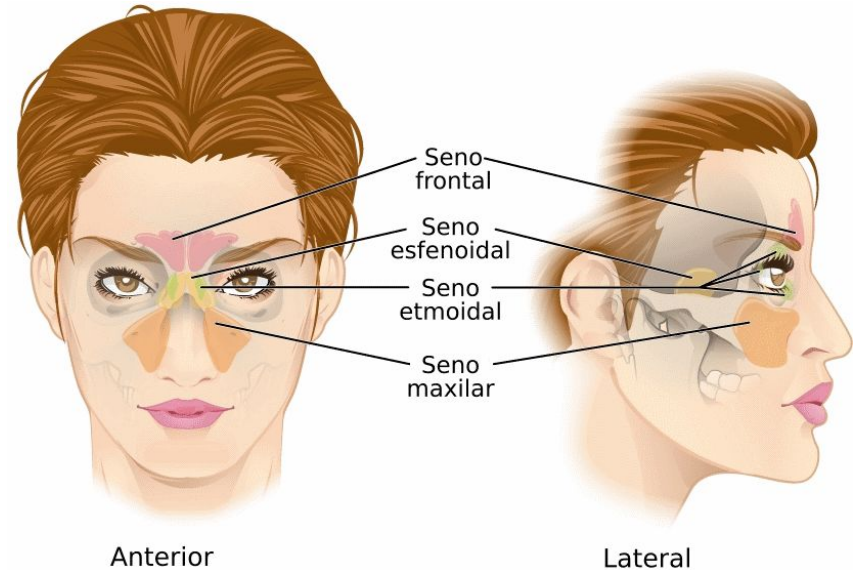
Warm-Up Sinus Massage

Background on sinus

Field Trip - What's in your closets?

What's in your sinuses?

Mediation - Magic Closet & Climbing into your own sinus



# Session 4 - bladder & maintenance

Warm-Up: (A) Peeling glue off your hands; or (B) Find a spot in your home or body that isn't quite clean

Discussion - chores, relationship maintenance, chore charts, repair

Memories - how do you change your space after an ex?

Body - what does it feel like to be thirsty? have you ever done potty dance?

Mediation - Growing in one body vs growing in one home - Imagine your perfect home at age 5. You turn 65 and live in the same place, how does it change?

# Session 5 - empty space & diaphragm

Warm-Up - Who are domestic icons? Martha Stewart/ Nigella? Pioneer Woman? Do you want to be her or punch her?

Interview: What do you want vs what do you lack?

Activity- Write your dating ad

Meditation - breathing



you're gorgeous darling. have some tagliatelle and drink all of the wine you're supposed to share. don't share your wine.



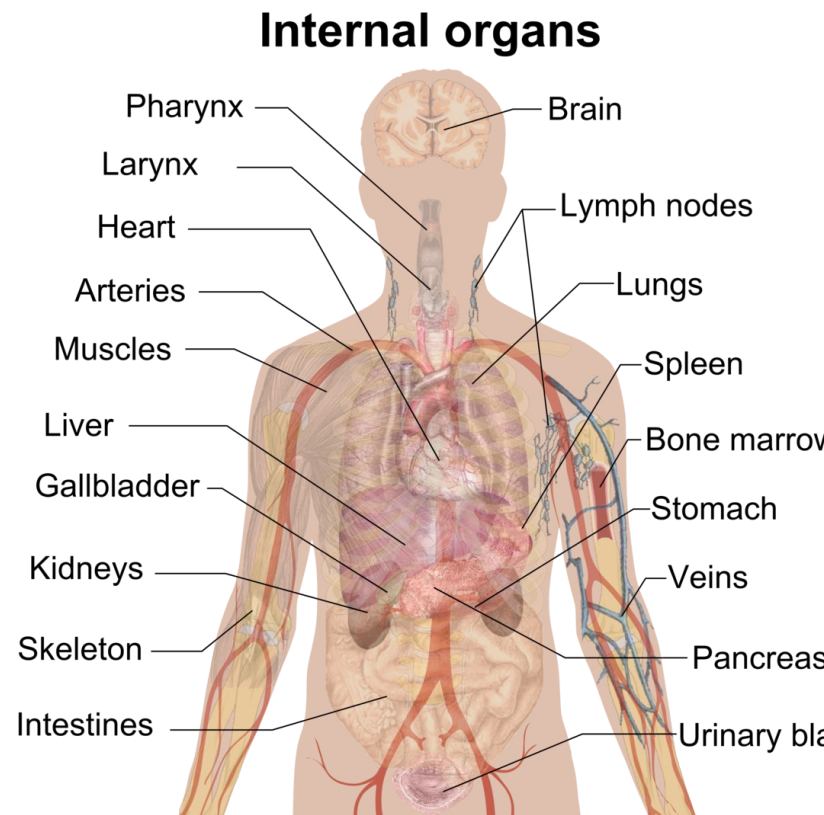
# Session 6 - body in community

Warm-Up - How did you decide what to wear today?

Activity: Relationship<->Organ mapping. Name 4 people, 4 organs

Personalized prompt- How has Jewish-ness left a mark on your domestic spaces? What makes you feel like arm candy? when was the last time you felt disabled?

Meditation - A party. Gently pop out your eyes and put in new ones. if you were a spider where would you build your web? Conjure the 4 people into your apartment. they're comfortable.



one you love? - **muscles**  
one you want to know better - **intestines**  
one you interacted with in passing this week - **lymph nodes**  
one that annoys you, but you don't hate them - **urinary bladder**