

# Personal Research Report for the Past Year.

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Within this document is written my personal research introduction, aim and challenges.

A number of articles discussing the the topics included can be read by following this link: <https://hi.co/people/bigson2000>. As this research is ongoing, subsequent articles will be published as and when completed.

# How to Verbally Explain.

## Me.

I'm a designer.

A designer of not only things, but process, and thinking.

Questioning design responsibilities of design in the now.

What, when, where, how, and who to design for.

Considering sustainable implications, environmentally, economically, and personal.

Exploring and experiencing ways of living and working, asking the question: what does it mean to be creative in the now?

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## Aim.

### Personal Introduction.

*“One day’s exposure to mountains is better than a cartload of books.”<sup>[^1]</sup>*

How can we find way a to be creative, live, learn, and educate which is fitting to our needs in the now?

I aim to use my time—of which I’m lucky enough to be able to somewhat control—in the pursuit of experiences in order to learn, document, and communicate intending to self-improve and ultimately educate. In this manner I hope to create a number of bridging questions enabling concrete starting points for further research and positive change.

*“The only way to experience an experience is to experience it”<sup>[^2]</sup>*

To achieve this or gain a deeper understanding, I have set myself a number of challenges. The purpose of which is to deliberately position myself out of my—cultural normality—comfort zone. Each challenge will focus on one or more of the main topics set by this project; live, work, food, body, mind. I will continue to personally document and share my activities, findings, epiphanies, successes and failures as I go; in addition to contributing to the main project activities and documentation. Aiming to create a series of complete articles discussing each subject in depth, compiled together as a set of publishable documents (online and/or print,). These document can then be shared and used—by myself or others—for future reference in our projects creative curriculum in the following years.

*“Experience wins every time.”<sup>[^5]</sup>*

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# Challenges.

## Notes on Living Outside Cultural Norms.

### **#live #work**

#campeveryday #todaysoffice #todaycommute #outdooronline

Disrupting / challenging *home* and *office* and exploring the balance between *life* and *work*.

Challenging the inefficient modern norm of living, seeing through the misleading and dishonest intentions of the lazy house builders and greedy service providers, where wastefulness is designed-in and personnel comfort, or inspiration a distant ideal.

### **What alternatives do we have?**

What happens if we reject this irresponsible behaviour dressed up and disguised and modern—designer—comfortable living? This is what I did, for the last year I've been exploring a different way of living and documenting the journey and the way in-which it affects me, my creativity and my approach to *life* and *work*.

*“None of the brute creation requires more than Food and Shelter. The necessities of life for man in this climate may, accurately enough, be distributed under the several heads of Food, Shelter, Clothing, and Fuel; for not till we have secured these are we prepared to entertain the true problems of life with freedom and a prospect of success.” [^1]*

If we consider the basic requirements being Food, Shelter, Clothing, and Fuel, *Thoreau* (1854). Could we at the time of writing this suggest another necessity: technology? I question and speculate that we as individuals have become so dependent on... (heard before) I should say, that considering the amount of information readily available and the way in which we—I—create, view, depend on it, older forms of communicating are simply inadequate, therefore if we reject the now—which depends heavily on being connected—are we alienating ourselves in a debilitating way? Shouldn't we embrace and accept this as an essential requirement. I ask the question: *How would you fill your time without it?*, a subject which also needs tackling, perhaps rephrasing it: *How might we balance our dependency on such things?* I believe finding a balance is closer to the point, as rejecting could be seen as rejecting *all* modern life & society, which is not the intention; for we should promote the questioning of it, and promote the rejection of falsities dressed-up as modern comforts.

*“No way of thinking or doing, however ancient, can be trusted without proof.” [^1]*

As complete disconnection isn't a realistic (nor desired) option, now or in *Thoreau's*

lifetime, therefore is it possible to propose a new etiquette or prioritisation for creative living, working, and learning; considering Office, Home, Commute, Time, Etiquette, Communication?

*“the smarter question probes what we are happy to share, with whom and in what context,”* [<sup>5</sup>]

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## Notes on Possessions & Creativity.

**#body #mind**

#theonlypossession

*“The body is the only possession that everybody has, it is, as it were, a natural property.”* [<sup>3</sup>]

If my body is the only true possession I own, then shouldn't I take better care of it?

*“The more you know, the less you need.”* [<sup>8</sup>]

Growing up and inheriting the values and behaviours of a consumer driven society, with our socially induced subjective ownership of property; more often than not, simply filling empty lives with short lived happiness in the form of new possessions. Perhaps it's time to relearn some true values of living, of physical and mental wellbeing. Reconsidering or balancing our needs and desires; not only in the property we possess, but the property we create, be it art or design, functional or dead. Just because we *can* make or *want* to make, isn't necessarily enough justification to actually make it. I feel a personal need to adjust my value scale—and that of the institution that employs me—being more conscious, looking past personal egotistical gain and considering the impact our *creativity* has on a larger scale. Material, energy, time, and the environment being core considerations, coming far before my subjective personal, often fickle-whimsical needs. Before making responsible decisions regarding what I consume or produce, I propose starting with a reevaluation regarding possessions and ownership in order to filter the *things* I own, buy, make and use of.

*“Everything we personally own that's made, sold, shipped, stored, cleaned, and ultimately thrown away does some environmental harm every step of the way, harm that we're either directly responsible for or is done on our behalf.”* [<sup>8</sup>]

Starting with the body—adding to my regular excursions into the mountains—I propose to learn yoga, and document change and reaction within. Building on my own experience of the positive effects of regular physical exercise, I intend to look more closely, examining

the physical and mental reaction—both positive and negative—yoga has on my personal life and work, and—if at all—how it might affect my creative output. In short, can changing ones body and mind through yoga change, your perspective on creativity?

*The body is not only a possession it is also an instrument which we use to satisfy our needs, furthermore it changes to the use we make of it. If we do not use our muscle they become flabbier, weaker, even to the extreme point of becoming unsueable; on the contrary, our body become stronger and healthier the more it is used.[^3]*

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## Notes on A Necessity to Communicate.

**#mind #body**

#hello

*“In every walk with Nature one receives far more than he seeks”. [^4]*

There is a strange phenomenon where as soon as you place a foot on a hiking or mountain trail, people start greeting ‘hello’; where just a few steps earlier you are lost in the anonymous mass of modern society. In an extreme case, I’ve known colleagues of more that 5 years, who struggle to greet or even ignore eachother when passing in the corridor. Is it the act of stepping into nature that brings about shift or unchaining of social barriers. Or is it a filter, for a particular type of person who would naturally say hello, if not disoriented by complex urban etiquettes.

As mentioned in my text, Notes on Living Outside Cultural Norms. *A Chance Meeting*: “I find that a mountain top is perhaps the most suited location for meeting interesting people.”[^6] Believing Muir right when saying: *“In every walk with Nature one receives far more than he seeks”*. [^4] May I suggest, not only from the delight of being in nature and experiencing it’s ever changing moods; also from the people you meet and the conversations partaken along the way. Therefore, I plan to further my ability to communicate by improving my Japanese language skills, in order to more easily exchange thoughts with the interesting and inspiring people I meet; furthermore improving works and homelife too. Once again documenting my thoughts, feelings and insight along the way in photography and words; the eventual outcome is at this time unknown, along with my success. Nevertheless, I will have a number of meetings, stories, and observations to share, no doubt having untold worth.

*“The fleeting hour of life of those who love the hills is quickly spent, but the hills are eternal. Always there will be the lonely ridge, the dancing beck, the silent forest; always there will be the exhilaration of the summits. These are for the seeking, and those who seek and find while there is still time will be blessed both in mind and body.”*<sup>[7]</sup>

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[<sup>1</sup>]:Thoreau, H.D. *Walden; or, Life in the Woods*, August 9, 1854 (Ticknor and Fields: Boston)

[<sup>2</sup>]:Bill Moggridge.

[<sup>3</sup>]:Erich Fromm, *The Art of Being*, March 1, 1993 (Constable and Company Ltd; United Kingdom)

[<sup>4</sup>]: Muir, J. *Steep Trails*, 1918 (University of California Press, California)

[<sup>5</sup>]:Chipchase, J. *Great To See You*. Available from:

<<https://medium.com/hidden-in-plain-sight/506834e10105>>. [June 30, 2013].

[<sup>6</sup>]:Gibson, J. *Notes on Living Outside Cultural Norms. A Chance Meeting*. Available from: <<https://hi.co/moments/ezwfdfle>>[March 31, 2014].

[<sup>7</sup>]:Wainwright, A.W, *A Pictorial Guide To The Lakeland Fells*, June 30, 2005, (Frances Lincoln Ltd; London)

[<sup>8</sup>]:Chouinard, Y. *Let My People Go Surfing: The Education of a Reluctant Businessman*, September 5, 2006 (Penguin Books, London)

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