

'how to think' podcast

interview notebook - use this to prepare for our conversation

(sent with love from rajni to )

This is a project that values

FEELING

DREAMING

& EMBODIMENT

moving away from

HIERARCHIES OF EXPERTISE

PERFORMING KNOWLEDGE

THE Q&A FORMAT

We will allow our conversation to unfold slowly

We don't need to speak the whole time.

in fact we can leave room for each thing that is said

to land in our **bodies**, and to be with us before we respond.

Together, we will attempt to move away from ideas of expertise, articulacy, and from the 'question and answer' format, understanding that with these ideas come problematic hierarchies of speaking and listening.

Instead, we will attempt without fear to invite ourselves to speak as and when we are moved to, with an integrity to process, welcoming inarticulacy and hesitancy, in the understanding that our words are manifestations of our thinking-being, that they are attempts to feel into the present moment, and to think together.

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In the middle of this booklet is a map, which we will use during our conversation together. Instructions for how to use it, and a few more practicalities, are on the back page...

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Where do you find wisdom?  
Where do you find resistance?

What is the place of joy?  
What is the work of joy?

What allows you to exist? Who allows you to exist?

What stops you?

Whose song are you singing?

How does healing  
slowness manifest in your life?  
grief

What happens now?

What has not been spoken?  
What cannot be spoken?



the aim

is to allow

our conversation to unfold

in the moment

through our bodies

through our feelings

and

minds,

not worried about how it will sound later, or what someone else will think

. our sole focus ...

... to allow what is

happening in this moment to be born.

we may be surprised by it.

I am asking you to bring yourself.  
This is a big ask.

.Thank you for showing up!



**A shared arrival ritual:**

Before the recorded conversation begins I would love for us to do something that brings us into our bodies. This could take many forms. It could be a breathing practice, a tarot ritual, or a simple conversation that slows us into the moment. Please let me know in advance if you have an idea about what would work best for you. It would be nice to dream this up together.

**A map (see middle of booklet):**

I have been trying to dream up the format for these 'interviews' in a way that feels aligned with the work of *how to think*. The map in the middle of this booklet is what I came up with: a simple guide for our conversation - something that allows us to feel held, but that is spacious enough for our conversation to unfold at its own pace.

The map is something we can both have in front of us during our conversation. It already has a few questions that I would like to place in the room with us, which we may or may not choose to speak out loud on the day. Please add to the map any questions that you would like to be a part of the landscape of our conversation. And then send me a picture of your map, or a list of your questions, before we speak, so that we can both use the map as a way of navigate our time together.

**Redaction:**

I want us to be able to speak freely when we do our 'interview'. But I realise that there may be things that come up during the conversation that you decide afterwards you would rather not put into the public realm. I will wait a week after our recording before doing any work on it, during which time you can let me know if there is anything you would rather not be used.