

Between Two Lands: A Multi-Modal Inquiry into the Experience of War and Peace, Exploring Values of 'Belonging' and 'Acceptance' (2009)

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This research represents emergent inquiry into lived experiences. It tells a story of one person who wrestles with her own values system, exploring the destructive and constructive forces in her soul space, as she tries to understand the ingredients and conditions which made her who she is. She hones her attention into significant moments in her current life - for example, a panic attack - and from this place; she starts a way of exploration into her past, gathering information through awakening her implicit and explicit memory.

She extends her horizon through amplification of her experiences in a multi-model way, using experiential and visual methods to deepen and express her views. Unravelling patterns, she discovers dissonances, and options of integration are discussed, with the findings formulated into essence statements of her truth.

A self reflective method of studying autobiographical material was chosen as there was an interest in the question: How does self-knowing affect her way of being with herself and with others? There is a commitment to showing a transparent trail, which mirrors evolvement of her core beliefs, as they move around and form different dynamics. It reflects a process of sculpting fresh attitudes towards life, in personal and communal contexts.

This ontological journey stretches perceptions over years and months, observed by a woman in the middle of her life. The research reflects her as an agent of transitioning and transforming values and conflicts, respecting relativity and mobility of space and of time.

Questions of acceptance and duality are addressed and the reader is invited to be a companion, as she tables her life's complexity. Various experiences of belonging are described. Some of the topics discussed include: Learning and stress; stress and healing relatedness; mother; longing and belonging; self expression; travelling; time; relatedness with self and others; space; felt/sense body; and arriving home. By being honest about her subjective lenses it is hoped that this might resonate with the reader's life experiences. As this story is placed in the existential field, it is hoped that it will evoke inter-subjective responses, between the research thesis and anyone who reads it.