

DvT IN A NUTSHELL

We find ourselves thrown into existence, into a universe that is turbulent and in constant motion, consisting of a nearly infinite number of pieces that do not quite fit together and are being continuously rearranged. We do our best to construct a picture of this world to provide us with some stability, but this frame of reference is constantly being intruded upon and challenged. We find ourselves in a tumble between consciousness and our physical body where we are required to make choices in every moment, though we can never know for certain what the consequences of those choices will be. Forced to choose but not given any purpose, we find ourselves burdened by the experience of freedom and the accompanying responsibility, neither of which we requested. As a result, we may attempt to reduce freedom through simple repetition and momentum. We may subjugate our freedom to the choices made by others. Or we may subjugate others' freedom to our choices and our frame of reference. Each of these paths ends in suffering.

DvT is a method and a practice that seeks to help us accept these immutable conditions of existence by lowering our fear of their instability, in order to avoid either withdrawing from these challenges and becoming entrapped in shelters of self-protection, or, attempting to overcome these challenges by using others and the environment as tools for our own self-interest. The method involves placing us in a unique interpersonal environment (the playspace) where we are forced to make choices, but where there are no real consequences for those choices, as a laboratory to explore a wide range of possibilities and then discern which ones will further the health and fulfillment of ourselves and others. DvT works toward the awareness and acceptance of the immutable and unstable conditions of existence, by embracing with less fear the awesome experience of freedom and the responsibility

of choice. DvT is a process of *opening*: opening in order to experience presence, opening in order to make contact with others, and opening in order to sense the infinite of which one is a part, the awe at the miracle of being alive this once, upon a time.



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