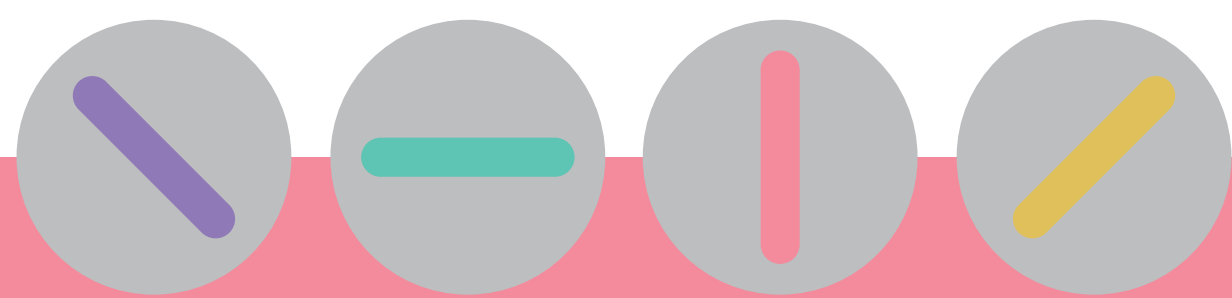


# rhythm



wanna dance?

web: [ritme.io](http://ritme.io)    insta: [@ritmeio](https://www.instagram.com/ritmeio)

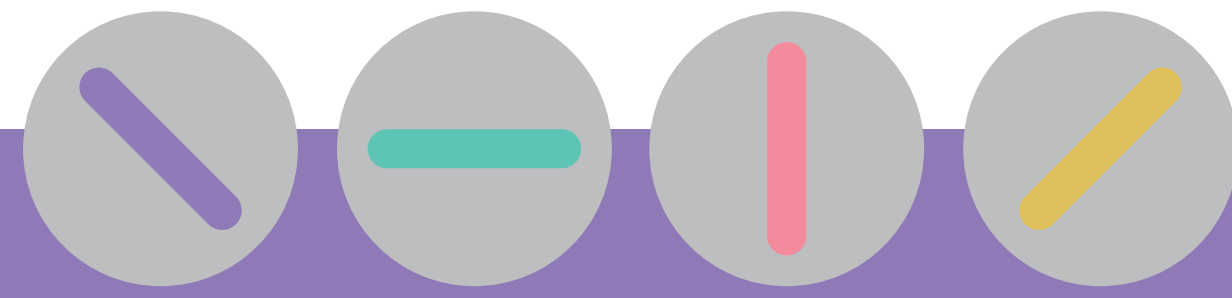


## Welcome to RHYTHM!

How nice that you've chosen RHYTHM!

In this short booklet, you can read about the purpose of RHYTHM, the sources we draw from, a text describing the DNA of RHYTHM, and some tips.

RHYTHM is new! We are still evolving and we'd like you to participate in this development. Feel free to contribute your ideas! If you have questions or suggestions, want to collaborate, or start a group, please don't hesitate to contact us!



## Why RHYTHM?

RHYTHM is a new form of art of living.

It helps you in your quest for meaning and significance. It inspires you and elevates you beyond yourself. It can also aid in dealing with mental issues such as anxiety or depression. Moreover, it combats loneliness since you engage with others in the process.

RHYTHM is innovative and neutral. It is not part of any existing ideology or religion, but draws from the best sources for a good life. You will encounter surprising insights from philosophy, religion, and psychology, and together, we'll seek the best stories and helpful practices.



## RESONANCE {1}

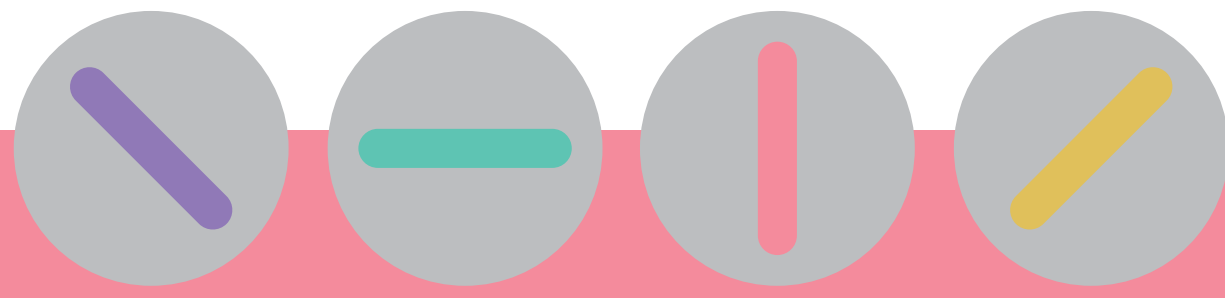
RHYTHM is based on the work of the German sociologist Hartmut Rosa. Rosa argues that our modern times offer a false promise of happiness.

"Progress is only possible through growth. Therefore, we must develop ourselves, strive for more resources and prosperity to become happy."

Modern humans must constantly understand, control, and exploit their environment. However, this will eventually lead us to become more alienated from each other and cause harm through technology.

Social media is a good example of this. It provides quick access to others, yet many users feel lonely. We are addicted to our smartphones and barely notice our surroundings. We also talk to people less in real life than ever before. Rosa calls this the problem of alienation.

But what is the solution?



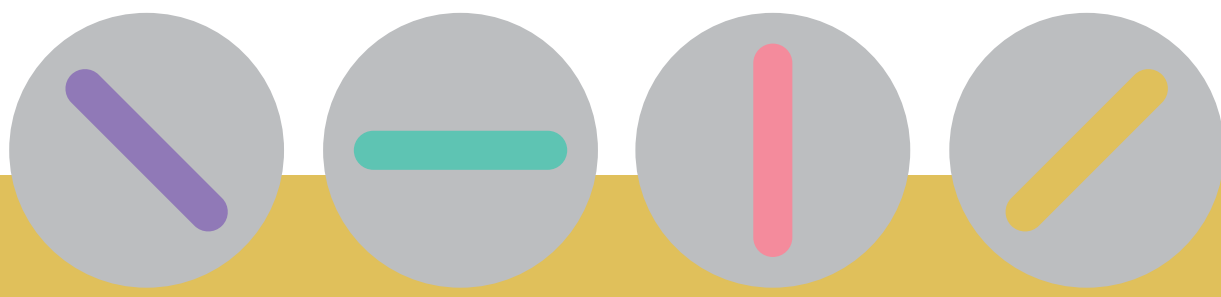
## RESONANCE {2}

The opposite of alienation is resonance: the feeling that something "clicks." It is mutual affection, being moved by music, a walk in nature that touches you, emotions of joy or sorrow, being in the flow during a game, curiosity in a compelling speech, the taste of a great meal.

According to Rosa, you cannot manipulate resonance. It either happens or it doesn't. Think of falling asleep; you can try harder, but it doesn't work. Sleep happens.

However, you can create conditions that act as a kind of runway for resonance. We'll explain this further below! Resonance is felt as an experience, usually very physical. That's why RHYTHM always has a physical and emotional aspect. Resonance changes you. It deepens and enriches your life.

You can't hold onto resonance. It comes and goes as it pleases.



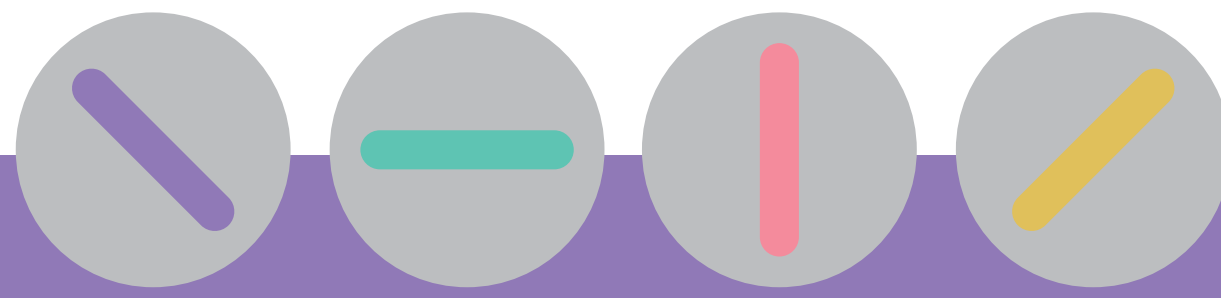
## RESONANCE {3}

RHYTHM can be compared to tuning a musical instrument. If the strings don't have the correct wavelength, the music will sound out of tune. Through tuning, the strings resonate and are precisely on the right wavelength.

The same applies to life. If you want to experience happiness or love, discover what is meaningful, or do what is right, it is not simply a matter of having more technology, access to more people, faster delivery of orders, or buying more products.

With RHYTHM, we want to help you resonate with the good life. How can you connect with love, peace, happiness, beauty, and compassion? How can we live better together as human beings? How can we make the world a little more beautiful?

Together with you, we'll discover some RHYTHMS of life through practicing feasting, eating, playing and creating.



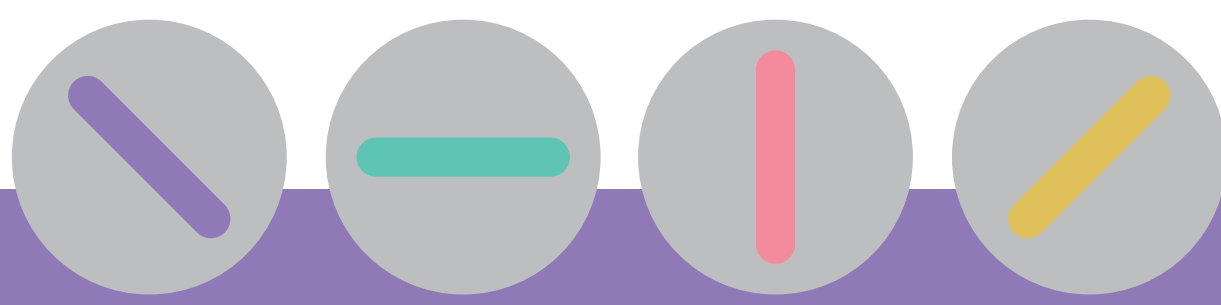
## FEASTING {1}

Resonance can be discovered through learning to celebrate.

Many RHYTHMS in life are gifts. You were born on a day and celebrate a trip around the sun every year. You are happy and grateful to host a party in honor of your birthday. You breathe, your body is a wonder, your heart beats, your brain functions. Your life is a gift. You fall asleep and wake up again. You enjoy meals. The week has days off, and the year has holidays and vacation time.

These RHYTHMS in life give you reasons to be grateful. By celebrating, you say "yes" to life. Also, you live in stories that tell about the good life. Our holidays tell us about liberation, life and death, a new year, forgiveness, and starting anew. There is so much to celebrate!

How are we going to do this?



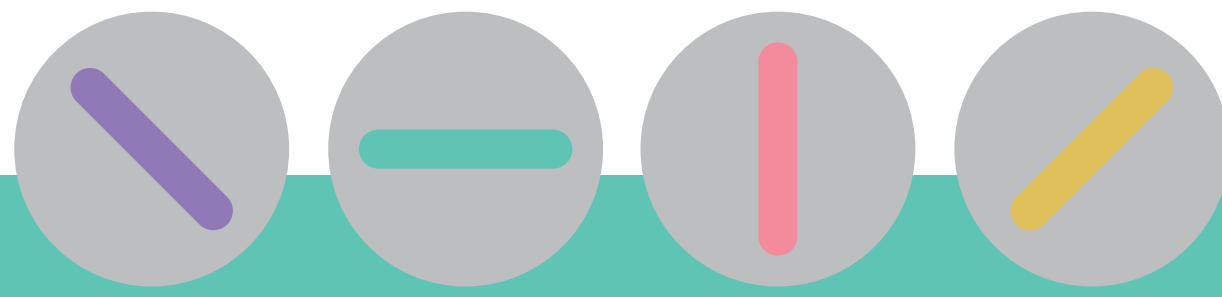
## FEASTING {2}

Harvey Cox is a theologian who has written extensively about celebrating. He says: "Your celebration should be exuberant! Exaggerate in your behavior, costumes, dance, drinks, and food. Spend money, renovate things, and don't worry about the mess, exuberant behavior, or unconventional expressions. Test: If a party takes place politely in a circle on chairs with coffee and conversation, then you're not doing something right.

Your celebration affirms something. Your celebration is not just for fun on a Friday night because you have nothing else to do. You celebrate life, friendship, a diploma, or a new job. Or you celebrate despite life's challenges and share hope and friendship despite difficult circumstances.

Your celebration has a distinctive character. It's not like other moments; it's truly different. It also doesn't happen every weekend but is exceptional. It creates a real contrast with the normal RHYTHM of life. Everyone should know: it's a special moment.





## EATING {1}

Resonance can be discovered through eating. Our meals are a recurring ritual in our lives. Meals foster connection, both with nature through what we eat and with each other through whom we eat with.

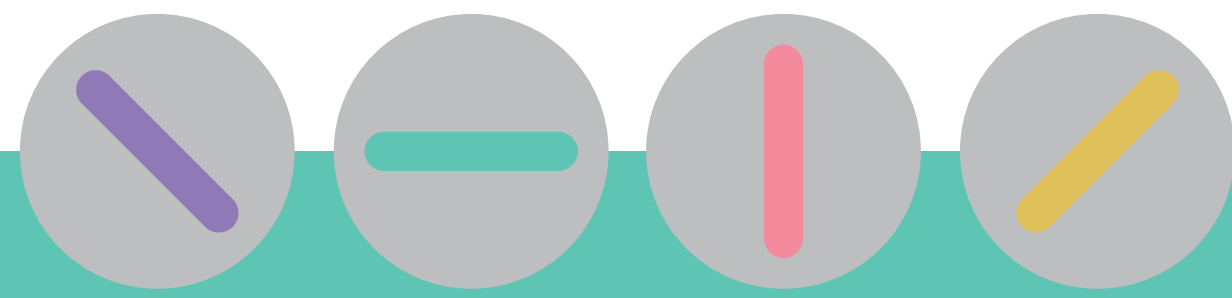


Humanity has always attached great value to good meals. However, meals are under pressure.

We order food online and have it delivered, we no longer know what products are on supermarket shelves, our food is often unsustainable and unhealthy. We eat faster and more often alone. Nevertheless, meals still offer an opportunity for meaningful conversations.

During a good meal, we can rediscover what gives our lives meaning. We are so dependent on all life around us! And the meal is an opportunity to get to know people who are a bit further away from us.





## EATING {2}

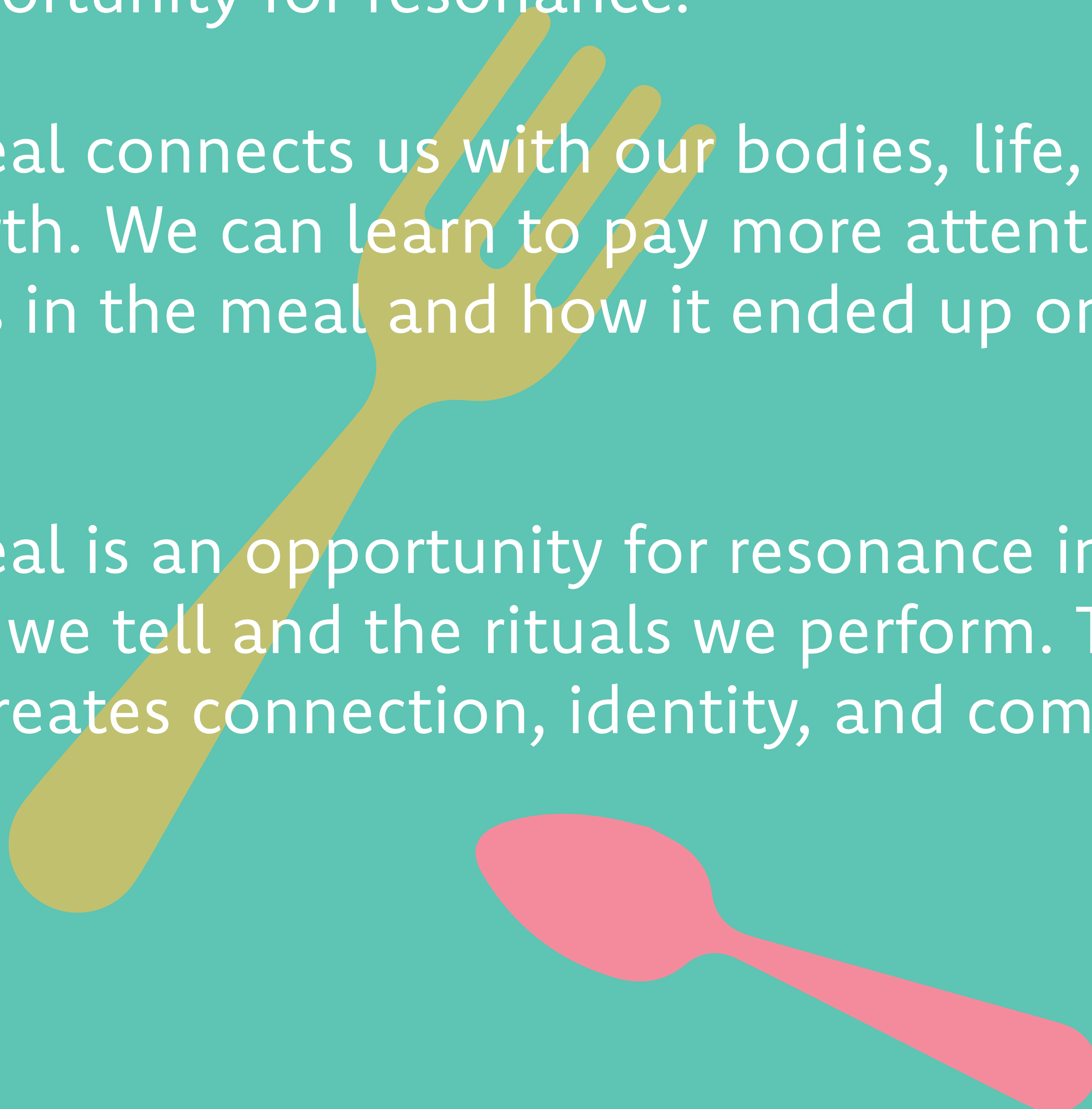
We eat almost every day. Therefore, it is a RHYTHM for us. To experience more resonance, we want to eat together. Eating is about community: we learn to care for each other by preparing and sharing food. We learn to meet each other. We listen to each other and pay attention to each other.

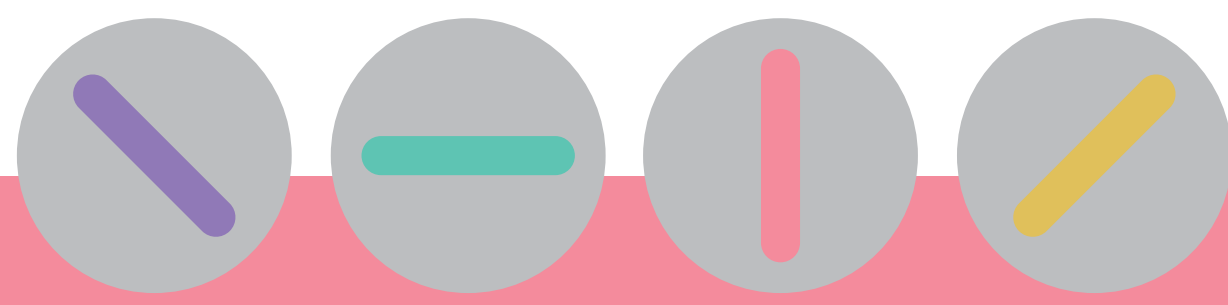
The meal is an opportunity to deepen existing relationships or discover new ones.

Diversity at the table is a big challenge but also an opportunity for resonance.

The meal connects us with our bodies, life, and the earth. We can learn to pay more attention to what is in the meal and how it ended up on our plate.

The meal is an opportunity for resonance in the stories we tell and the rituals we perform. The meal creates connection, identity, and community.





## PLAYING {1}

Johan Huizinga is the author of the famous book "Homo Ludens," in which he describes the playing human.

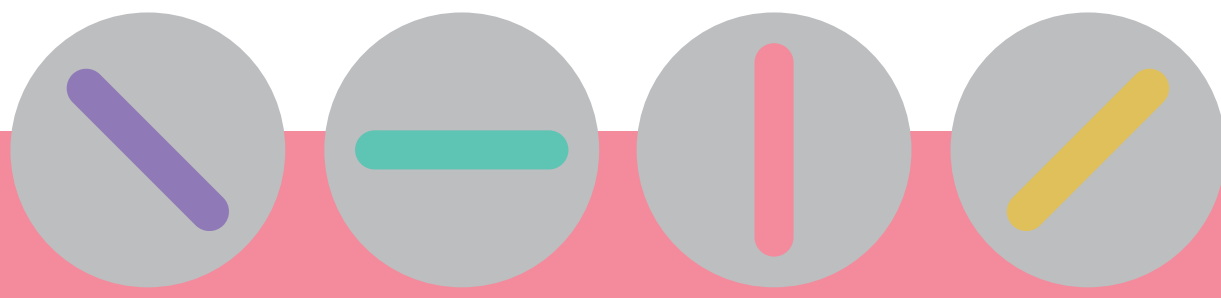
Imagine you think life is meaningless. You are born, go through life in circles, and die again. Why should I live then? What is the purpose of all this?

According to Huizinga, you are truly human when you can play. Children do this naturally. Play is a free act in which you lose the sense of time. It is meaningful in itself. Imagine life is like playing a role in a story.

To get into the game, you step onto the "stage" of life. You hear the story, take your role seriously, experience tension and joy, play together with others, and it gives you a certain pace, a place, and direction. You can learn life as playing a game.

That's why we let you play in RHYTHM.





## PLAYING {2}

There are different games you can play: First, there is "playfulness," the experience of the freedom to do something purely for pleasure. Dancing, skipping, laughing, crafting.

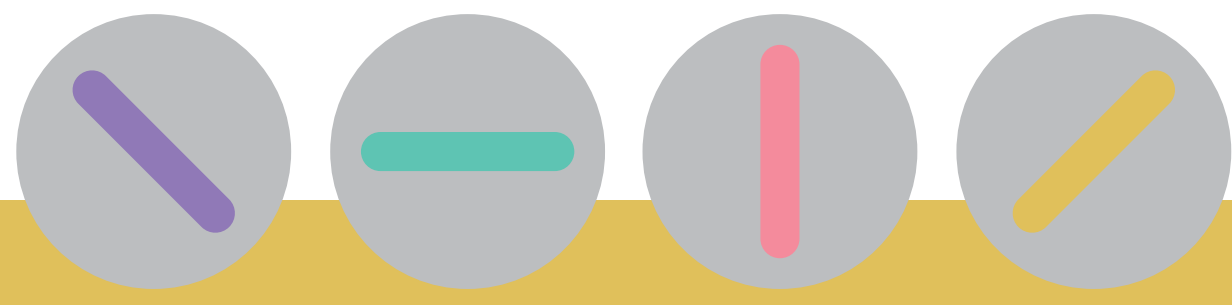
Then there are "games" in which you are challenged with more tension and rules. You want to solve a puzzle, win with your team, or experience personal growth.

There are stories in which you can learn to live. An actor plays their role in the story. Storytelling gives meaning and direction to life.

Rituals and religious practices are also forms of play. You play a part in a meaningful story. The symbols and actions mark a moment or a new RHYTHM in your life.

With RHYTHM, you learn to play in various ways.





## CREATING {1}

Just as you learn in Feasting that life is a gift, you learn in Creating that you can give something back.

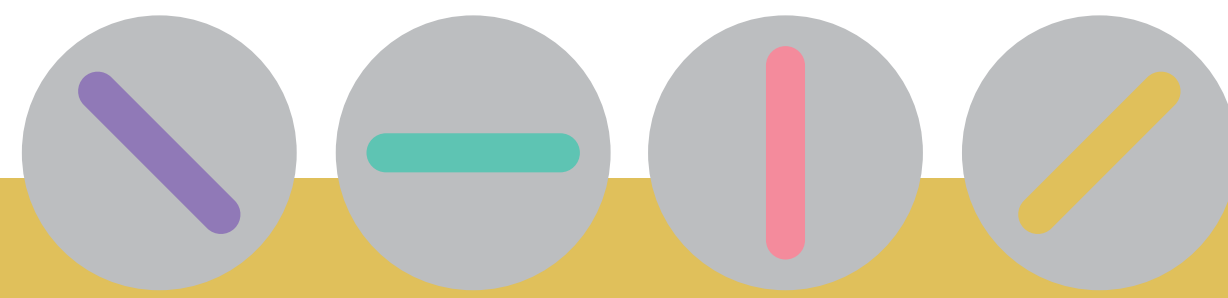
You often experience resonance when you are creating something beautiful, making music, doing something you know is right, or feeling enthusiasm in correcting something wrong.

You experience resonance when using your talents and being truly yourself.

But you experience even more when doing something together with others or for others. That's why we work with creativity, talents, art, imagination, and creative power in RHYTHM.

But also with correcting injustice in your life, surroundings, or the world around you.

In RHYTHM, you are a creator!



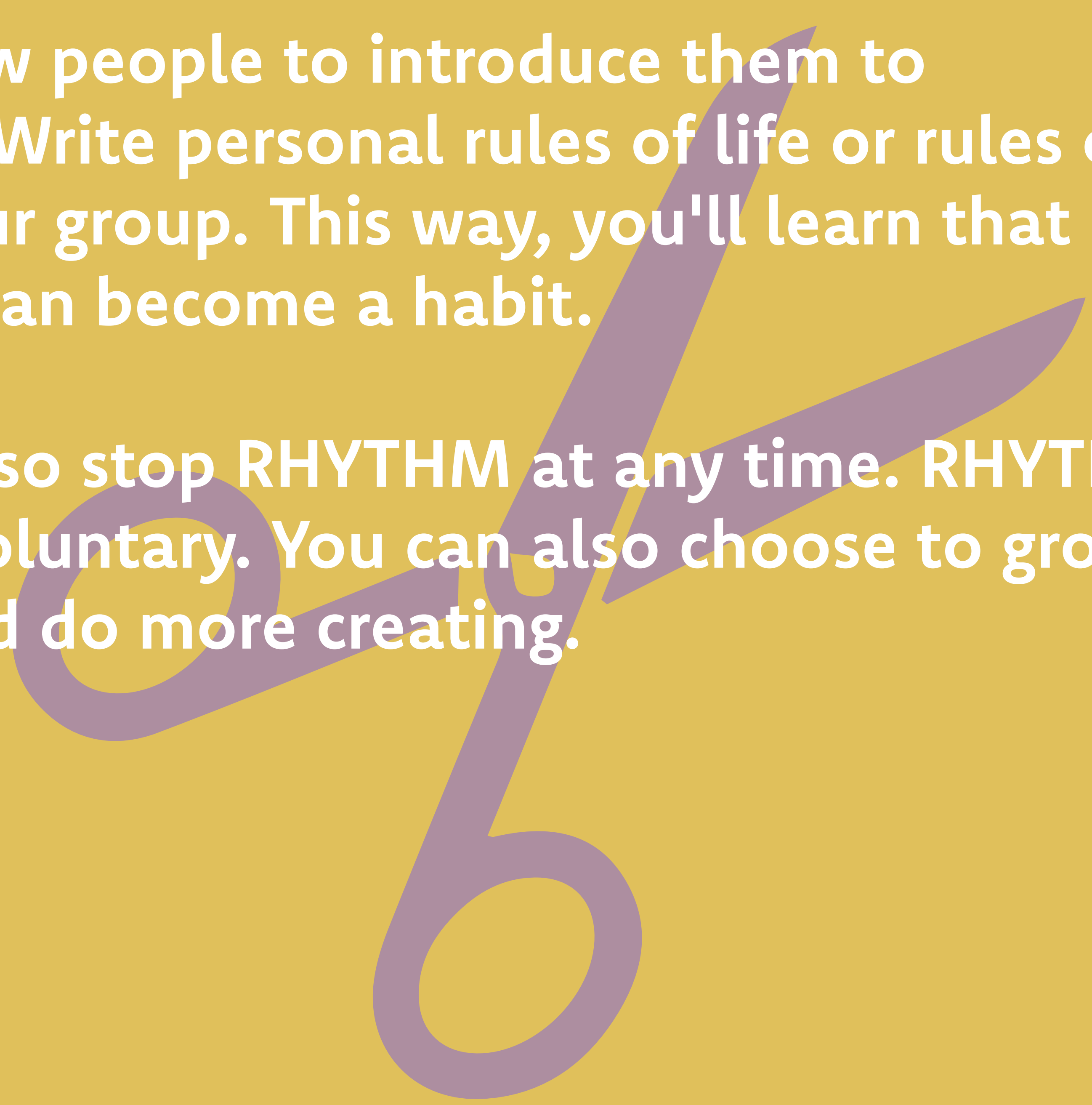
## CREATING {2}

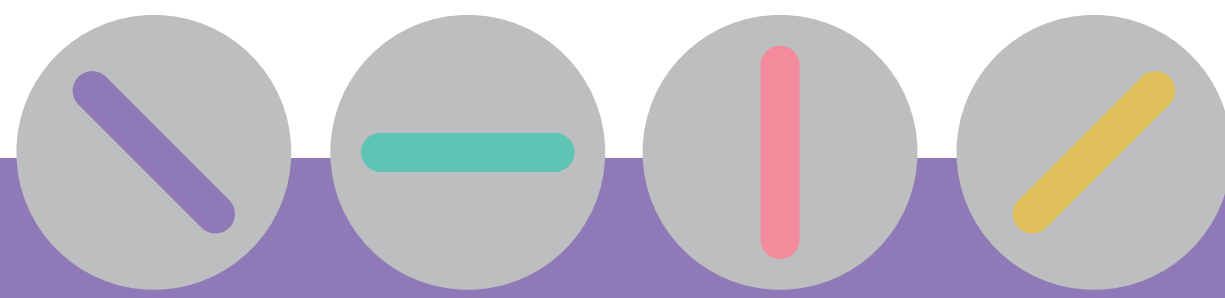
RHYTHM is not complete. We introduce resonance to find more connection with the good life through Feasting, Eating, Playing, and Creating. We challenge you to join in.

Experience the RHYTHMs for yourself by being open and letting yourself be moved. Do you want to become a creator yourself? At RHYTHM, you can contribute in different ways. Invent exercises yourself and share them in a group.

Gather new people to introduce them to RHYTHM. Write personal rules of life or rules of life for your group. This way, you'll learn that a RHYTHM can become a habit.

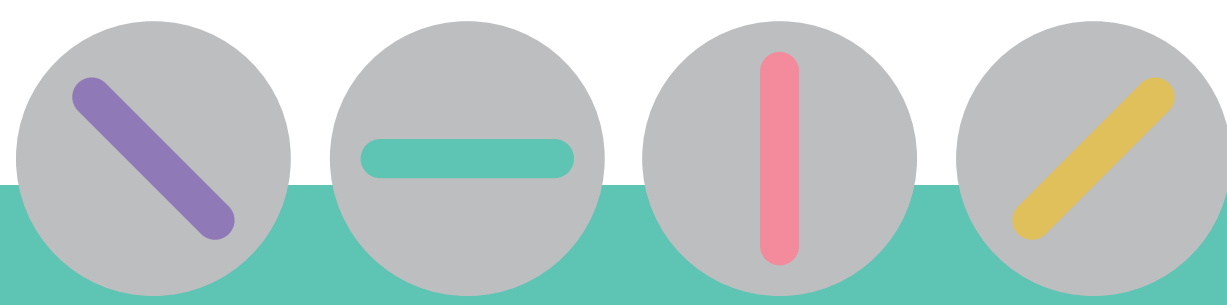
You can also stop RHYTHM at any time. RHYTHM is 100% voluntary. You can also choose to grow further and do more creating.





## TIPS {1}

- 1** Form a local RHYTHM group and consider using an app like Telegram to facilitate communication and information exchange. However, make sure to organize as many activities in real life as possible to promote physical interaction and experiences.
- 2** Invite people to bring a "+1" to group activities so the group can grow and welcome new members. Also, consider dividing the group into smaller subgroups to ensure everyone gets enough involvement and interaction.
- 3** Schedule regular meetings, such as every two weeks, to create a fixed RHYTHM and ensure continuity. Consistent gatherings help build a sense of community.
- 4** Prioritize physical interaction, emotions, and experiences over just conversations or theoretical insights. RHYTHM is about actively experiencing resonance, so ensure activities focus on stimulating emotional engagement and personal experiences.



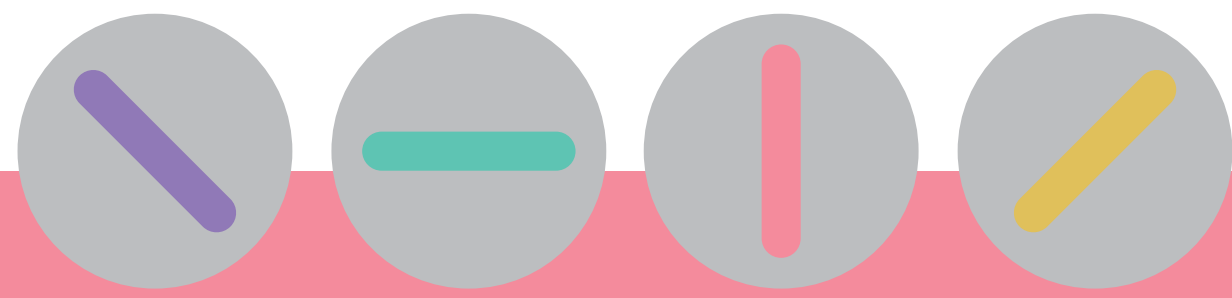
## TIPS {2}

**5** Vary the activities to provide diverse experiences. Include a mix of individual and group activities, both indoors and outdoors, secular and religious, and challenging and less challenging activities. This ensures variety and keeps the group engaged.

**6** Encourage the development of individual life rules for members or a collective life rule for the whole group. This can help create a shared framework and common values. Work on developing habits or routines that can be repeated. By regularly repeating certain activities, it becomes easier to find a RHYTHM and experience resonance.

**7** Always ensure safety and respect each other's boundaries. Avoid exercises or assignments that might humiliate people, be unsafe, or manipulative. Create an atmosphere of trust and openness where everyone feels free to participate and be themselves.





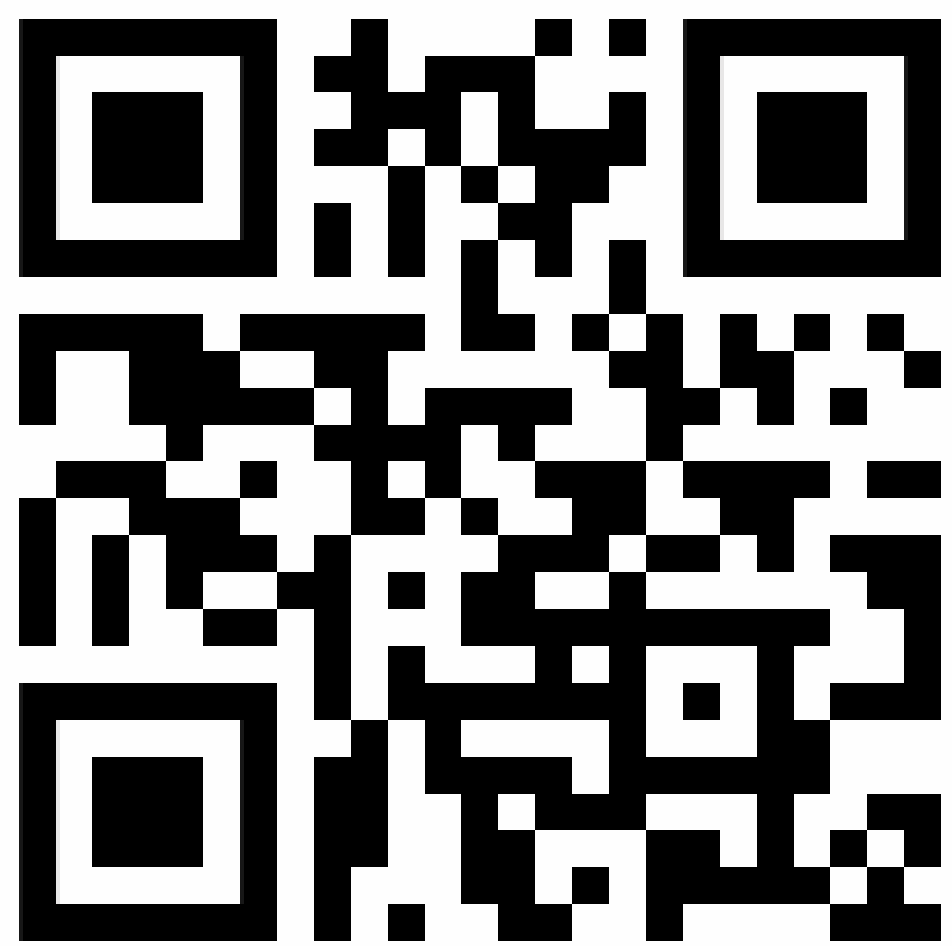
## Resources:

\* Hartmut Rosa. The Uncontrollability of the World.

\* Harvey Cox. Feast of Fools.

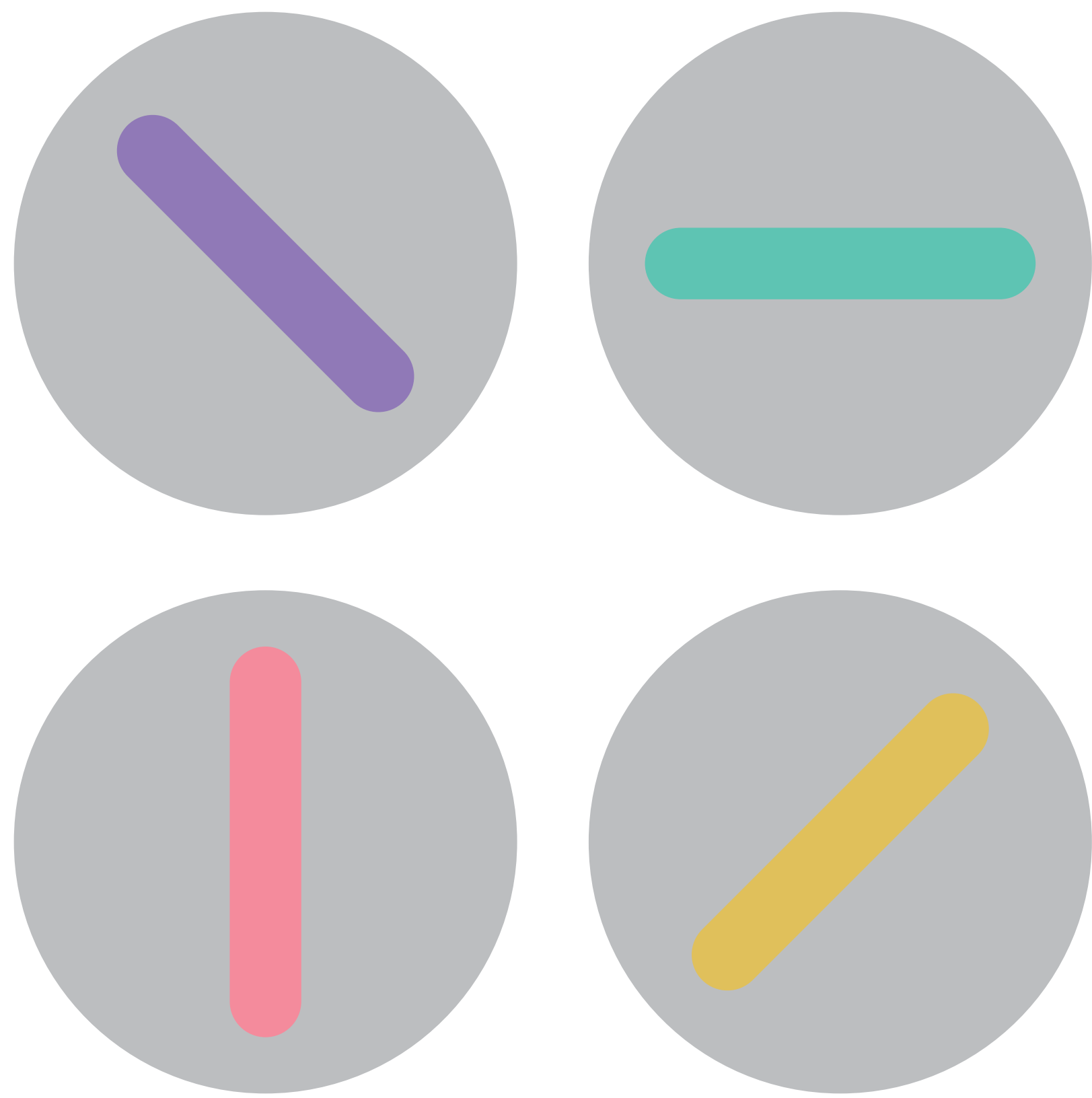
More resources:

Read the blog on [ritme.io](http://ritme.io)



insta: @ritmeio

web: [ritme.io](http://ritme.io) or scan the QR >



more information