

« Make no mistake about it; if any one of you thinks of himself as wise, in the ordinary sense of the word, then he must learn to be a fool before he really can be wise. »

Quote from the Bible Corinthian 3:18

« Le clown, c'est le poète en action »

Henry Miller dans Le Sourire au pied de l'échelle

« This fellow is wise enough to play the fool;  
And to do that well, craves a kind of wit. »

Shakespeare, Twelfth Night

“Laughter loosens the fetters of the brain and it radiates spirit that makes for the joyousness of life.” Jules Turnour

“Anyone who can make people laugh has the greatest gift that God can give a man.” Al Ross  
Laughter never dies an autobiography of a clown.

'The fool who persists in his folly will become wise.'  
William Blake

'This fellow's wise enough  
to play the fool.'  
Viola in Twelfth Night

"At the height of laughter, the universe is flung into  
a  
kaleidoscope of new possibilities"

FOOL AT HEART is: A celebration of simplicity.  
An invitation to be yourself in the moment,  
sometimes

awkward, sometimes shy, sometimes full of joy.  
The clown will lead to the realm of innocence  
and wonder. Walking us to the edge, beckoning  
you to play with the world and to  
discover a treasure in a grain of sand. The clown  
holds the dance of extremes,  
reaching up to the stars and falling down with a  
laugh. Didier Danthois.

From Vivian's website

"Clowning has helped me initiate movement in deep levels of my soul. I have experienced shifts in my behavior patterns that have extended far beyond the weekend workshop in clowning. The only explanation that I have is that practicing clowning untangles deeply bedded knots in the soul and shifts stuck energy in places that are not easily accessible. The results are difficult to describe, but highly tangible. The practice of putting myself

on the line, facing my fear of standing on an empty stage with a miniature mask, has invited a transformative process on unconscious levels which in turn manifest on conscious levels."

"Clowning has helped me move closer to my intention of being an artist; the practice is assisting me in the process of exploring the experience of being fully present, fully aware, and fully open. It is not a utopian idea."

"There is a still quiet place within where you are filled with unlimited

creativity. This is the world of the clown. It is your birthright as a

human being and it manifests in laughter and tears."

» Le monde de l'enfance est cerné par le jeu et par

le conte : ils seront tous deux ses instruments et ses épreuves. Le jeu est une absolue nécessité, il a une utilité essentielle : on ne devient vraiment homme que lorsque l'on joue, lorsque l'on utilise le jeu comme moyen, ce qui dépasse de loin le cadre de l'enfance, l'homme joue en effet toute sa vie. »  
Barbara Donville

"Blessed are those who can laugh at themselves,  
for they shall never cease to be amused."

-Anonymous

"Seriousness causes reincarnation"

Sarkis Renjilian-Burgy

Nous ne sommes pas des thérapeutes...

même si nous connaissons l'art de gai-rire!

arclown

The psychologist Mihaly Csikszentmihalyi speaks about the creative state in adults he calls “flow.”

Referring to

Csikszentmihalyi's work, Daniel Goleman and his co-authors in *Creative Spirit* describe flow as the time “when

people are at their peak. Flow can happen in any domain or activity—while painting, playing chess, making love,

anything. The one requirement is that your skills so perfectly match the demands of the moment that all self consciousness

disappears.” (Goleman et al., p. 46)

“Against the force of laughter, nothing can

stand" (Mark Twain)

Psychiatrist Stuart Brown has proposed this simple definition: "Play is spontaneous behavior that has no clear-cut goal and does not conform to

a stereotypical pattern. The purpose of play is simply play itself; it appears to be pleasurable."

In a study of 26 convicted murderers, Brown discovered that as children, most of them had suffered either "from the absence of play or abnormal

play like bullying, sadism, extreme teasing, or cruelty to animals."

Brown's work led him to explore the biological roots of play. "New and exciting studies of the brain, evolution, and animal behavior," he wrote, "suggest that play may be as important to life -- for us and other animals - as sleeping and dreaming."

- Stuart L. Brown, "Animals at Play," \*National Geographic,\* December 1994. Brown's website is <http://www.instituteforplay.com>

“In childhood, a dream world still seems to hover about us. We work on ourselves with a wisdom that is not in us, a wisdom that is more powerful and comprehensive than all the conscious wisdom we acquire later. This higher wisdom works from the spiritual world deep into the body; it enables us to form the brain out of the spirit. We can rightly say, then, that even the wisest person can learn from a child... In the first years of life, however, this higher wisdom functions like a "telephone connection" to the spiritual beings in whose world we find ourselves between death and rebirth. Something from this world still flows into our aura during childhood. As individuals we are then directly subject to the guidance of the entire

spiritual world to which we belong. When we are children — up to the moment of our earliest memory — the spiritual forces from this world flow into us, enabling us to develop our particular relationship to gravity. “ Rudolf Steiner

Lucifer possesses a lofty wisdom — he cannot understand the innocent jokes that people make about external events. Such things lie entirely outside Lucifer's domain. And one can protect oneself from luciferic bombardment — which he is exceedingly ready to attempt — by learning to live in the innocent delights, delights that come to us innocently from without and entertain us. When we take pleasure in a good caricature, Lucifer gets incredibly angry.

From

The Riddle of Humanity

LECTURE THIRTEEN:

Rudolf Steiner

Dornach, 28 August 1916

«La moindre chose contient un peu d'inconnu.

Trouvons-le.»

Guy de Maupassant

«L'amour, l'amitié, c'est surtout rire avec l'autre,  
c'est partager le rire que de s'aimer.»

Arletty

"Keep me away from the wisdom which does not  
cry, the philosophy which does not laugh or  
greatness which does not bow before children."

Khalil Gibran

« Qui de vous n'a pas regretté cet âge

où le rire est toujours sur les lèvres »  
Jean-Jacques Rousseau

"With humor, we move onto the path toward dreaming. Although we remain completely conscious, moving toward humor is the beginning of the path to dreaming."  
- Rudolf Steiner

Inner refers to the inmost life of the individual, the sense of self least shaped and affected by the outer forces of family, traditions, culture, and times. A place where you are free of the challenges of your biology and the prejudices of your biography. Inner is the place where you find yourself free to be your truest self. Lynn Jericho

"All understanding begins in wonder."  
- Goethe

“The art of the clown actor is not just a profession,  
but a lifestyle that demands

an understanding of emotion, sensitivity, passion,  
pathos and the heart”

Paroles de sagesse Clown....

...

“Si tu tombes 7 fois, relève-toi 8 fois” (proverbe)

...

“Qui ne comprendra pas un regard, ne  
comprendra pas non plus un long  
discours” (proverbe)

...

“Quand tu parles, essaie que tes paroles valent  
mieux que le silence” (proverbe)

...

“Regretter le passé, c'est courir après le  
vent” (proverbe)

...

"Les questions ne sont jamais indiscretes, les reponses le sont parfois" (Oscar Wilde)

...

"Il vaut mieux s'agiter dans le doute que se reposer dans l'erreur" (Alessandro Manzoni)

Only after you've lost your mind can you come to your senses. - 'Socrates'

"Let Love carry you in its wandering boat. Follow what feels simple and most foolish...Be foolish and let your heart grow larger" ~Rumi♥

Emily Dickenson

A little Madness in the Spring  
Is wholesome even for the King  
But God be with the Clown--

Who ponders this tremendous scene--

This whole Experiment of Green--

As it if were his own!

Only after you've lost your mind can you come to  
your senses. - 'Socrates'

Let me keep my distance, always, from those  
who think they have the answers

Let me keep company, always, with those who  
say

"Look" and laugh in astonishment,  
and bow their heads.

~Mary Oliver