

Testimonial regarding Beads & Beats at Outsideren

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'When music and emotions merge, and the colors of the community are manifested'

As part of the Outsideren team, I have participated in Beads & Beats four times – an event series created by Stine Linnemann – and I can say it without hesitation: it works.

The concept is simple and ingenious. Two hours of music from a DJ, while – if you want – you create design with beads. No requirements. No performance. Just a space. For your hands. For your head. For your ears. For each other.

The Outsideren consists of people with diagnoses, fragility and nervous systems on constant alert. That is precisely why Stine's idea makes so much sense. When your hands are busy, it becomes easier to be present. Easier to be social. Or to be in silence without feeling wrong.

The music varied from time to time, and for some of us the bead plates followed suit. Bright colors to light beats. Darker patterns to heavier moods. Small inner landscapes laid out in plastic. Almost meditative.

The freedom was central. You could immerse yourself in silence, talk non-committally, choose a ready-made form, follow a pattern – or freestyle. Everything was legitimate. Nothing was corrected.

Yes, crafting is documented to be calming and regulating for the brain. But you don't need any research to feel it. This gave peace. End of story.

Each time something special happened towards the end: we spontaneously started helping each other. Sharing beads. Picking up lost ones. Correcting plates. Sometimes four of us sat around the same bead plate, so no one was left alone with something unfinished.

And Stine herself: calm, attentive, never controlling. She was there where she was needed, not too nice to help with whatever it was - and smart enough not to take up more space than necessary.

Beads & Beats is a collective experience that creates safety in the community without coercion and without pressure to perform.

The event will, in my opinion, function as a strong kickstarter for a more connected community, driven by shared responsibility and the will to lift as a group - or as a gentle gesture to repair an already frayed one.

For the Outsider, where community is the foundation, it has been a clear success in my eyes.