

Yoga of *Threeing*

Choose from the following four resources designed to assist you in understanding the theory and practice of *Threeing*. A PDF file of this section is available to download.

What is *Threeing*?

Threeing is a way of being with two others. In the practice of *Threeing*, three people take turns playing three different roles.

How does it work?

Not unlike T'ai Chi or Yoga. T'ai Chi and Yoga balance the will being of one with a system of changing postures. *Threeing* balances being three with a system of changing positions. In *threeing* you are never forced to choose between two other people. You choose different positions to maintain a balanced relationship among three. *Threeing* is a relational practice.

Why is *Threeing* based on changing positions?

Being three begins with being born. Child. Mother. Father. You balance your relation to your mother and father from one unchanging position, the position of the child. *Threeing* gives you six possible positions. You change your relationship when you change your position.

Relationships can be balance the way a painter balances color. Relationships are "composed" in movement, gesture, sound and stillness. *Threeing* is an art of relating.

Threeing can also be taken as a cooperative game and approached in a spirit of play. *Threeing* can be taken seriously and approached as a ritual of relationships. In addition, there are ways a group can use *Threeing* to organize work and learning which are too complex to specify here.

Can *Threeing* work with four people?

No. You need multiples of three to do *Threeing*. Six is a good set to work with. With six one triad can monitor the other triad and feedback supporting observations. Moreover, with six there are twenty different triadic combinations, as outlined below.

123	ABC	1AC	23B
12A	3BC	1BC	23A
12B	3AC	2AB	13C
12C	3AB	2AC	13B
1AB	23C	2BC	13A

Threeing - Instructions

Threeing is performed by three people, each represented in the instructions by a different token. The tokens are: a circle, a pentagon, and a triangle.

Threeing takes place on a relational circuit outlined on the floor that has six positions. The smallest bold bar

within the circuit is the positions of firstness, the middle bar is the position of secondness and the longest bar is the position of thirdness.

These positions have three in between positions indicated by the outsides of the circuit. The thin lines indicate the continuous path connecting the positions.

Performers must follow the continuous path in changing positions. Only one performer is allowed in any position at any time.

Threeing can be performed either with a seven foot square or a circle with an eight foot diameter.