

# The ID Community

One of the things that interests me about ID is whether or not there is a feeling of 'ID community'. This is something that I personally find is hard to distinguish, as my knowledge of a community feeling within ID is very much dependent on my experience in the work place, and being in the building all the time, as opposed to being a participant who attends if and whenever they feel like it.

**'It has improved my own sense of well-being and being a part of a wider community'**  
(Saffy Setohy)

'People can just come across Independent Dance by accident, it's not an accident in a way. They find some synchronicity; suddenly find themselves in a position where they're suddenly aware of something.' (AD)

Her perception, her way of looking at dance and at the world (for me) is **directly in sync with what is important to me.** (Anon, on a Deborah Hay workshop).

'All the people that come here want the same thing in the end, Definitely feel like I share likenesses and similarities with the other participants. It's nice to think that an organisation that you come to so frequently is like a sponge and sucking up what we're asking for. I do feel like (the programme) is directly what I want. I can relax knowing that I've found a place that I feel comfortable in and know that it is driven by similar goals etc.' (EW)

I find this idea fascinating – and it has come up through my research, that people develop a need for this kind of work, which leads them to ID. I am interested in what specifically fuels that need, and how it is fulfilled. More on this later on...

**'This place attracts an unpretentious crowd.'** (EW)

'The people that come to ID are listeners, they are taught to listen at the classes here and that's the kind of approach that people have. That's going to be a productive way of working, because everyone is listening to everyone else and attentive to everyone's needs. Respect and openness. Valuing other people and their opinions. It's just a way of being.'  
(HM)

'Spaces have this impregnated energy. You feel comfortable in some spaces and not in others.' (AD)

'The support of the other participants who were there in the room, it definitely makes a huge difference to have people there who are engaging in the same concept or philosophy or are interested in similar research and ideas. When you are really engaging with something then the energy of the room helps you. (KFP on Critical Pathways).

The way people find it is exploratory itself; people are going on their own journey. ID is a lot about exploring and finding out who you are as a person. So if you've got a room full of people that have that intent, then that's going to shape what happens in that room.

What people expect to happen in the class also reflects in the energy of the room, and visa-versa. It's ultimately a cycle; ID reflects itself in a particular way, so therefore that's what the participants expect, and so the participants that attend class reflect their expectations towards the space and time of the class, affecting what is made within the class and how it is received, which feeds into how ID is seen by others and who therefore is attracted to come to class.