

## **WHY MEDITATIVE ART?:**

-Art is a conduit for self-connection, as well as meditation

-They both provide a feeling of freedom and flow through expression

-Both cause the body and energy to become steady and centered

## **HEART-RHYTHM MEDITATION:**

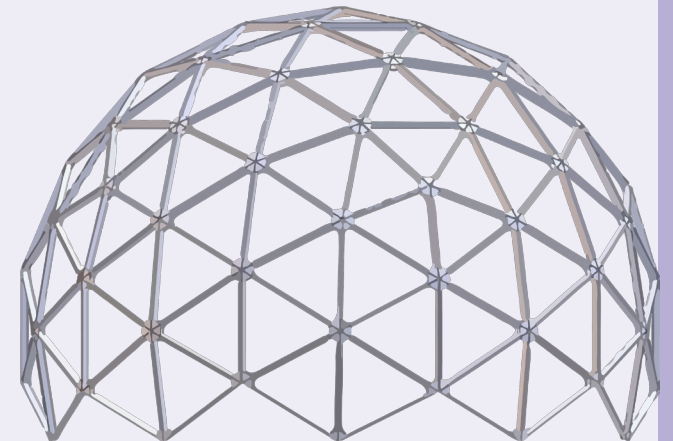
-This method relies heavily on conscious full lung breathing

-Emphasis on heart (physical, emotional, poetic, spiritual, etc.)

-Rhythm with coordination of heartbeat and breath (ex. 8 in, 8 out)

# **MEDITATIVE ART-VIEWING INSTRUCTION MANUAL**

The Future of Art Exhibitions



# INTRODUCTION



Imagine taking your visit to an art gallery in a primed state that left you prepared to soak in and get the most out of your art-viewing. That is the purpose of my MediDOME experience, which is directed towards artists wanting to get the most inspiration out of their time at the gallery. The experience includes group meditation & meditative art.

## **STEP ONE:**

The beginning of the mediDOME experience starts with the gathering of individuals in the performance dome at MOMA PS1. There the encounter is commenced with refreshing sage-lavendar infused water and blueberries. When all eight participants are ready they will enter their personal dome and do heart-rhythm meditation as sage and lavendar incense burn and tibetan singing bowls chime for a total of 27 minutes. After the meditation, each participant will get a peice of paper with charcoal, watercolor, and a sharpie to use to create whatever comes to mind in the first 7 minutes after the meditation. Everyone leaves their work while viewing the gallery because that same peice will be reconstructed later.

## **STEP TWO:**

As you enter focus on your breathe and float towards the first peice that calls you without pondering why. Initially allow your thoughts to explore the artwork as you ususally would. But also remember to notice your body's presence standing there, think about yourself in relation to the piece both

physically in the room and otherwise. Depending on your desired experience, try viewing the gallery in silence. Just be alone with your thoughts and no other outside influences on your perception (including phone interaction). Be sure to make mental and/or physical notes of peices you loved and hated.

## **STEP THREE:**

Take the time to revisit the peices you made notes about and get to the core of why it drew you in or repelled you. Take these things you noticed and try to recreate the aspects you loved in your own way, take the aspects you hated and use them in a peice you consider good, or if you can't figure out why try recreating the peice as is as a way of pondering the stand out elements that affected you.

## **STEP FOUR:**

Return to the MOMA PS1 performance dome to continue working on your peice. For this last step participants will add to their peices with the same mediums, with magazine clippings, or by combining your peice with someone else.