

Mindful Moments at GoMA

When our lives become busy with daily responsibilities and tasks, we often forget to take a moment for ourselves. Mindfulness can help us become more aware of our thoughts, emotions and surroundings. Try out these simple tasks in our Gallery 2, which encourage you to slow down, connect with art, and engage with your senses.

As you enter Gallery 2, find a place where you can stand or sit for a few moments for a first exercise.

Meditation 1 - Hearing

Open yourself to all the sounds around you. If comfortable, close your eyes; if not, focus your gaze on a spot on the floor. Take a moment to listen and notice different sounds...it might be people talking, their footsteps and the exhibition audios. Can you hear any other sounds? You might notice the unique quality of each sound. Are you noticing more sounds than before?

Now keep moving on in the same space and reach the end of the corridor, where you'll see a series of different, colourful, paintings. Select one for your next exercise.

Colour. Meditation 2 - Sight

We spend a lot of time not taking our surroundings in because we're too busy thinking about other things. Try to block out everything around you and just focus on observing these artworks.



What do you notice? Look at all the colours. Are some brighter than others? Are there different shapes and textures? Do some parts stand out to you more than others? Does the artwork remind you of anything? Notice the effect that mindful seeing has. Do you feel calmer, and more engaged with the artwork?

Now go back towards the entrance of Gallery 2 but this time turn left to keep exploring the gallery and keep walking until you'll see a large work on the wall to your left hand side:



Andy Goldsworthy: Six Clay Pit Snowballs. Meditation 3 - Breath

Take in how the clay moves across the page. Observe its movements, how the clay blends into the paper. Take a moment to think about the movement of your breath, the steady inhale and exhale. Take slow, steady breaths; breathe in through your nose, and out through your mouth. If comfortable, close your eyes; if not, focus your gaze on the clay. Where do you notice your breath the most? Is it the fall and rise of your stomach? Is it from the air in your nostrils or as your breath hits the back of your throat. Notice where you feel the sensation most.

Always in the same corridor, but to your right hand side, you'll see a TV screen with:

Sarah Forrest: The Pot. Meditation 4 - Touch

Take a few moments to imagine how the clay feels through your fingers. Is it warm or cold? Smooth or rough? Think about the curve of the pot inside your hands. When you feel ready, touch a bit of your clothing, or belongings or even the insides of your pockets.



Focus on how the materials feel and how different the clay would feel. Focus on the sensations and how you feel in this moment. Do you notice any other sensations in your body? We can become more mindful by being aware of our body and surroundings physically.

How do you feel? Compare how you feel now with how you felt before the exercises. What has changed? Focusing on your senses is an effective way to have a mindful moment. We hope you enjoyed this activity.