

Lisa Corinne Davis, *Quizzical Quantum*, 2021
Transcript

Tobi Ewing: Hello there. My name is Tobi Ewing. I am a painter and textile artist deeply guided by divine beauty, imagination, and care. I will be guiding you through a meditation inspired by the work right in front of you, "Quizzical Quantum" by Lisa Corrine Davis.

Take a deep breath and close your eyes. Hold your breath right here. Open your eyes and gently take in the piece. Slowly begin to spread your gaze across the work. Maybe starting in the center and working your way out. What do you notice and what notices you? Maybe the color, or shapes, or the fluidity of this piece. Continue to observe this piece at your own rhythm and visual guidance, letting what catches your eye be your tour guide.

Bring your attention to the circles and the colorful marks that work its way around it. How does this make you feel? As we end this practice, keep your gaze eye level and sit with what grabs your attention. And take a breath here. Release this exercise and return to the larger present environment.

Thank you for your time.