

Jack Whitten, *Study for Lapsang and Chinese Sincerity #6*, 1975
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, "Study for Lapsang."

Go ahead and take a step back, maybe two feet or so. Close your eyes and take a deep breath. Slowly open your eyes and gently take in the piece. Slowly spread your gaze across the paper, starting in the left top corner, through the top center, to the right top corner. Repeat this pattern similar to an S or snake, middle right, middle center, middle left. Bottom right, bottom center, bottom left.

Continue this time at your own rhythm and visual guidance, whatever direction you would like. Take a moment to see what grabs you.

[music]

Bring your attention to the center of the work. Notice the two small black marks and where they connect. Take a breath right here. As we end this practice, keep your gaze eye level and sit with what grabs your attention. Take a breath. When you're ready, release this exercise and return to the larger present environment.

Thank you for your time.

[music]