

Virtual Extended Thursday Club

Walking Meditation - saluting things

Taking a walk south towards the furthest point of the 2 km curfew. Docklands.

On the way saluting everything that came into view, addressing each vision as it arrived, naming it with an additional acknowledgment using ...that ...withwho oring:

Hello chestnut tree **who** I see everyday
Hello rubbish bin **that** is blocking my way
Hello ivy **reaching** through the railings
Hello wall **with** peeling paint
Hello ash tree **with** your buds coming out
etc.

You can do this as a meditation on acknowledging ordinary things in the everyday

It doesn't matter what you say, just the first thing that comes to mind, allow them to be mundane and also to surprise!

Keep going as long as you like, you can respond to sound and smell as well.

When you have named many things take out your phone and capture a photo of something - any thing that appeals to you - today I crossed over the railway and noticed the beautiful and ornate repeated pattern of the blue railings, it suggested a dance to me. I said *"hello blue railings who are dancing for me"*

Then I turned to look back the river and saw a tree, just about to come into bud, forming a delicate screen of veins over some building work on the docks, I thought soon it would be in leaf and will block that view. I said *"hello tree, veins of the city"* and I thought about how we see trees as lungs and rivers as arteries, and I thought about veins bring the blood back to the heart, this was a soothing thought.

So here I have made a small story. Now I can draw it.

I have my photos and my salutation to guide me in the context.

You can do this too. I have taken baby steps allowing the drawings to shape themselves, which in turn shape what I am attracted to looking at. You can see my initial photos below. You will find my drawings on instagram **#crawfordartgalleryhomelife_thursdays**

You can also do the saluting meditation around the house/garden - even inside - wherever you chose to move, so long as the intention is set.

SHARING

You can share your salutations, photos and ongoing artworks here

#crawfordartgalleryhomelife_thursdays

You can make comments, suggestions or observations directly to the Crawford education here:

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INSERT

Elisabeth Magill Blue Constrictor IMAGE

Dimensions and date

Here is Elisabeth Magill's Blue Constrictor from the Crawford Art Gallery Collection

What is going on in this image?

Magill uses photography as well as oil paint in building the layers can you see evidence of this in the image above?

How does the title influence the way you see this image?