



Be the
CHANGE
You want to
see in the
WORLD

— Gandhi

A CreateSpace
Public Art Project
by Jeni Chen

Observe the thoughts in your mind

When you close your eyes for a minute or two, can you observe the thoughts that go through your mind?

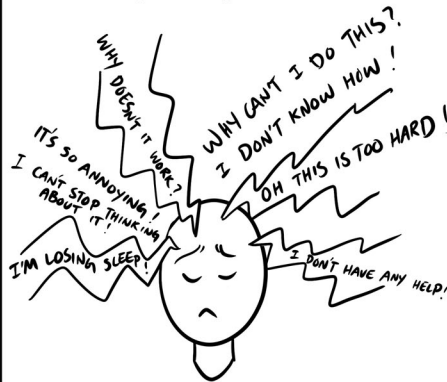
Write down some of the thoughts that came to mind:

How did these thoughts make you feel?

Judging & To-Do List



Troubling Thoughts



Happy Thoughts



Which thoughts are more likely to help you solve a problem?

- ☐ This is too hard.
I can't do it.
- OR
- ☐ I can do it.
I will figure it out.

Activities - How to participate

Enter the art installation that...

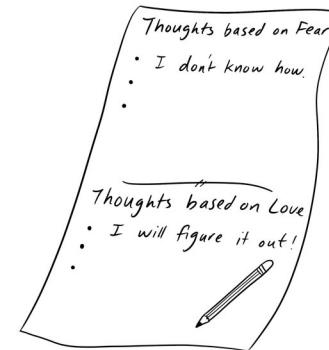


represents our mind chatters



and you are the observer.

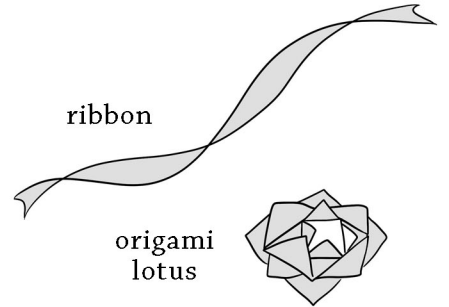
Are they based on fear or love?



Write down better feeling thoughts, wishes or dreams on:

ribbon

origami
lotus

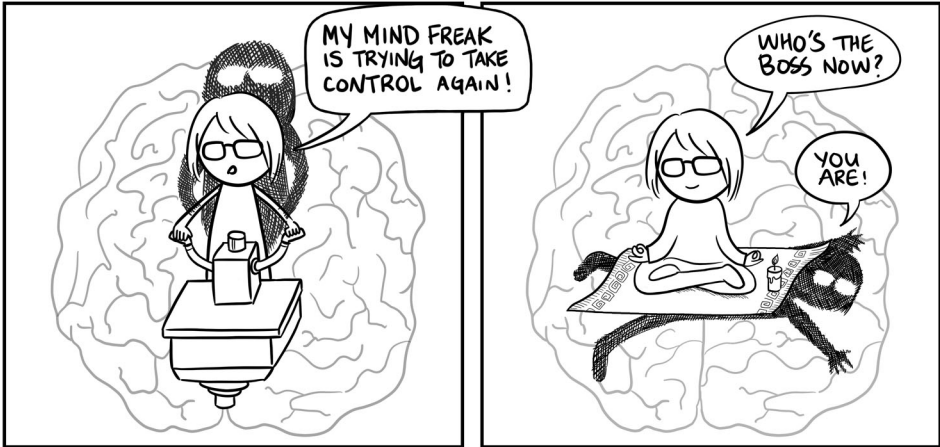


Or simply the feelings that you would like to feel.



“Happiness is a skill,
a manner of being,
but skills must be learned.”

- Matthieu Ricard, author of *Happiness*



About the artist:

Jeni Chen is an artist based in Richmond, BC. She is interested in the investigation of our “true self” beyond this thinking mind and physical body. Her art practices from comics, picture book, paintings to this public art reflect her research and expressions on this inquiry of “who we really are.”

After BC Culture Days, Jeni will weave the ribbons into a “Tapestry of Hope” that represents the choices we have every moment by choosing to think and act based on love rather than fear.

Follow the progress of this project on: **JeniChen.com/residency**

This public art project is part of Jeni’s CreateSpace Public Art Residency, a national program for emerging BIPOC artists to build and advance their public art practices.

steps