



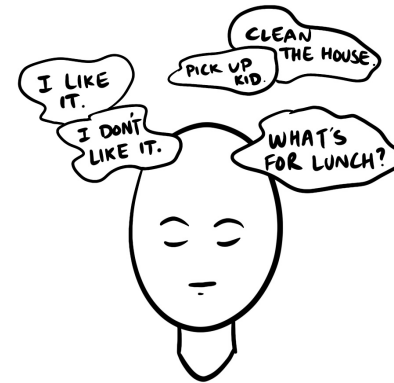
Be the
CHANGE
You want to
see in the
WORLD
- Gandhi

A CreateSpace
Public Art Project
by Jeni Chen



Observe the thoughts in your mind

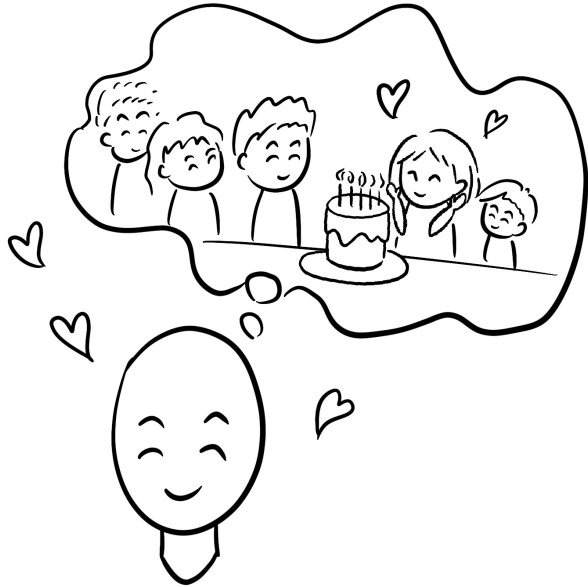
When you close your eyes for a minute or two, can you observe the thoughts that go through your mind?



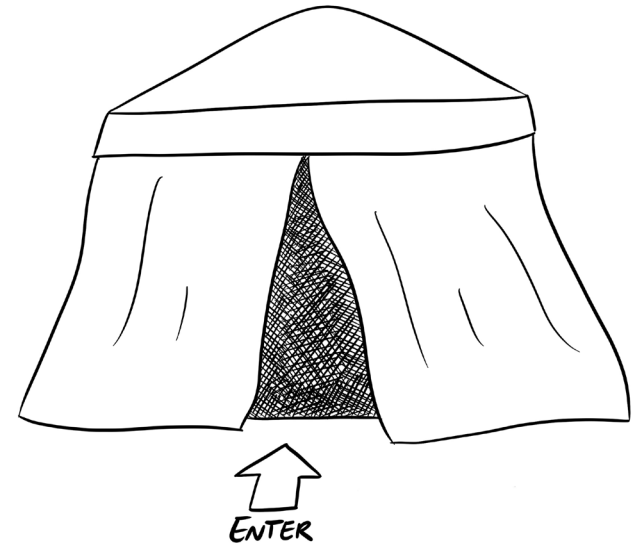
When you are facing a difficult problem, do thoughts come more frequently and loudly? How do these thoughts make you feel?



When you think about your fondest memory, favorite thing, place or person, how do you feel then?



Activities - How to participate



As you walk through this public art installation, you can hear audio recordings of different people's thoughts, even fears.

Does what you think matter?

Which thoughts do you think is more likely to help you solve a problem or complete a difficult task?

#1. This is too hard. I can't do it. I don't know how. What if I fail? Everyone would laugh at me...

OR

#2. This is difficult but I can do it. I can ask for help. I can learn more. I will figure it out...



Is it like when you close your eyes and observe the thoughts that go through your mind?

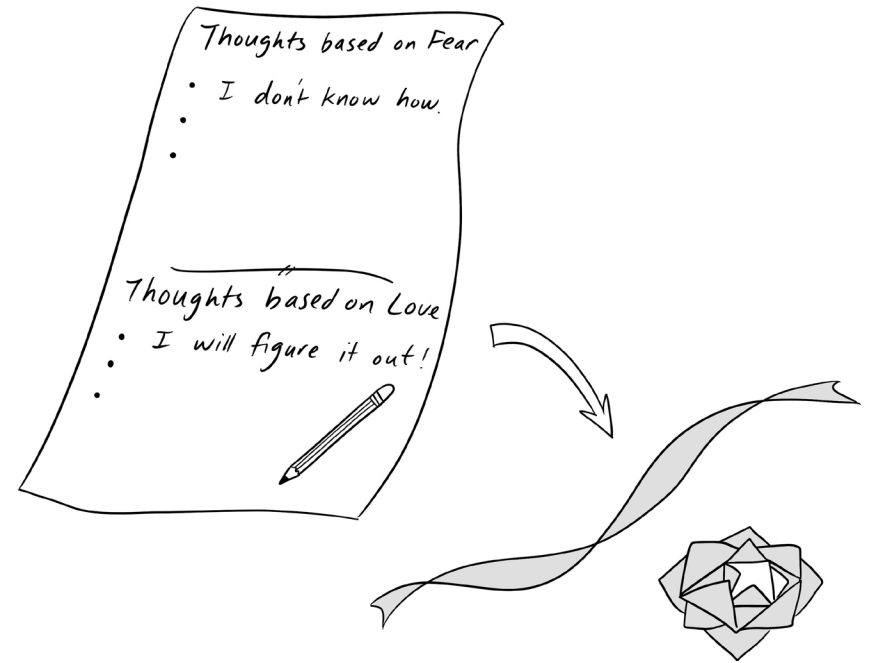
As you open the blinds and walk out into the open space with beautiful trees around you, take a deep breath and look up at the sky. Do you feel different?



Thoughts are like clouds in the sky, they come and go but the sky is always there.

Can you observe your thoughts come and go like the clouds without judgment?

If there is something troubling you, you are invited to write down a **better feeling thought** on a ribbon or origami lotus.

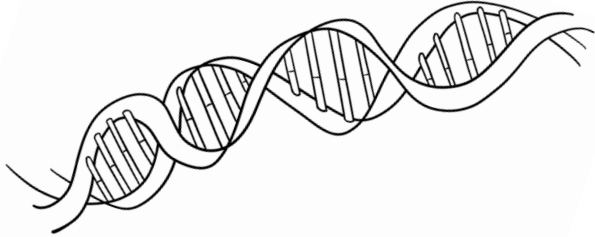


You can also write down your **wishes** or **dreams**. Or simply the **feelings** that you would like to have.

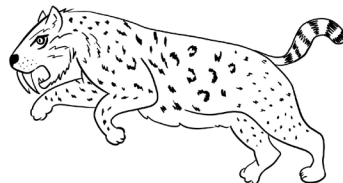


But why does it matter?

Research has shown that by just imagining the worst case scenario, it can cause stress that turn on certain genes. Then thoughts alone can create physical changes in your body!

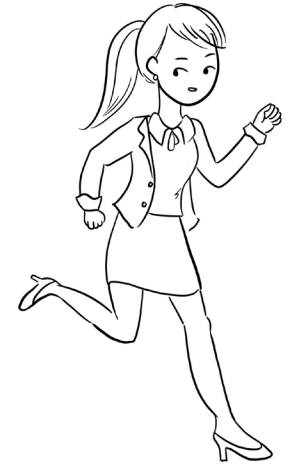
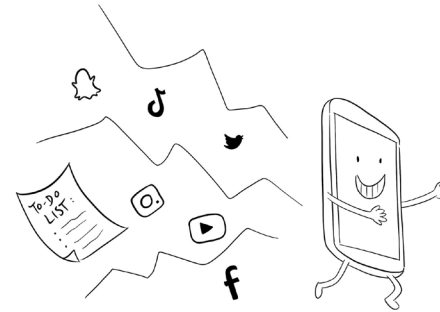


When you are stressed, the body runs the fight or flight response which is not the time for relaxation or creation.



Usually, the stress response is short lived (about 15 minutes). Then the body returns to normal. It only causes problem when stress is prolonged.

In modern days, a lot of times, the stress is created by our habitual thoughts alone.



Happiness is a skill

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

- Matthieu Ricard, author of *Happiness*



About the artist

Jeni Chen is a Taiwanese-Canadian 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 to paintings and now this public art project reflect her research and expressions on this inquiry of “who we really are.”

After the BC Culture Days weekend, Jeni will weave the ribbons into a “Tapestry of Hope”. This temporary public art installation is part of her CreateSpace Public Art Residency. You can see her artwork and follow the progress of this residency on her website: JeniChen.com



Resources

You can find books in the library about how to transform the voices in your head. The artist recommends books by Eckhart Tolle, Michael Singer, Esther Hicks, Dr. Joe Dispenza, Matthieu Ricard, Panache Desai.

For mental health services in Greater Vancouver, visit <http://www.vch.ca/your-care/mental-health-substance-use>

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<https://stepspublicart.org/>

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RAG RICHMOND ART GALLERY

**CULTURE
DAYS**