
**4D DESIGN ART FUNDAMENTALS
ART 2932 TIME BASED MEDIA**

**Time Observed
In Class Project #3**

Inspired by an assignment created by Gail Hoffman, Syracuse University

Project Description:

Sitting quietly for fifteen minutes, fully observe and record your thoughts and notice all of the activity in the world around you. Then, repeat the same process, now walking across campus for fifteen minutes, then returning to the classroom to write down the results.

Project Objectives:

To heighten awareness of time, space and sound.

Materials:

Process Blog, pen or pencil, **or** keyboard and class blog

Strategy:

When sitting, it is important to be full aware of each passing moment. Pay attention to everything—your breathing, the movement of your pencil across the paper, the surrounding sounds and any thoughts that you have and any activity that you see. Imagine that this fifteen minutes of time has been deliberately staged for you. Apply the same awareness to your walking meditation but wait until you return to the classroom to write down the results.

Instructor's Notes:

Because it is so elusive and pervasive, we tend to take time for granted. This exercise can heighten awareness of time and act as a springboard for an extended group discussion of the aspects and implications of time. In the group discussion it is wise to note the apparent compression or expansion of time based on our awareness of an event, the importance of memory, the effects of anticipation, the importance of deadlines, and so forth.

The meditative process in this exercise has some similarities to Zen practice, which has greatly influenced many artists in the past fifty years, including Bill Viola, Naum June Paik and Robert Irwin. A slide show of works by these artists at the end of the exercise can help expand the conceptual possibilities.

Timetable: 60 minutes of writing and discussion