

Mantra

by Mind the Heart! Project

*let the beating ground
push your feet not pull them*

Life is perceived through our personal lens-thus, reality is subjective and in being so, a shift in our perspective can alter worlds. **Mind the Heart!**

Project creates art pieces as gentle, tangible triggers in public spaces. The works are created to facilitate contemplation and to serve as entry points into deeper awareness- both spatial and internal.

Mantra is a site-specific mural commissioned by **Core Dance** for their exterior wall in Decatur Square. It focuses the idea of the power of perspective into a single sentence, by playfully questioning how you relate to a given physical law. Gravity grounds you. It gives you stability and the foundation for your highest reaching endeavors. Gravity can also feel like a weight, a burden that pulls you down, limiting your abilities.

Mantra suggests a simple yet potent shift in perception: notice your footsteps and through them your relationship to the earth. Can you allow this force that pulls you down to teach you about standing up? Can it anchor and elevate you at the same time?

It all comes down to what we make of it. Do we focus on the down-steps, seeing them as the inevitable descents from a doomed liftoff? Or do we tip our lens, focus on the up-steps, and envision the ground pushing us each time we touch it?

Mantra suggests we use what grounds us to give us wings, that our dug-in roots be the source of our ever-expanding foliage. This inherent dichotomy/duality is fundamental in making us whole.

Mantra echoes its predecessor **b.e.i.n.g**, created by Mind the Heart! Project at this exact site in 2017. It, too, dealt with the power of choice and encompassed a duality, a tension between the pulling force of the ground and the endless promise of the open sky.