



IN THE MOMENT

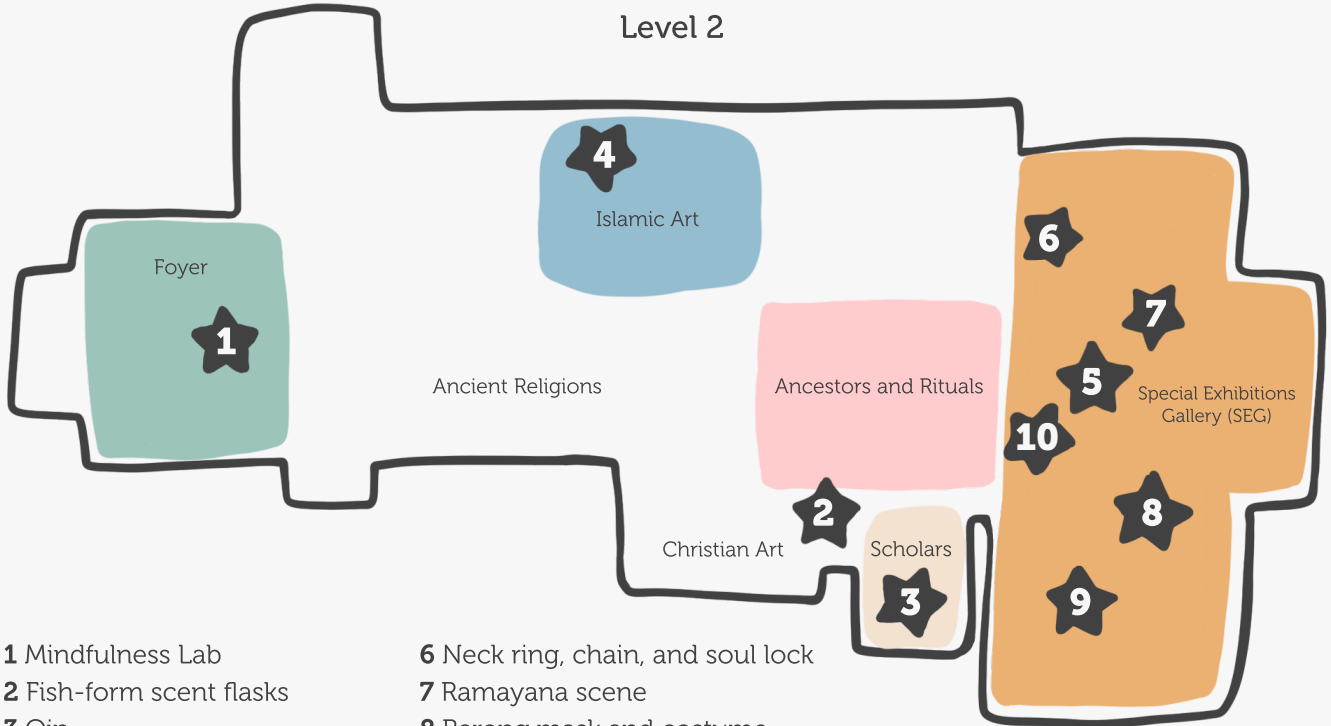
A mindfulness guide to
Body & Spirit:
The Human Body in
Thought and Practice

Suitable for ages 7 and above
(Look for an adult if you need guidance)

Let's Begin

Look for special labels in the Faith and Belief Galleries to find the objects in this trail booklet. The following activities will help you notice interesting details on the objects. Take a moment or two to pause and focus your mind. If you start thinking about other things, gently refocus by paying attention to an object or space.

Level 2



- 1 Mindfulness Lab
- 2 Fish-form scent flasks
- 3 Qin
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Tips for a Mindful Journey

Slow down... and embark on a mindful journey for your wellbeing.



OBSERVE
with curiosity



IMAGINE
the sounds, smells, and tastes



DO
the different activities



Helpful words

Being mindful means being aware of your thoughts, emotions, and sensations as they arise in the present moment.

Wellbeing is about being healthy, happy, and at ease.



Fish-form scent flasks

China, 19th century
Gold, silver, red cabochon stones



Helpful words

The Sabbath is the day of rest in Judaism and Christianity.

Rituals are actions – often religious or ceremonial – that are repeated the same way every time.

What can you smell over here? A sweet scent escapes the gills of these scent flasks, which move from side to side like real fish! Jewish communities in China used them to hold cinnamon or cloves during a special ritual called Havdalah, which marks the end of the Sabbath.



Activity

Scents can remind you of people, places, and things. Draw something that comes to mind when you see the words below:

Sweet

Fresh

Clean



Mindfulness tip

Your imagination and memories can activate sensory experiences.

3



Qin

China, Qing dynasty (Kangxi period, 1662–1722)
Wood, lacquer, mother-of-pearl

Imagine plucking the seven strings on this qin, and the sounds they produce. In ancient China, when an internal organ was unwell, listening to a particular tone was thought to heal it.



Activity

Ancient Chinese scholars were accomplished musicians, painters, and writers. What five words come to mind when you imagine the sounds that a qin makes?



Mindfulness tip

Different sounds can affect how we feel.

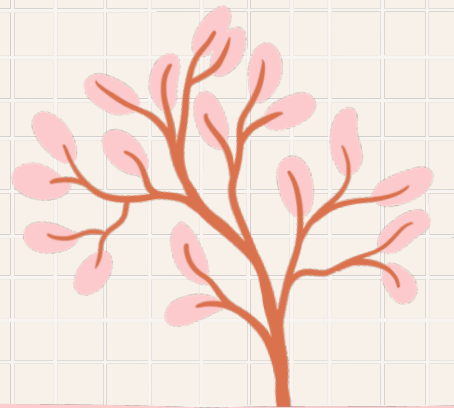
Visit the Mindfulness Lab in the Shaw Foundation Foyer for a sonic experience.



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Folio from *De Materia Medica* (On Medical Substances)
India, perhaps Golconda, dated AH 1004 (1595)
Paper, ink, pigments



This folio is from a book that discusses how plants can be turned into medicines. Written by a Greek physician, it was later translated into languages like Arabic and Persian, after which it spread throughout the Islamic world, and beyond. Exchanges like this laid the foundations for the development of modern medicine.



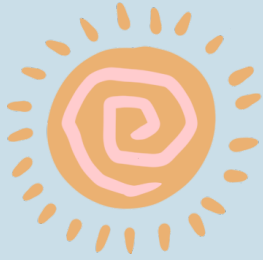
Activity

Look closely at the folio and observe the intricate details. Draw the missing plants.

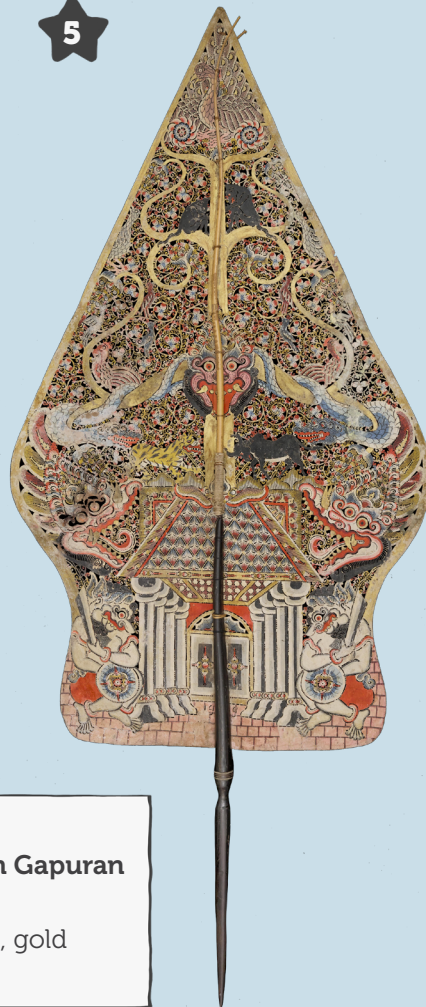


Mindfulness tip

Be mindful about what you eat to nourish your body, not harm it.



5



Shadow puppet: Kayon Gapuran
20th century
Leather, horn, pigments, gold

Wayang kulit is a form of shadow puppet theatre from Java. It is used to depict stories from epics, folktales, and scenes from daily life.

The design of this puppet represents the Tree of Life. It is usually used at the start and end of a performance.

The puppet is decorated with many details that showcase the Javanese view of the universe and our place within it.



Activity

Focus on the centre or top of the puppet and let your eyes move slowly over its surface, from left to right. What patterns and shapes do you see? What do you think they mean?

Colour the puppet in when you get home.



Mindfulness tip

Colouring requires focus – it can relax the body and calm the senses.

6



Neck ring, chain, and soul lock
Northern Thailand, early 20th century
Silver

Young children in highland communities across Southeast Asia have traditionally worn silver “soul locks” to protect them from harm. In these communities they are passed down from generation to generation.



Activity

Design a symbol or piece of jewellery that holds special meaning for you.



Mindfulness tip

Symbols mean different things to different people, and can evoke powerful emotions. What symbols move you?



Ramayana scene: Hanuman brings sanjeevani, a life-saving herb

Eastern India, Orissa, late 20th century
Pigment on cotton

The Ramayana is an epic (a long poem) from ancient India. It tells the tale of the hero Rama, who rescues his wife Sita from danger.

One of the characters that helps him in this quest is Hanuman, the general of the monkey army. There are many other characters in the story, some of whom appear in this painting.



Activity

Use these questions to explore what details you see in the painting:

What are the characters doing?

What emotions do you observe in them?

How does this painting make you feel?



Mindfulness tip

People experience and interpret situations differently. Take a moment to explore how you feel right now.

8



Barong mask and costume

Bali, Klungkung, around 1970

Wood, leather, pigments, goat hair, gold leaf, cotton

The Balinese Barong is a panther-like mythical creature that symbolises health and wealth. During performances, dancers use masks and costumes like this to portray the Barong. One dancer holds the mask and the other forms the back of the creature, bringing it to life through movements and poses.

Activity

Imagine being a Barong dancer. Move your body and feel what it would be like to dance in the costume.



Mindfulness tip

Mindful movements can release tension in the body.



Buddha with Five Disciples
Central Thailand, 19th century
Gilded bronze

Buddha statues in many different postures can be found throughout the museum. Each posture or gesture represents a different episode from the life of the Buddha. Here, the figure is seated with his right hand pointed toward ground – called *bhumisparsha mudra* (say boo-mee-spar-sa-moo-dra), he is “calling the earth to witness” his enlightenment.

Take a closer look and circle the words that best describe the Buddha’s expression.

Stressed

Calm

Happy

Excited

Sad

Thoughtful



Activity

Close your eyes and take a deep breath. Notice how inhaling nourishes and exhaling relaxes your body.

Try again with five breaths.

Take note of your feelings and sensations as you study the object.



Mindfulness tip

Focusing on your breathing can relax your body and mind. Take a moment, focus on your breathing, and see how you feel.

10



Celestial globe

Signed: "amal al-Iskanderani" ("work of al-Iskanderani")
Pakistan, Lahore, dated AH 1312 (1894)
Brass, silver inlays



Helpful words

Astrology is the study of the movements and positions of stars and planets to tell the future.

Astronomy is the scientific study of the universe.

Celestial means related to the sky or the heavens.

This celestial globe is decorated with groups of stars (called constellations) and planets. In the Middle East, instruments like this were used for astronomy and astrology. They were used to study the scientific nature of the universe and to predict the future.



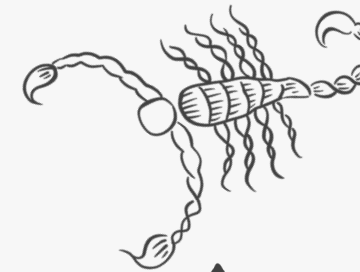
Activity

The constellations on the globe include the twelve signs of the zodiac. Match the names with the constellations.

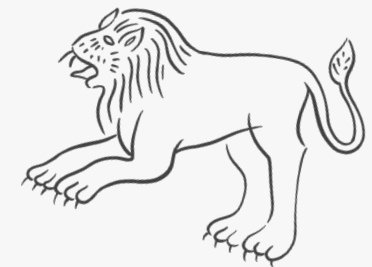
Locate them on the object or navigate the digital display to see the constellations more clearly.



Leo



Libra



Scorpio



Mindfulness tip

Opening our minds to new information allows us to redefine our experiences. When our minds are closed, we stop learning.



Reflect

What have you learned from this mindful journey?

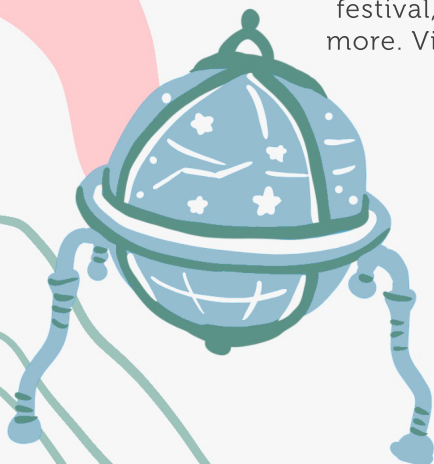
Imagine

What has this experience helped you to imagine?



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Discover different ways to experience wellness throughout the *Body & Spirit* exhibition. Join us for a multitude of mindful offerings, from a supersized wellness festival, monthly drop-in sound baths, curator tours, and more. Visit nhb.gov.sg/acm/ to plan your wellness journey at ACM during the exhibition period.



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