



Art as Meditation

WITH SARAH BRAYER

Content release schedule

Day	Module	Explorations
1	One: stability	<ul style="list-style-type: none">• Geometrically stable mandala• Objects of stability
3	Extra journey	
5	Two: awakening	<ul style="list-style-type: none">• Asymmetrical mandala• Stable asymmetrical mandala
7	Extra journey	
9	Three: transformations in nature	<ul style="list-style-type: none">• Seed, stalk, flower• Microscopic exploration (bonus)
11	Extra journey	
13	Four: mastery of union	<ul style="list-style-type: none">• Body as machine• Machine as body
15	Extra journey	
17	Five: sensing the true path to stability	<ul style="list-style-type: none">• Sensing functions• Light burst (bonus)
19	Extra journey	
21	Six: bridges and dreams	<ul style="list-style-type: none">• Creating a story• Bridge
23	Extra journey	
25	Seven: real and imagined	<ul style="list-style-type: none">• Real garden• Imagined garden
27	Extra journey	
28	Eight: sun and moon, light on water	<ul style="list-style-type: none">• Sun and moon• Light on water
30	Extra journey	