



CALMING SPACE FOR THOUGHTFUL MEDITATION IN THE MUSEUM

FREQUENTLY ASKED QUESTIONS

Is anyone leading the meditation?

It is self-guided

How can I have guidance or instruction in meditation?

The Working Well program relaxation audio files on their website under Mind/Body Health at <http://www.bsu.edu/workingwell/>, plus other helpful links. Meditation classes may also be arranged on campus through Dr. George Wolfe, Outreach Coordinator, Center for Peace and Conflict Studies. Information is available at <http://www.bsu.edu/cpcs/article/0,,28005--,00.html>.

Do I need to tell anyone I'm here when I come for meditation?

It is helpful to tell a guard so that they can be aware of the quiet area devoted to meditation practice.

Am I only allowed to meditate near the Amidha Buddha on the mezzanine of the Museum of Art?

The area has been dedicated for meditation on Fridays from 3:30 – 4:30 p.m. and is most suitable.

What should I use for meditating?

You can bring your own mat for use on the floor, or use an available stool or bench.

How long will this opportunity be available?

At least this fall 2009 semester

Why is an art museum offering this kind of program or opportunity?

We want to encourage use of the Museum of Art as a reflective place suitable for contemplation about art and life. (In the spring of 2008, the Museum of Art offered a Meditation in the Museum class that was well received with people asking for other similar programs.)

If I want more programs like this, who do I talk to?

Contact Tania Said, curator of education. Also the Ball State University Working Well program, a co-sponsor of this program, would like to know.