

Cloud Meditation

"To the mind that is still, the whole universe surrenders."

- Lao Zi

30 times, for 30 minutes, for 30 consecutive days, artist Andrew Binkley sat in stillness with the ever changing sky.

By being still and settling into the present, one may begin to see the inherent impermanence of all phenomena, of thoughts, of time, of the self. The ephemeral patterns of arising and passing away as seen in drifting clouds, is mirrored within our own body, breath, and mind. Just as the vast open sky holds all the continually changing forms of clouds, so too can one observe the mind as thoughts come and go - without reaching for, attaching to, or resisting against, whatever arises and passes away.



to view a video of 'Cloud Meditation', visit:

www.vimeo.com/andrewbinkley/surrender (can skip to 5:41)

30 videos in 4K • 30 minutes • dimensions variable