SOFT ANIMAL BODY



DIRECTOR
Mike Hoolboom

DURATION
10:00

YEAR
2019

ORIGINAL LANGUAGE
English

CATEGORY
Experimental

DESCRIPTION
This ten-minute video lecture was commissioned by Haema Sivanesan and Marina DeMaio who are putting together a Buddhism and Art confab called *In the Present Moment: Buddhism, Contemporary Art, and Social Practice* at the Art Gallery of Greater Victoria in October, 2019. I was supposed to be on a panel but fear of flying led to further video steals. The text came out of sessions with Emotion Focused Therapy maestro Bill Gaynor. Anne Carson and Karl Ove Knaussgard make appearances, along with a bevy of writers and meditators. What if the pause before speaking was equal to the speaking itself? How to grant attention, to celebrate even, the moments of pause?

SOUND
Stereo

SHOOTING FORMAT
Digital

KEYWORDS
Buddhism, conference, communication, speech, emotions

THEMES
Art and culture