

Proposals for <Tillandsia to Nabillera> (*Titles of future stages are tentatively named):

Prelude Stage: Tillandsia in the Lost Garden (2017 November)

Physi-Musiking Exhibition / Performance

Intention: Proclaiming Self-Commitment for “Physi-Musiking”

Situations: Musiking with Physical Movements (Yoga) to Articulate the Art of Living (Involution to Atavistic Self and Evolution to Morphic Non-Ego)

Main Exhibition/Performance 1: Freeing from Prejudice (2018 April)

Intention: Experimenting Artistic Expression Possibilities to Achieve Physi-Musiking

(Prevalent Guna of the <Freeing from Prejudice> is Tamas: Quality of Imbalance)

Stage 1: Getting Out of the Comfort Zone (Tamas)

Situations: Questioning Existential Meanings, Desire to Pursue Dreams, Cowardly Complacent, Do Not Settle On Mediocrity

Stage 2: Duality (Rajas)

Situations: Placed in a New Circumstance, Confliction Between Different Desires, Unstable Mind, Revising Priority Orders, Coexistence For Future (Not Now)

Stage 3: Awareness (Sattva)

Situations: New Anchor Points, Living for Small Goals, Building Muscles of Body and Mind, Slowly Discovering Inner Self, Growing Everyday in Small Steps

Main Exhibition/Performance 2: Illuminating the Imperfections (2018 October)

Intention: Further Explorations of Physi-Musiking in Various Styles

(Prevalent Guna of the <Illuminating the Imperfections> is Rajas: Quality of Activity)

Stage 4: Decision (Tamas)

Situations: Learning about the Environment, From Confusion to Clarity, Human Tillandsia Encounters, Serendipity

Stage 5: Self-Love, Self-Respect (Rajas)

Situations: Self-Respect Brings Confidence in Own Intuitions, Attention to Own Voice, Self-Condition Checkings, Long-Term Goal/Pleasure, Respecting Own Nature, Loving Me to Love Others

Stage 6: Clear Goal (Sattva)

Situations: Will Power for a Living Artist, 70% Clear Goal + 30% Will Power, Self-Commitment, Self Growth->Social Growth->Universal Growth, Destroying Ego and Love With Existence, Mindlessly Toward Clear Goal

Main Exhibition/Performance 3: Involution To The Inner Child (2019 January)

Intention: Enclose to Formulate Enhancement Effect in Physi-Musiking

(Prevalent Guna of the <Involution To The Inner Child> is Sattva: Quality of Balance)

Stage 7: Embracing Others (Tamas)

Situations: So Many Different People With Certain Similarities, Getting Rid of Prejudice, Stop Judging, 5 Yamas (Truthfulness, Honesty, Non-Violence, Sensual Abstinence, Non-Possessiveness) to Harmonize One's Social Interactions, Embracing Unconditional Love

Stage 8: Appreciation (Rajas)

Situations: Establishing Thankfulness, Various Unexpected Lucks of Life, Living with Preparation and Vision Everyday, Spontaneity and Freedom, Feel All Surroundings and Appreciate Everything of the Moment

Stage 9: Realization (Sattva)

Situations: Realizing "Physi-Musiking" Artwork, How Individual Experiments, Purity of Mind, Complete Sense-Control, Desirelessness, Reach the Goal of Self-Realization (Kaivalya), Musiking with Yoga to Articulate the Art of Living, Being the Best Version of Me Everyday

Epilogue: Nabilera in Shangri-la (2019 April)

Intention: Sustaining Physi-Musiking as viable art form and To Bring About Self-Realization and Freedom

Complete Tillandsia and Nabillera Sound Art Community and Art Residency/Retreat Centre.