

Futures Gallery (Breath) - Transcript

To the right of the Future Gallery entrance is a digital wall box, in red text reads: BREATHE.

And; *Enter here* (in white text).

Underneath, is a close-up, still, colour image of a woman's face from her nose and mouth only. Underneath, white text reads: *The world is not the same as it used to be, but neither are you. Sometimes it feels like life is becoming increasingly harder to navigate. In this gallery we explore the way we deal with adversity.*

How can we meet the thresholds of our capacity to cope and come out the other side?

Content warning: Lighting effects in this exhibit may trigger a photosensitive reaction. Do not enter if you experience epilepsy, migraines or other photosensitive conditions. If you feel unwell, ask our team for assistance.

ABOUT Breathe

Breathe embodies the journey from adversity to resilience. It uses breathing as a vehicle to travel between the stages of the installation.

The journey through stress and adversity is often manifested in breath. This is also the mechanism often called upon to cope, building resilience. Breath is an effective method to teach ourselves how to manage stressful situations, but also learn how to move through them.

Breathe looks at how we can position ourselves. It gives us skills to manifest resilience within, physically and emotionally. **But you can't do it on your own.** The systems and structures around us impact our ability to get through stressful situations.

In Breathe, take note of the environment you are in. How does it make you feel? Are you responsible for your own resilience?

GALLERY OVERVIEW

The QR code is located on the floor as you enter Futures Gallery.

Upon entering it is dark - black curtains hang from ceiling to floor, coloured lights flicker. On the floor is a shaft of pink light, illuminating two black steel intersecting rods which create a plinth structure - a pink, fluorescent button sits on top, inviting MOD visitors to press.

On the adjacent wall is a blue rectangle created from light. The text reads: *The path to resilience is taken with every breath. Find yourself on the other side. Breathe.*

When the pink button is pressed, the blue text fades and a rectangle of fluorescent pink light appears on the wall: it's the same text as before but this time it's in pink: *The path to resilience is taken with every breath. Find yourself on the other side. Breathe.*

Underneath, there is more text in blue; it reads:

The journey through stress and adversity is manifested in breath, but it can be a mechanism called upon to cope too. The systems and structures around you also impact your ability to move through stressful situations.

Are you responsible for your own resilience?

Turning to your right, you are faced with a long, dark linear corridor, swathed with black, scrunched curtains made from plastic.

Hanging from the corridor ceiling is a myriad of steel scaffolding, suspended by silver chains with hanging, active long cylindrical fluorescent light tubes. Five flat screen computer monitors hang from the scaffold.

Each display has a digital, moving image of a rolling montage sequence of varying humans (young and old), shoulders and above only. They all wear black t-shirt's, against a black background. Every individual is in the process of a differing laboured, stressful breathing.

Coloured spotlights in orange, blue and red, roam and dart in and around the corridor, and the steel scaffolding, vibrates, tapping the strobe light tubes together, haphazardly as the sound builds momentum.

At the end of the corridor is a diagonal wall of fragmented vertical mirrors, warping reality and gently veering us to the right. You now face another corridor which runs parallel with the first corridor.

This new corridor has stark white mesh curtain walls with a two steel scaffold linear tracks suspended along the length of the corridor. Hanging vertically from the two linear scaffolds are the same fluorescent light tubes, as the previous corridor, however they exude very bright, white glowing light, which slowly changes from vibrant pink to purple to white hues. White dappled light hits the floor and gently sways from one side of the corridor to the next.

Eight flat screen monitors on their own white steel stands line the corridor passageway, four a side at intervals.

Each display has a digital, moving image of a montage sequence of the same individuals from the previous dark corridor, now however, they appear wearing a white t-shirt against a white background and they are in a relaxed state, at ease with a calm, centred breathing response.

The exit door is at the end of this corridor.

AD - EXHIBIT A – N/A

This concludes the audio description track for ["Breathe" in the Futures Gallery](#) by [Access2Arts](#) for MOD. This concludes the audio description for Flex. For more information about MOD's exhibitions, events and programs, please see our website, mod.org.au.