

# SLOW ART: GUIDED LOOKING

## An Introduction to Slow Looking

“Slow Looking” is a method that focuses on taking the time to engage with art and objects in a personal, meaningful way. It’s something you can do on your own, while visiting a museum, or even when looking at collections online.

You can access the collections at Gilcrease by navigating to <https://collections.gilcrease.org>. Once you have found an object of interest you can follow the steps below.

## Slow Looking: Step by Step

Allow your gaze to soften. Be mindful of your breathing and let go of any tension you feel in your body. Bring your awareness to the work as a whole, noticing the colors, shadows, and forms without judgement.

The longer you look the more you will see. Scan the object for relationships or patterns. See if you can identify evidence of the maker’s hand.

Use your senses to imagine what else you would see, smell, hear, touch, or understand if you occupied the same space as the object. How do your senses contribute to a broader experience of the work?

Check in with yourself, noting your breathing and posture. Your connection to the work is strengthened when you are focused and present.

Appreciate this time to look and connect with the work of art,

In this place of receptivity, take a moment to dream and contemplate, to get lost in this work of art and immerse yourself in it.

Now shift your awareness back to your body, your breathing, to the present and the sounds around you. How do you feel now?

## Timed Challenges

Slow Looking can be practiced in stages. Set a timer for 5, 10, and then 20 minutes focusing on different works from the collection. What do you notice about spending different lengths of time with art, historical objects, or the archives? What do you see that you didn’t see before?

