

ུམ། a gallery of ཐུན་མཚམས། མེ

Welcome,

Thank you for spending your time with us at "a gallery of ཐུན་མཚམས།"  
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The Tibetan word, ཐུན་མཚམས། (pronounced *Tundzam*) means the point at which time and space connect. It may be used to describe the different times of day such as dusk and dawn, or intervals between meditation periods and post meditation practice when the mind transcends and remains present. Like the passing hours of a day or the shifting of seasons in a year, this work aims to explore chapters of our lives where changes in our personality, feelings, and self arises. As we live in a world that asks us to shrink, sell, and modify ourselves to fit into structures that profit off of our subconscious fear, how can we maintain calm and rediscover our individual power that helps us all collectively? For me, this work feels like a journal with many ups and downs and pages still being written. I hope we can take a step back, heal ourselves, and heal humanity.

Please take a moment to visit the quotes hanging from the ceiling and the mini altar in the corner. A large source of inspiration comes from these leaders, activists, healers, and organizers that envision a brighter world.

Special thanks to:

Jimmy Viera

Yian Shen

Molly Baer

Alana Stubbs

Jessica Rincon

And a BIG thank you to the incredible artists Sam Krachtus, Lila Kushner, Jocelyn Scullion. Thank you for inspiring me and for your passion, dedication, and authenticity. You're the best :)

Audio:

"Dish Trio" by Xumantra

"Intro" by Salvia Plath

"Tseltsang Gangla" Tibetan children's song, artist unknown

"We Can't Be Stopped" by Ratatat

"The Fear" by Lily Allen

"A Gentle Hum of Anxiety" by Trent Reznor and Atticus Ross

"Jaron Lanier interview on how social media ruins your life" from Channel 4 news

"Wintering" segment from book by Katherine May

"Bridge of Death" by Hildur Guðnadóttir

"Le Sel" by Bruno Coulais

"Eitheror" by Little People

"Sleepwalker" by Arcade Fire

"QKThr" by Aphex Twin

Original music by Tshedzom

books, podcasts, and movies that have inspired this process:

*The Body is Not an Apology* - by Sonya Renee Taylor

*The Worm at the Core: On the Role of Death in Life* - by Sheldon Solomon, Jeff Greenberg, and Tom Pyszczynski

*Wake Up to What Matters* - by Avikrita Rinpoche

*Colors Passing Through Us* - by Marge Piercy

*Finding Our Way with Prentis Hemphill* - podcast

*The Social Dilemma* - documentary with Tristan Harris and tech developers

*Wisdom of Trauma* - documentary with Dr. Gabor Mate

Advisor - Jimmy Viera

Dancers - Sam Krachtus, Lila Kushner, and Jocelyn Scullion

Lighting - Yian Shen

Poster Design - Molly Baer

Choreography by Tshedzom Tingkhye in collaboration with dancers

Film by Tshedzom Tingkhye

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