THE TENDER INTERVAL
This meditation guide was created by Sara Dittrich for The Tender Interval exhibition, commissioned by DiverseWorks, Houston, Texas.

The booklet imagery was created through a cyanotype photographic printing process, exposing images, text, plants and the body via sunlight.
"The breathing, sensing body draws its sustenance and its very substance from the soils, plants, and elements that surround it; it continually contributes itself, in turn, to the air, to the composting earth, to the nourishment of insects and oak trees and squirrels, ceaselessly spreading out of itself as well as breathing the world into itself, so that it is very difficult to discern, at any moment, precisely where this living body begins and where it ends."

David Abram
The Spell of the Sensuous
breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out
feel the oxygen
saturate your lungs
We breathe in oxygen and breathe out carbon dioxide.

Plants take in our carbon dioxide and give us oxygen.
breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out
acknowledge the earth with your hands
feel the ground beneath you
breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out
The majority of our body is made up of water.
re- "again and again"

recycle.
recirculate.
rewind.
repeat.
revolve.
return.
reiterate.
redo.
replay.
reprise.
restore.
recur.
relate.
renew.
Breath in
Breath out
Breath in
Breath out

Breath in
Breath out
Breath in
Breath out

Breath in
Breath out
Breath in
Breath out
Pause.

Listen to your surroundings.
Join in with your own voice.

Hum. Sing along.
breathe in
breathe out
breathe in
breathe out
breathe in
breathe out
breathe in
breathe out
RELEASE

“Maybe the only thing that hints at a sense of Time is rhythm; not the recurrent beats of the rhythm but the gap between two such beats, the grey gap between black beats; the Tender Interval. The regular throb itself merely brings back the miserable idea of measurements, but in between, something like true Time lurks.”

— Vladimir Nabokov
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Sara Dittrich
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