

***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

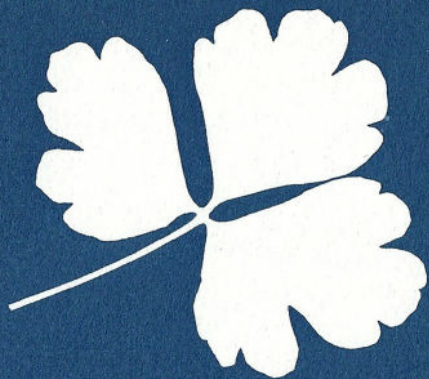
breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out



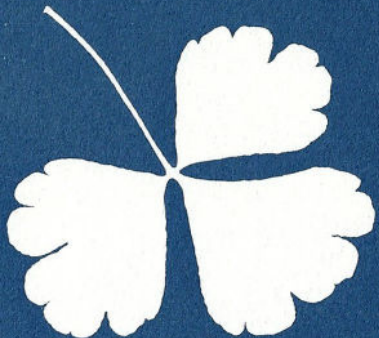



feel the oxygen
saturate your lungs



We breath in oxygen
and breath 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

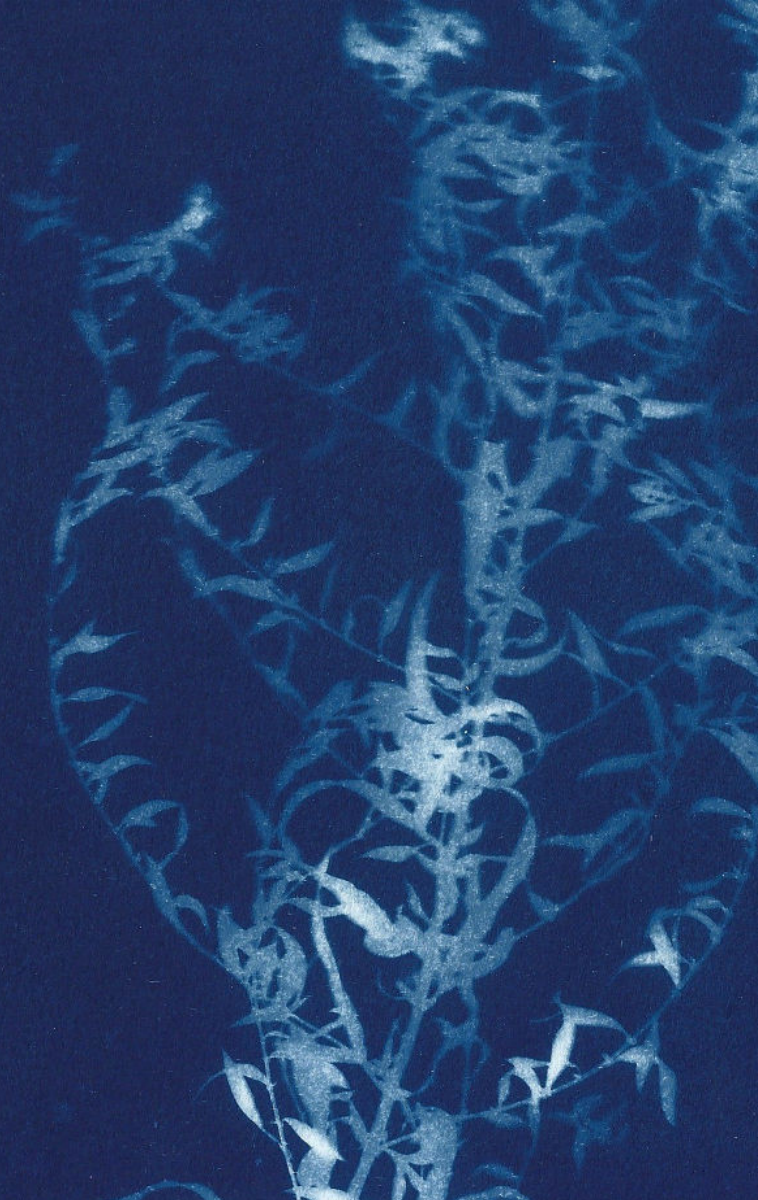


feel the ground beneath you

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out



drip

drop

drip
drip

drop

drip

drop

drip

drop
drop

drip

drop

drip

drop

drip
drip
drip drop
drop
drop

drip

drop

drip

drop

drip

drop

drip
drop

drip


drop

drop

drip

The majority of our body is
made up of water.





breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

re- "again and again"

recycle.

recirculate.

rewind.

repeat.

revolve.

return.

reiterate.

redo.

replay.

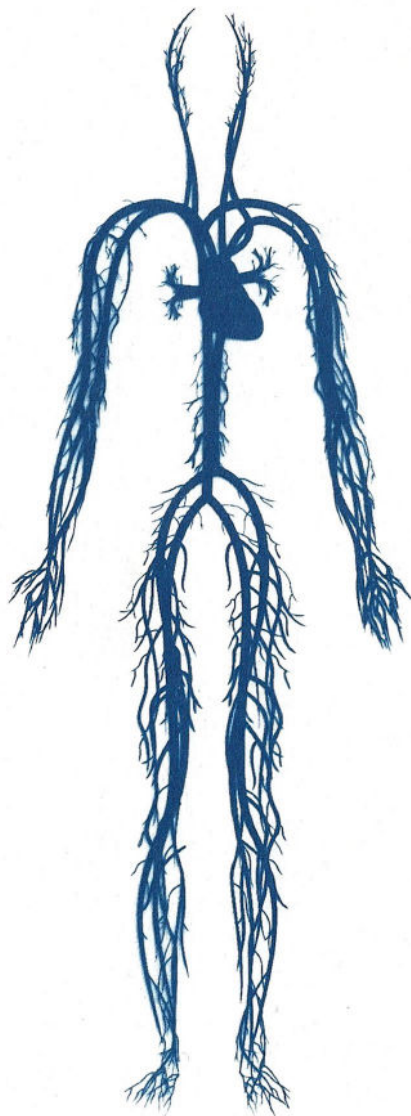
reprise.

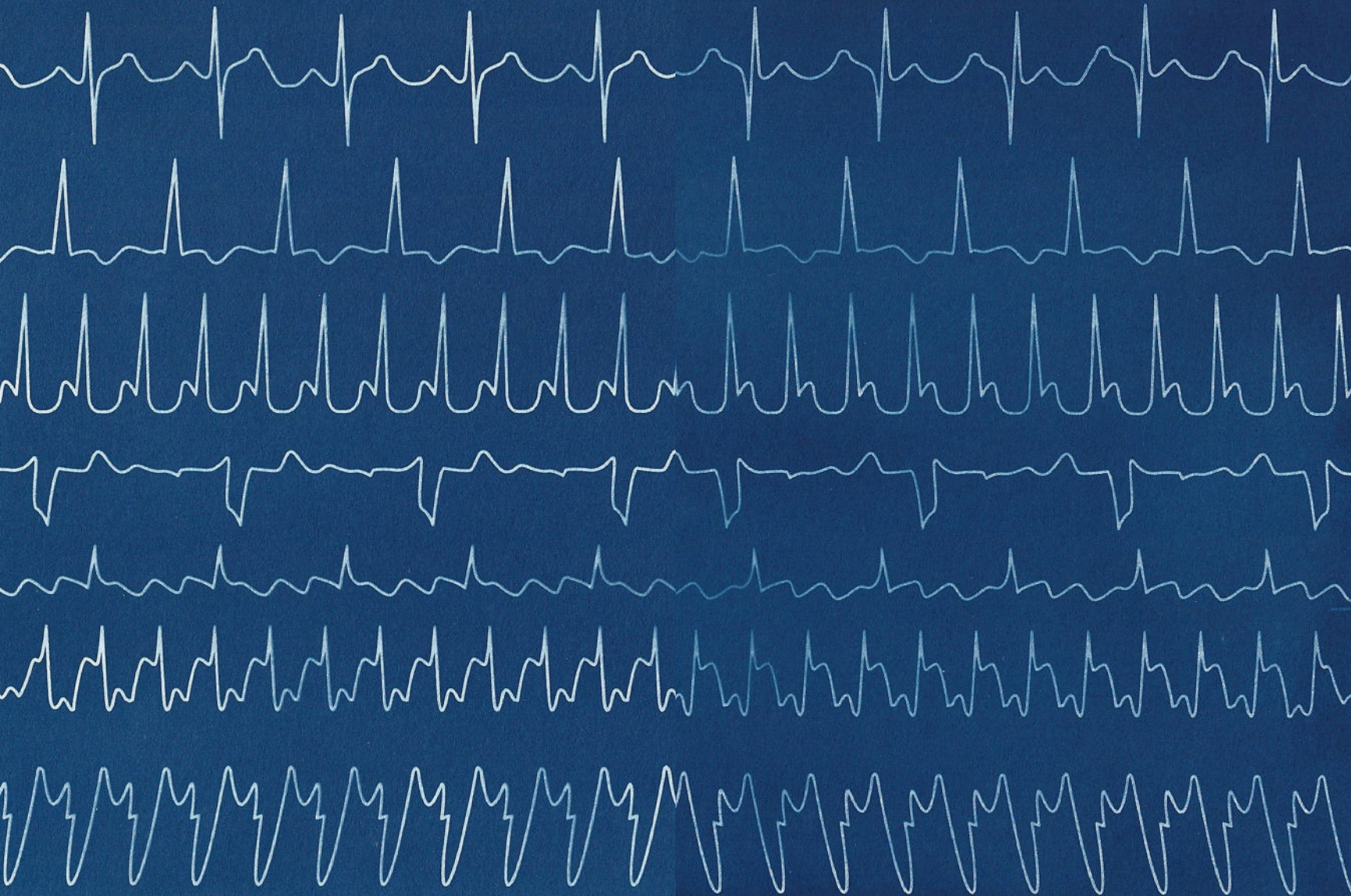
restore.

recur.

relate.

renew.





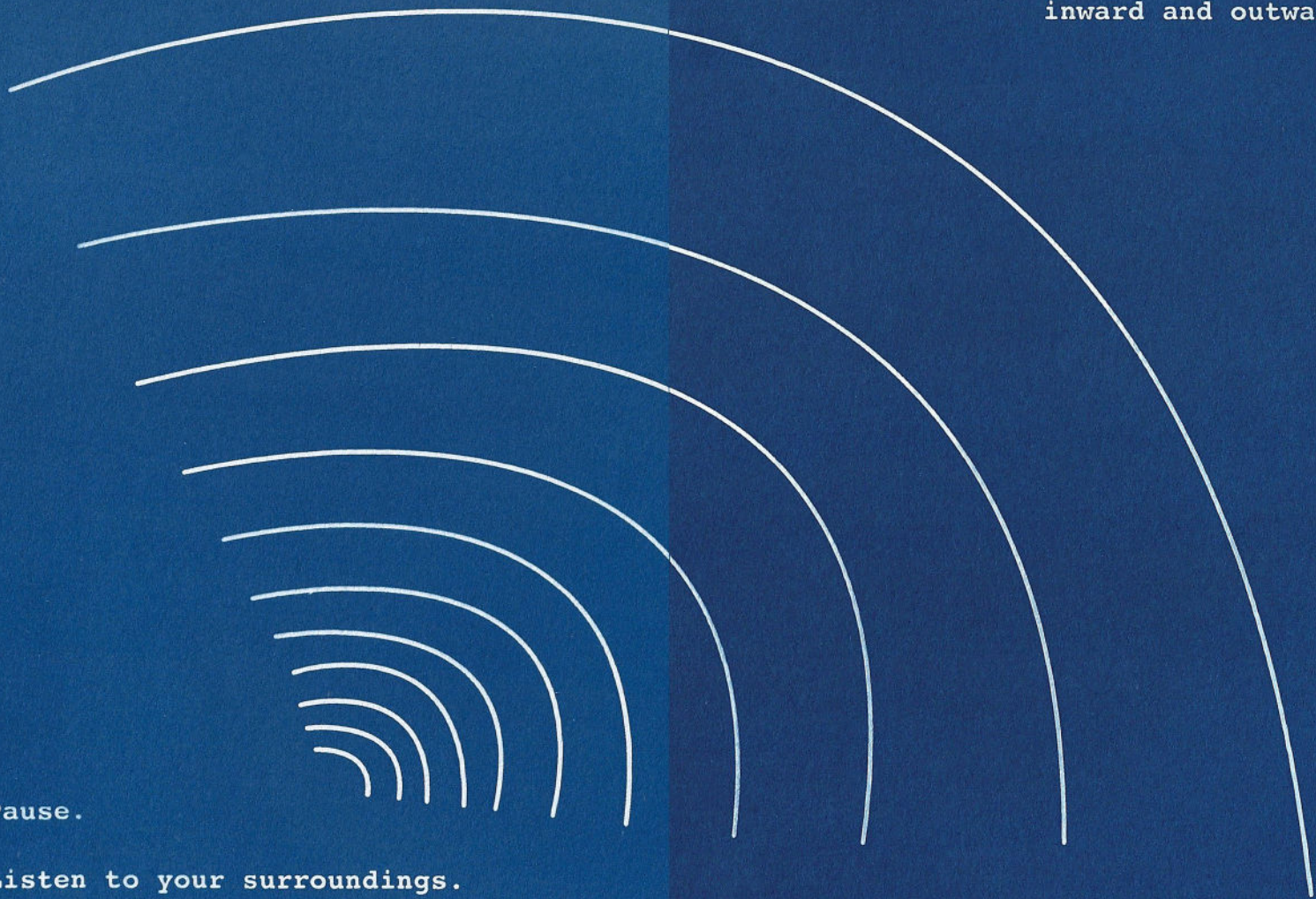
breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out



inward and outward



Pause.

Listen to your surroundings.

Join in with your own voice.

Hum. Sing along.



breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath out

breath in
breath out
breath in
breath 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
2020



