

Tales From the Downslope



FLOWER MEDITATIONS

A PAUSE FROM THE SERIOUS STUFF HAPPENING OUT THERE

Volume Three

CLAYTON CAMPBELL

For my good friends who have passed

Rudolf Brüngrer

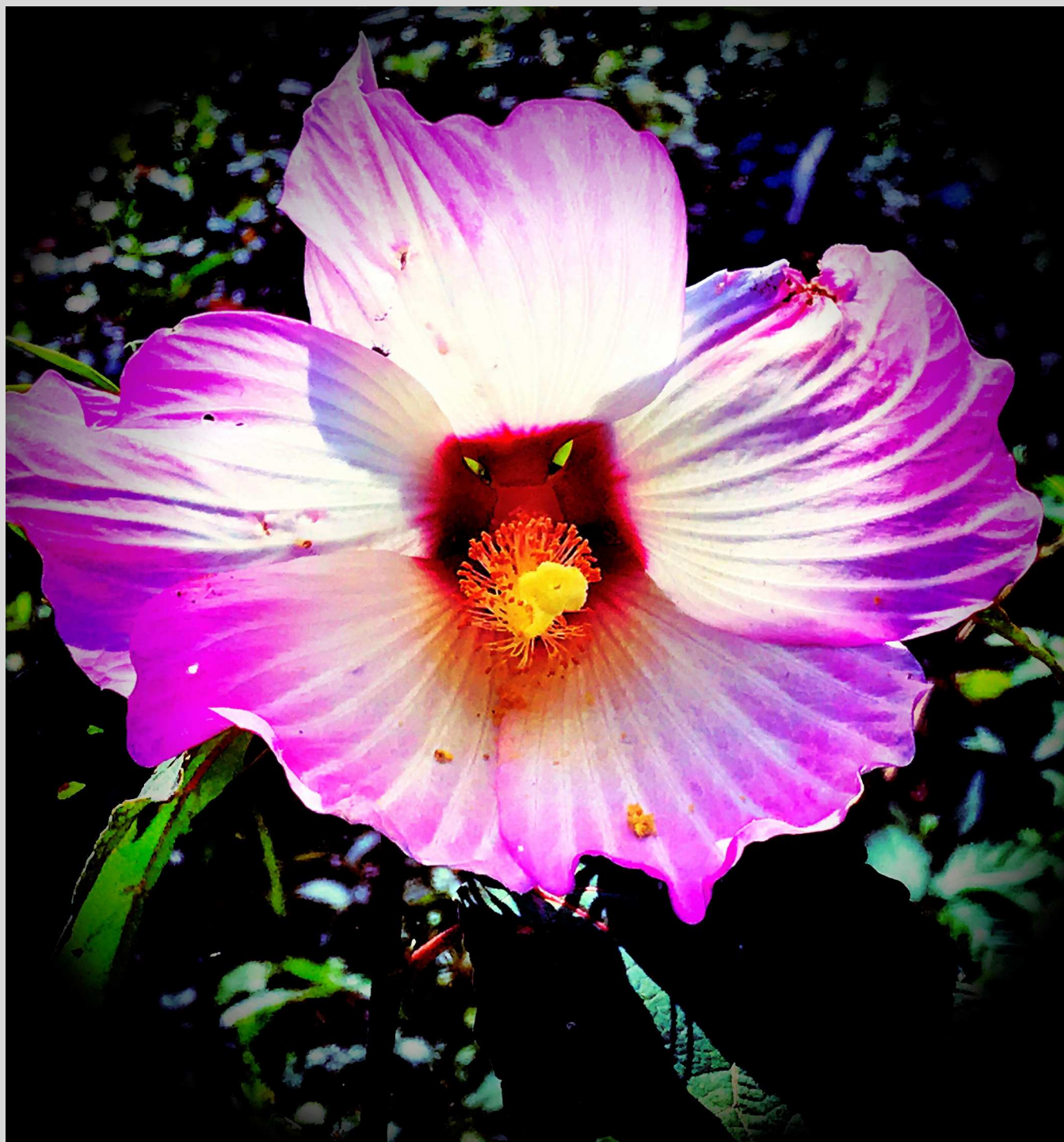
Richard Del Belso

Ricky Jay

*Colleagues, Menors, Brothers.....
They are dearly missed by many*

FLOWER MEDITATIONS

A PAUSE FROM THE SERIOUS STUFF HAPPENING OUT THERE



Clayton Campbell

Volume Three of *Tales From the Downslope* is subtitled *Flower Meditations, A Pause From the Serious Stuff Happening Out There*.

There are thirty images that can be used as meditation points. Try them in order as a cycle, skip around, or return to them over and over again.

Here is a simple method I suggest, but you can devise your own method to suit your personality.

1. Get comfortable, just as you would for ordinary meditation.
2. Relax by breathing slowly and deeply.
3. Look at the flower you've chosen.
4. Continue breathing while holding the flower in your thoughts, feeling its presence.
5. With each inhale, imagine the flower, slowly examining its color, shape, and form.
Continue breathing as you focus on the flower.
6. Imagine any unwanted emotions draining out of your body with each exhale, and replace them with the image of the flower with each inhale.
7. Continue the meditation as long as you like. You might feel lightened and more peaceful after just a minute or two.
8. If you wish, write any thoughts you have on the facing page.



A Few Notes on *Flower Meditations*

In 2014 I was watching a group of Nepalese monks create a sacred sand mandala at the Hammer Museum in Los Angeles. The traditional forms they 'painted' were extraordinary, made even more so by the temporal nature of this selfless, ephemeral practice. At the conclusion, the monks swept the entire mandala away in a dissolution ceremony, leaving no trace of the beautiful object they had labored over for two weeks. The generosity of this ceremony was so unlike most of what I was experiencing in contemporary Western arts that insisted on fixed objects in a mercantile climate.

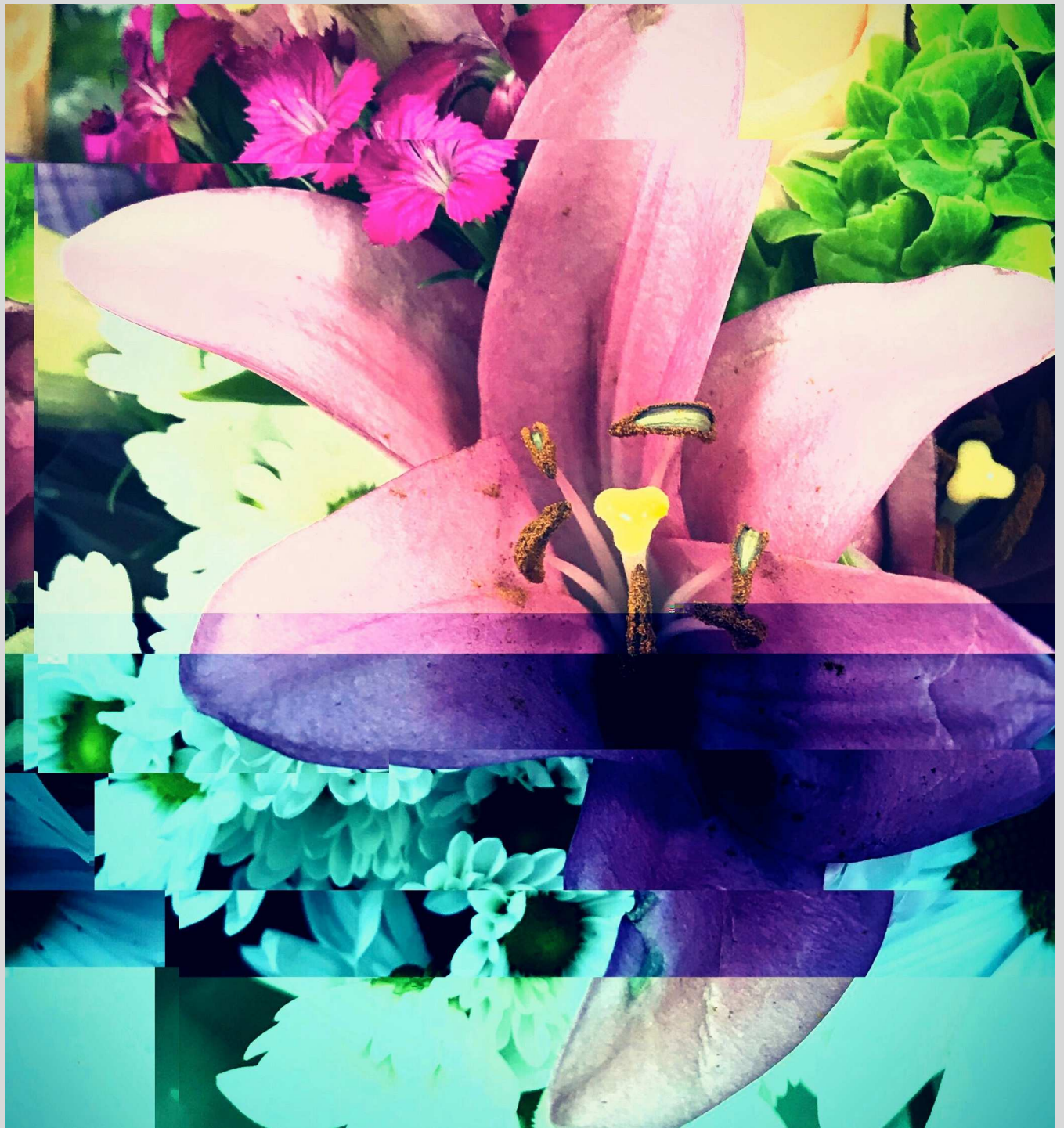
I have always loved Tibetan Tanka painting, and had studied Carl Jung's work with mandalas and alchemical engravings. Seeing the monks make this incredible work must have made an impression on me.

About a year later I began taking photographs of flowers with my iPhone and making what I call *Flower Meditations*. I still do, and I share them on my Instagram account, @artandvictory. These iPhotos are made to give my Instagram account followers a break in the day from all the serious stuff happening in the world, a simple image for meditation, and the pleasure of seeing something beautiful.

Mandalas represent compassion, purity and clarity, with the power to transform negativity and awaken altruism and compassion in the viewer. They are a profound, universal symbols, a visual representation of the notion that everything and everyone is linked together. I feel this is something we need everyday, a gentle reminder that we live in this world and care for it and each other with love, kindness and open heartedness. And perhaps we need to remember this now, more than ever.

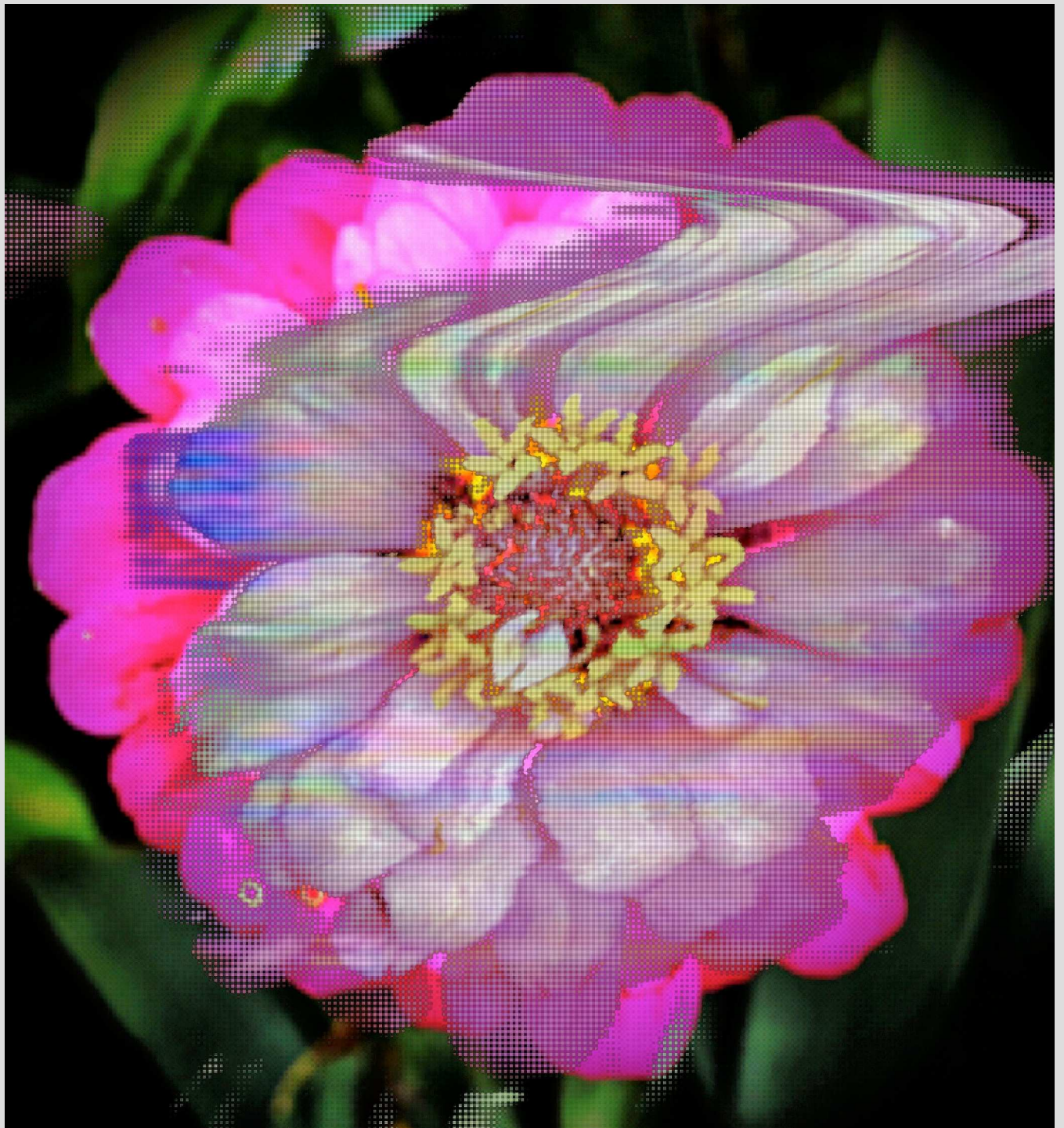




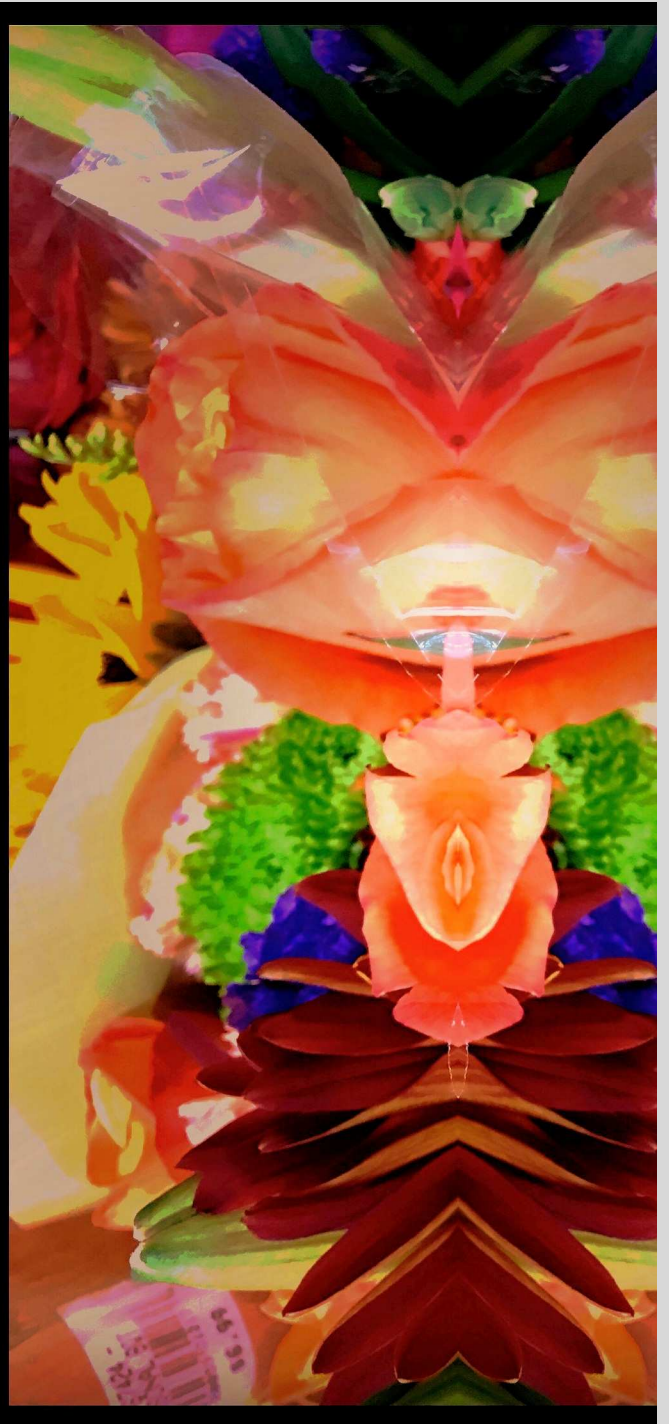




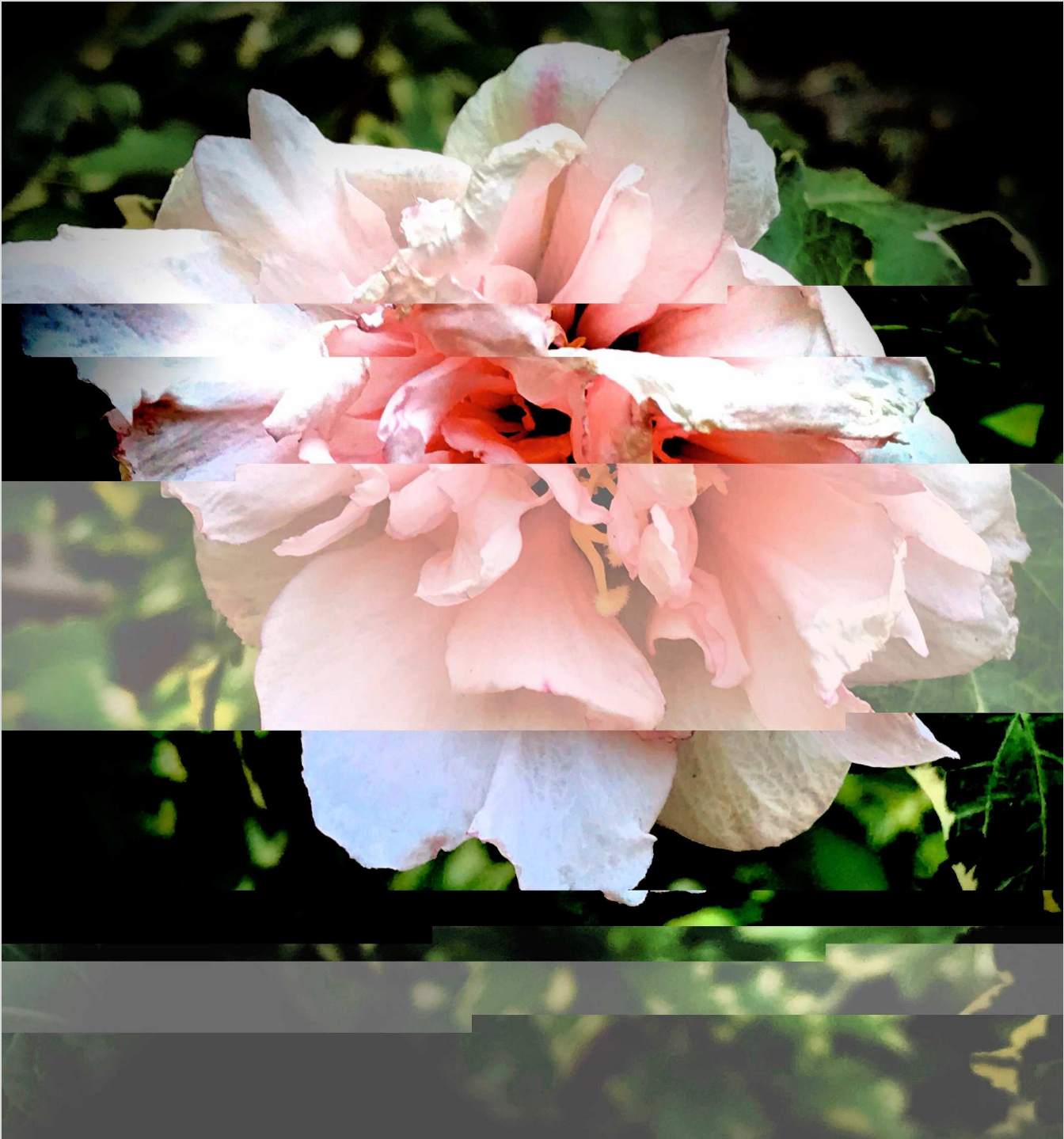


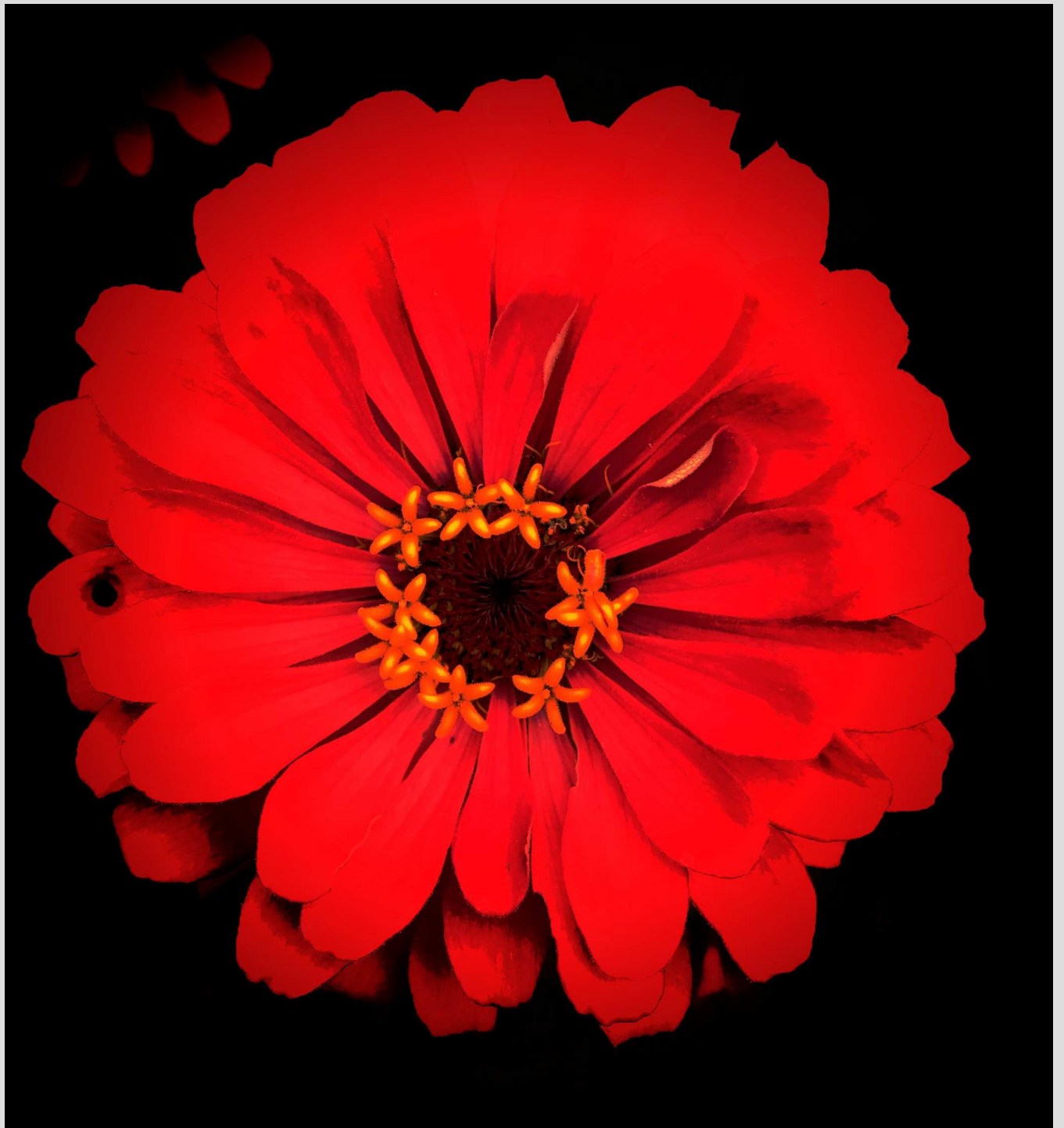


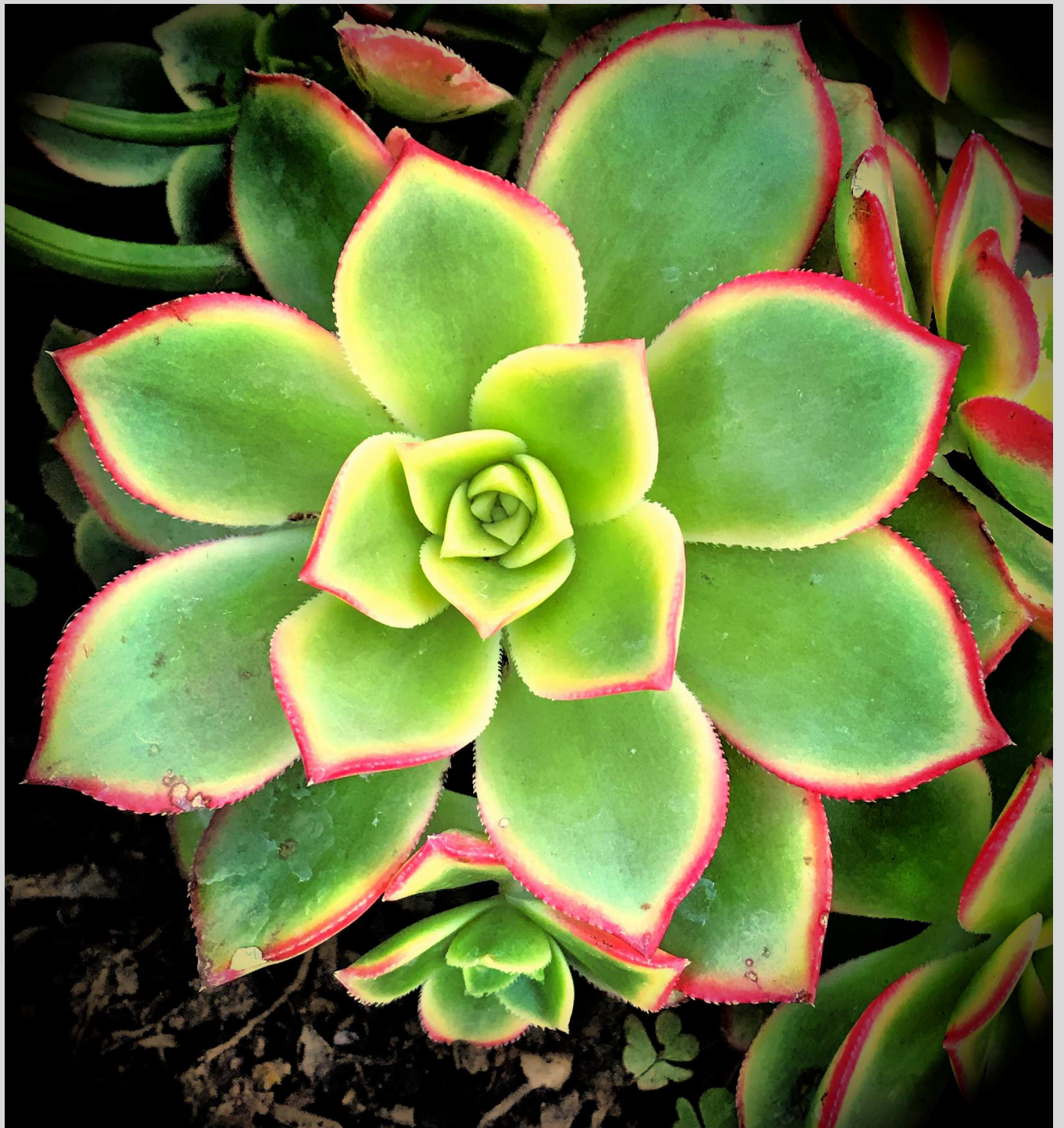














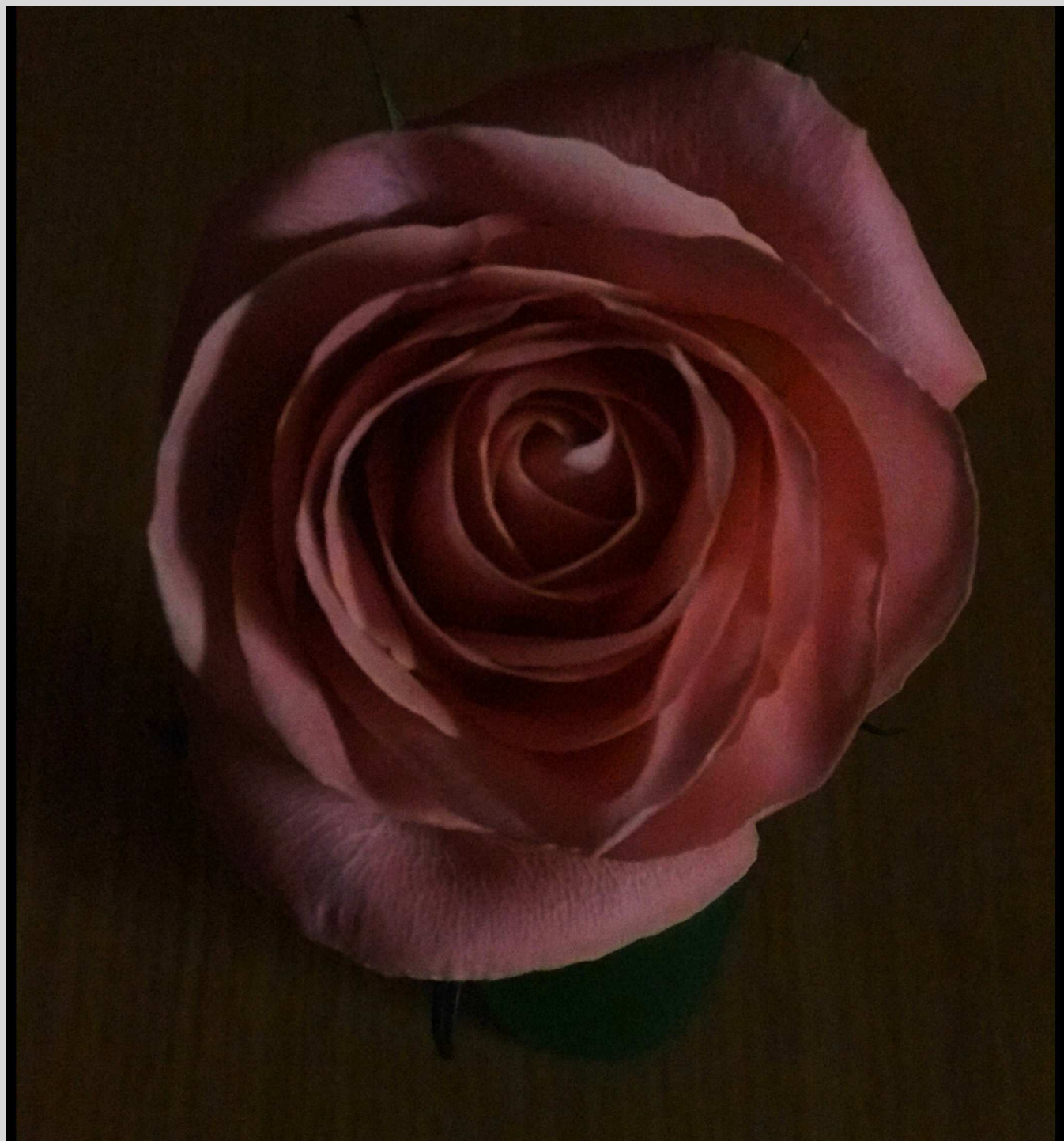






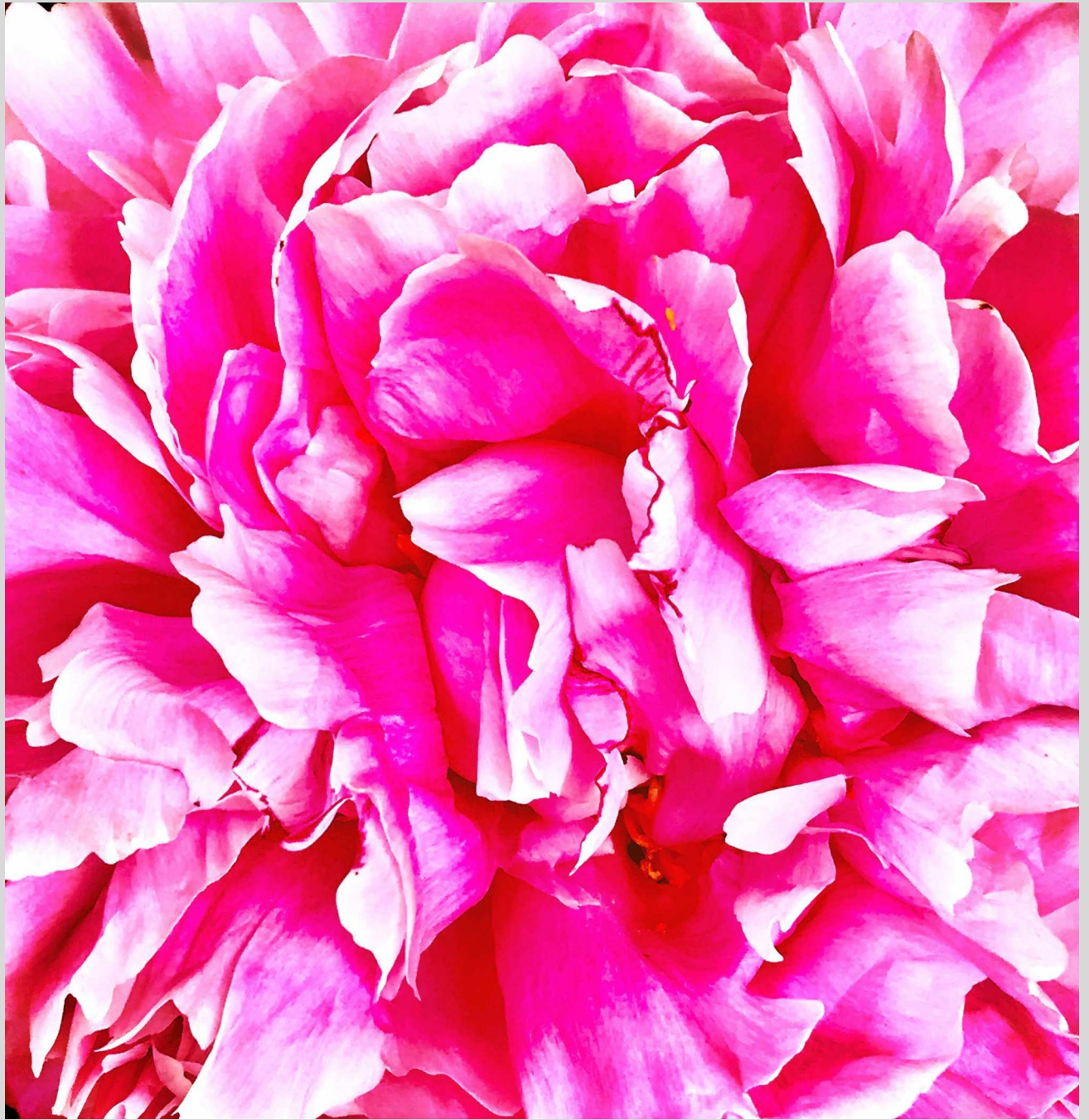


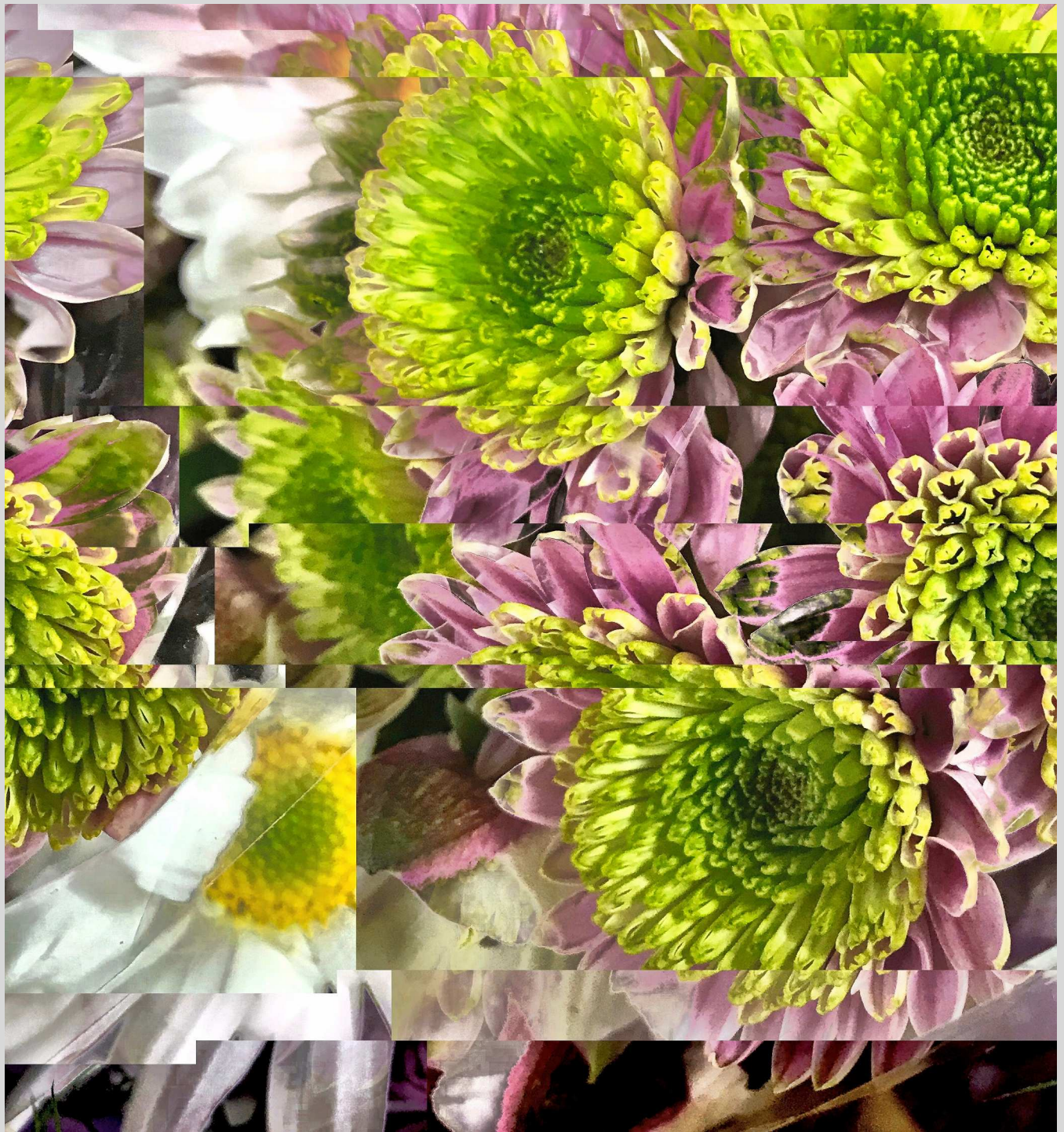






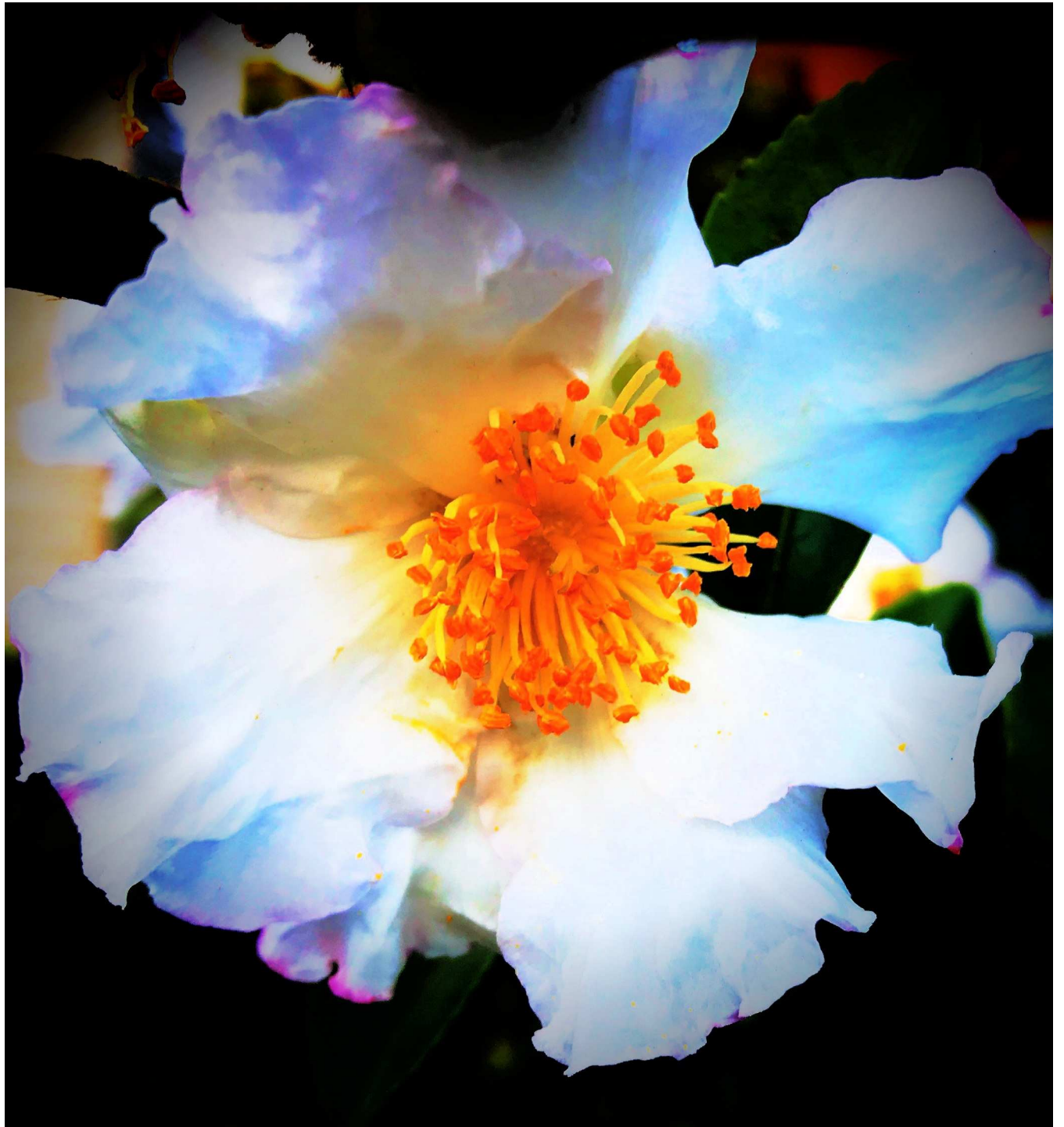






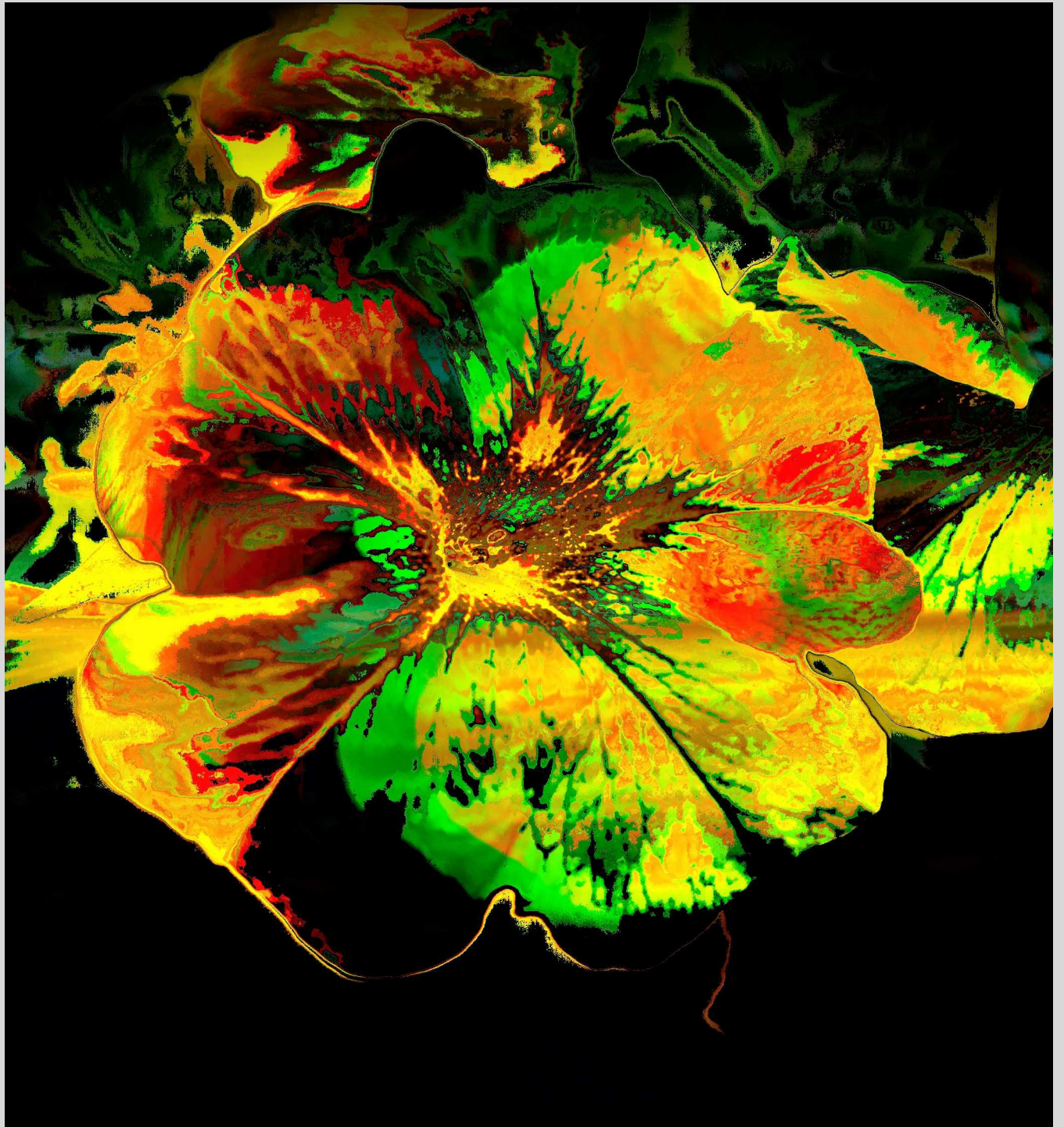




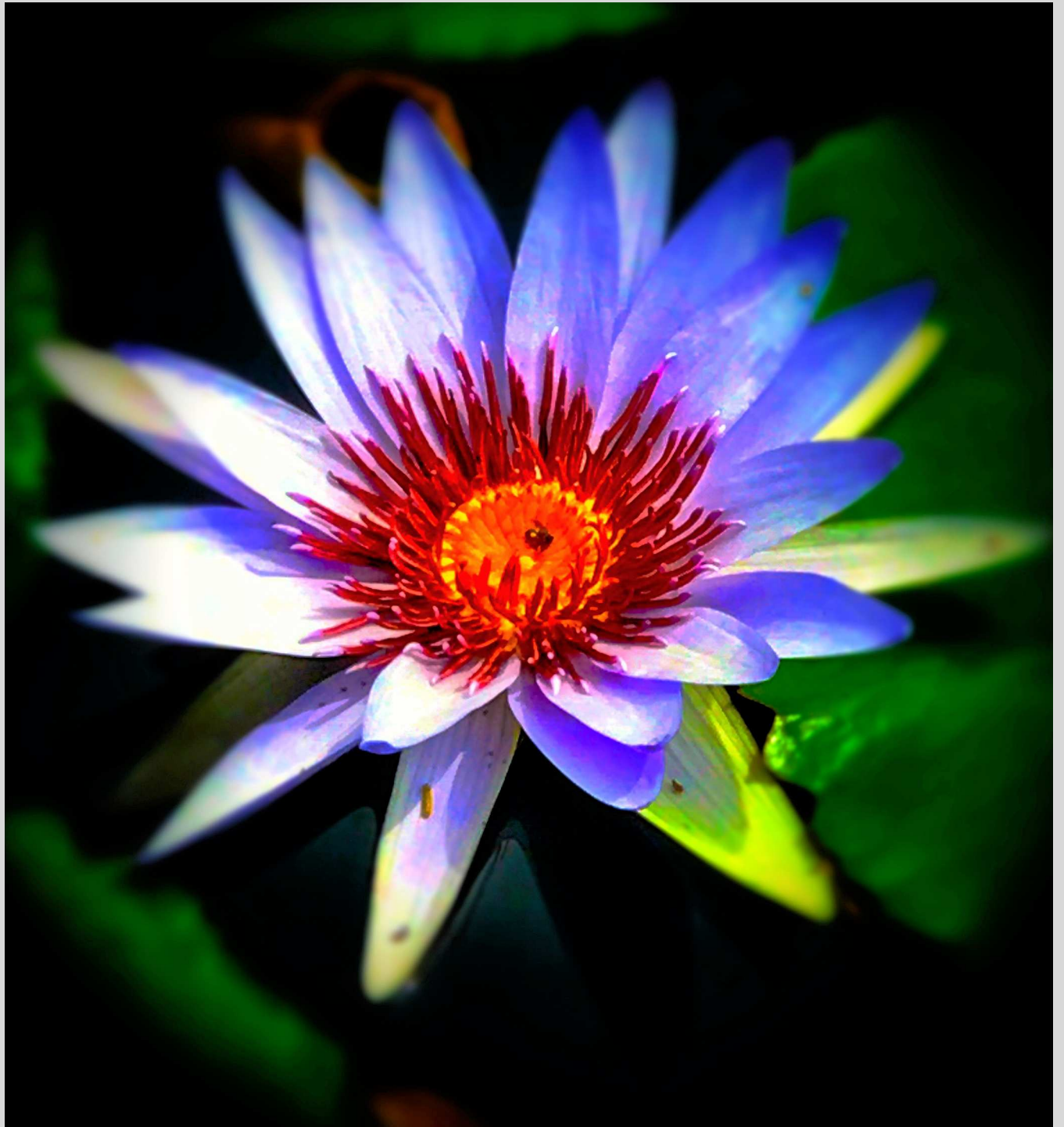












THOUGHTS

MAY WE LOVE



FOREVER AND EVER



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