



Instruments Of Consciousness

Instruments of Consciousness is an ongoing body of work exploring how objects can function as tools for awareness. Developed over several years, the project investigates the relationship between time, perception, and attention through sculptural forms that invite contemplation and interaction. Concurrent with the effort to create formally resolved objects, I am interested in how these works might function as instruments that train sensitivity to the present moment and expand awareness of time passing. The project is introduced through five sets of works, including *Anchors*, *Breakers*, *Clocks*, *Cups*, and *Epitaph for Birth and Death*. Through material, form, and process, the work asks how physical objects might assist us in navigating life with greater presence and reduced resistance.

Clocks are porcelain vessels filled with water to the rim. As time passes, the water slowly evaporates. Unlike the fixed pace of mechanical time, these clocks unfold according to their surroundings, including temperature, humidity, and the shifting conditions of the seasons. Time becomes atmospheric rather than linear, measured through disappearance. When the water has evaporated, the vessel is refilled and the cycle begins again. As the water recedes and returns, the work makes visible the quiet movement of time and the way awareness slowly shifts with it.

