

MEDITATION – MIND MURMUR VOLUNTEER – 2 HOURS

Meditators are the crown jewel of Mind Murmur. Your meditation controls the art! As your meditation deepens, your brainwaves control the pyramid's video, sound and lights.

What to expect:

- You wear a simple headset that looks like small headphones
- We'll take a few minutes to calibrate the headset to your mind
- A heartrate sensor slips onto your fingertip
- You meditate for 30 to 60 minutes inside the pyramid.
- You sit in lotus position (or legs folded under you) on a 42"-wide pedestal. Use our meditation pillow or bring your own
- You meditate with eyes closed; the headset won't work otherwise
- As your meditation deepens, you'll hear the soundscape respond. People will see video and lights respond as your brainwaves control the art

Two meditators are on each shift. Highly-trained monitors will greet you, and show you everything you need to know. Just show up on time!

Warm Clothes

All meditation sessions are at night. Playa can get very cold (down to the 40s). While meditating, you'll be sitting still for a long time so will feel colder than normal. Bring something extra warm for your meditation, just in case.

Session Recording

We'll record each meditation session's EEG data, video art, and sound. If you want those recordings after the Burn, tell the installation monitors! They'll note your timestamp in our logs, so we can later retrieve your data.

SIGN UP FOR A MEDITATION SHIFT HERE: <https://doodle.com/poll/7xqiq2f85896zftf>
(Trouble signing up? Email sgodovykh@gmail.com)

Contact Mind Murmur – website: dinafisher.net/mindmurmur, email: i@dinafisher.net

Mind Meditation Mixology – You are Invited!

*Special Event... Join us for a brief group mediation, and consciousness discussions led by PhD brain scientists. Followed by DJs and custom-crafted cocktails (think elderflowers and rosemary).
Wednesday Aug 29, 8-10pm, at the Mind Murmur pyramid.*

Donate: help bring Mind Murmur to life <https://www.gofundme.com/mind-murmur-art-installation>