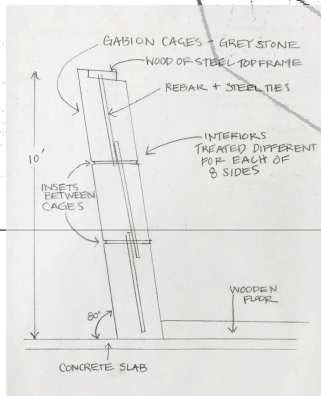
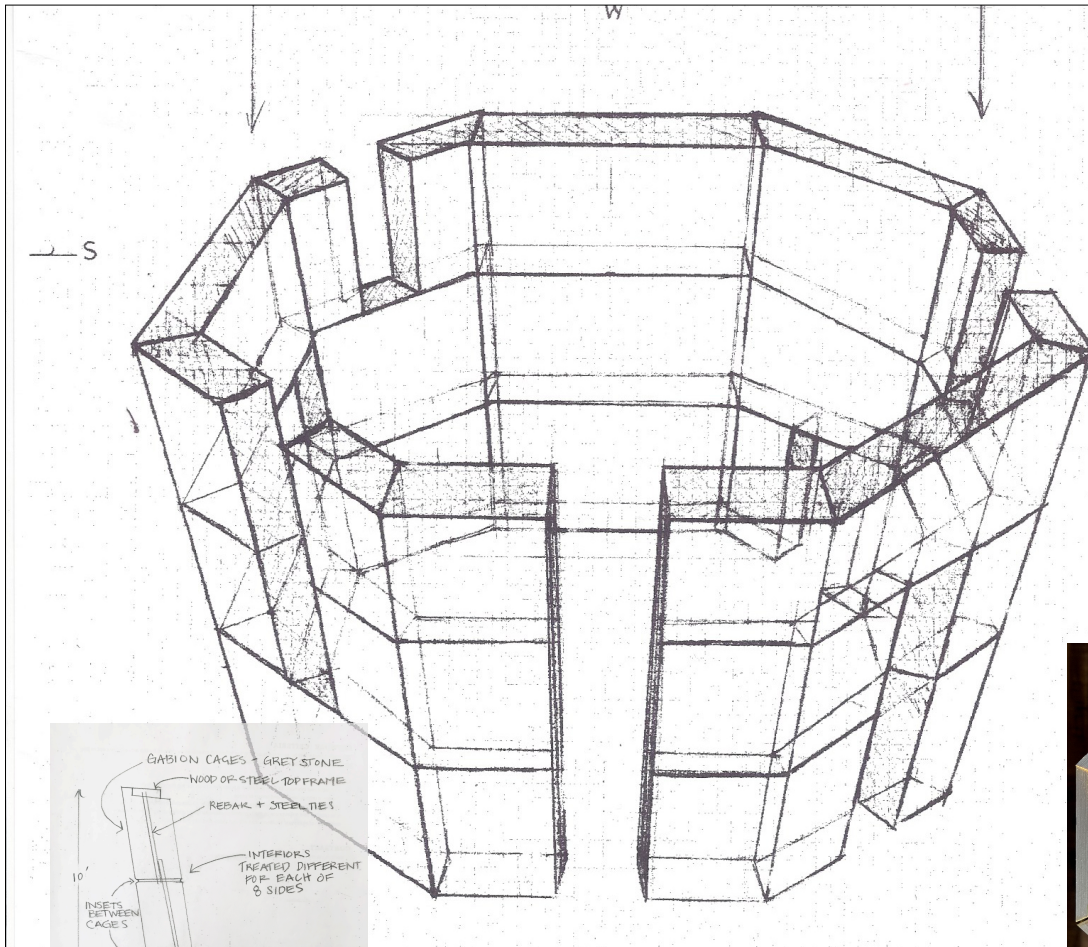

AMBER BROOKMAN



Project Proposal

Prepared by: Amber Brookman, Artist
Sunday, July 26, 2026

"The I Ching does not offer itself in proofs and results, it does not vaunt itself nor is it easy to approach, like a part of nature, it waits until it is discovered." - Carl Jung

EXECUTIVE SUMMARY

Objective

“A world is only as free as it allows its artists to be”. - Rick Rubin

My current body of work explores the ideas of process, self awareness, community, global and universal awareness, and the blending of my life long exploration of science and ancient philosophy with embodiment of healing practices to symbolize the idea, and struggle of, “being the change you want to see in the world”.

What keeps us, as humans, locked in the play between opposites? This project addresses the issues faced by humanity in an era where the dream of true equity for all collides with many worldly institutions and traditions which need to be broken down and defeated, and the fear surrounding the necessary shifts in perception and ultimate struggles for power. It is about balance of the masculine and the feminine, the yin and the yang, good and evil and all opposites. The truth about our earthly experience is that we are bound to the dance between opposites, without darkness there would be no light and this is true for all dualities. The more polarized we become the more out of balance the energy. In placing more value in the masculine within each of us we deny parts of ourselves. We all have both inside of us but we have been taught the oppressive gender binary by design. The Patriarchal powers have colonized our language our thoughts and our culture to maintain power for white men. In order to heal we all need to learn to master our nervous systems, de-colonize our minds and bodies and learn to live and create authentically. This specific project also speaks to the issues faced by creatives (mainly female and non white male and other marginalized communities) regarding time, space, a room of one's own, and most importantly permission to define and live by a certain set of processes which put service to this authentic creativity at the apex, without sacrificing love, family, connection, community and livelihood.

But this project it is also about so...much...more...

Goals

My goal is to use the visual system of opposites presented in the symbolism of the Yijing(I Ching), to build a sculpture for sitting in meditation that illustrates an elegant solution to much of what ails society. Living in the grey areas, allowing the dance between the opposites and ride the energetic waves and vibrations and landscape they create. Realizing the equitable value of opposites. This balance between opposites is where we find the energy and joy of life. At its core there is equity in system of the Yijing, there is no value discrepancy in the symbolism of the lines of the Yijing, yet even in this symbolically equitable design, its use in history is steeped in misogyny and apotheosis of the masculine over the feminine. I intend its usage as a visual map not the territory itself. A window, a tool, a symbol for sitting with, and in balance and health; at the center you find the tai chi, “**The Way**”.. Sitting in the center of the sculpture with intention, I believe, could resonate with the viewer and foster authentic moments within its walls.

Solution

I see a show of work that represents my own journey to authenticity including but not limited to; my evolving seven piece series “The Seven Stages of Spiritual Alchemy”, along with other Yijing related works and “The Way” a ba gua derived sculpture seen illustrated above large enough for several people to sit in meditation within its walls. (I have designed the structure in several different materials for different locations and uses. Wooden walls, or gabion cages filled with rock, straw bale walls with stucco, or living 3D printed walls are possible materials.) During the opening and possibly ongoing throughout a show I would sit in meditation within the sculpture and invite people to come sit in meditation with me. I would love to have some kind of documentation of how people feel entering the sculpture vs. how they feel exiting. Possibly with external technologies to track real data. Also I would love to explore the possibilities of adding in vibrational, sound and other healing modalities to the structure. Possibly even collaborating with researchers to track biomarkers and such for real impact.

“ Living in discovery is at all times preferable to living in assumption.” - Rick Rubin

Project Outline

The ba gua sculpture “The Way”(see above images of design) will be built (materials TBD) inside a larger space (art studio: TBD) or outdoors near a studio, where I can work within its very symbolic, binary code walls and proceed with further development of my creative processes while documenting with video and sound for the purpose of study of said processes and testing my hypothesis; that I have (and ultimately we all have) the ability to improve my basic health and increase my creative output with concentrated meditation and movement.

- meditate, write, draw, move, plan, consult the I Ching, do yoga, pilates, breath work, energy work and many more “self care” modalities and track all vitals, weight, wrinkles and BMI during this dedicated time TBD. Possibly submit to a full body scan, blood work and as many bio markers tagged as I possible before, during and after the month long stay.
 - Video, photography and sound will have a large place in the project and can be used for project documentation. Artist reserves the right to edit and control use of all content produced. The purpose of the video is not to be watched as entertainment but to be used for documentation and some presentation of project and will only be used as such after the project is completed. This is NOT a reality show project!!!
 - I will likely need collaborators in these specific areas: engineering, construction, AV documentation, data management, lab work, study design(scientific collaboration?), writing and possibly personal coaching, arts administration and project management.
 - The symbolism of the structure represents a culmination of my work over the last 20+ years and is rich with content for contemplation and discussion. It is in the conversation about the work where I will begin bridge the gap or connect the dots I see between the science and the spiritual in art and in practice. I will blog about the project through all phases and invite others into conversation and contemplation about the multitude of meanings and teachings in which the project is steeped. I envision collaborations, discussions and writings to expand upon my project, possibly culminating in a show and book.
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Space : Materials : Equipment

Space requirements:

- Large enough to build the 12' wide by 10' tall sculpture in the studio with ample room to show and create other works.
- HVAC
- Private bathroom
- Security
- Area for sleeping, and ability to sleep (not live) in the space part time, temporarily. (Optional)
- Deliverable address (food and materials deliveries)
- Enough electricity for equipment
- Large enough doors for delivery of lumber etc.
- Ideally in a location good for opening for a show and having visitors.

Materials needed:

- Lumber/Gabion cages/rock etc depending on design
- Earthen blocks. Turf, moss etc
- Hardware
- Brackets
- Stain
- Large yoga mat for center
- Paint for embellishments
- Motor for rotating floor (optional)
- Small podium (optional)
- Singing bowls (optional)
- This is an evolving list

Audio visual Equipment

- Cameras, at least three angles video and still
- Monitoring Equipment
- Recording Equipment
- Sound system for playing music and sound healing
- Microphone for recording my voice when needed
- Lighting

Our nervous systems have poorly adapted to our current world. The luxury to stop and take notice of the way we move through the world, to truly learn how our nervous system works, is steeped in privilege, as is this project. How do we reach the masses when self care, as a multi billion dollar industry, is a marketing ploy to elitists? Self care can be just ten minutes to oneself no matter who or where you are in life. There are a plethora of modalities both new and those that date back thousands of years that explain ways to learn to have more control over our health and well being via our nervous system than most think possible.

Do our own limiting beliefs, colonized minds, stories, and obsessions with giving away our power over our bio-psycho-social processes stop us from healing? Can meditation really help disconnect old pathways, i.e. our stories of who we are, and build a new and different life? What are we really doing for our bodies when we meditate?

I am relying on my 25 years of experience in teaching Pilates, yoga, somatics, Feldenkrais, and studying with others in physical therapy, breath work, meditation, consciousness studies, neuroscience, vagal toning, mobility and many more, along with my lifetime of being an artist to see this project through. Although I am trained in many of these areas, I am not an expert in any, yet I feel I can embody the essences of what I have learned without much effort during meditation.

Ultimately, I want time to explore my interior landscape within the walls of “The Way” bring people along and document what happens...

THE WAY :: AN EXPLORATION IN BALANCE (WORKING TITLE?)

BUDGET

Basic Project Needs

Currently this project is in the R&D phase and many elements are reliant on funding and how, where, and when the project will unfold. The following shows the estimated costs for the basic needs. Below I will list the most stripped down lists of requirements for the space and materials, with hope that each can evolve and expand as the project gains momentum and support. See Addendum for a breakdown of budget numbers.

Description	Quantity	Unit Price	Cost
Industrial work space rent (monthly) larger space than current needed			TBD
Building and Art Materials			TBD
AV and sound equipment			TBD
Lab work and bio tracking equipment			TBD
Labor/Collaborators			TBD
Coaching			TBD
Total			\$0
