



Still Time | Instruction for Use

Written by Jason Bauer & Jason Kane
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INTRODUCTION

Enter here
and take a break.

Begin with silence
to quiet the frequencies of your mind
because most likely they'd been running wild and on autopilot all day without your knowing
because that's the way it goes.

Until you make the choice
and have the intention to come bathe in the spiritual world.

It's a space-time continuum experience.

If you listen closely
you can hear the peaceful running water from the nearby stream out here in nature.

— Jason Kane, March 2021

BACKGROUND

The Still Time clock is an atomic time piece that uses a moiré of light to generate concentration and altered states of reality. The LED light, designed by James Corporan, uses warm and cool tones to mimic the rising and setting of the sun. A clock movement and movement controller translates atomic time into patterns of light through three layers of reeded glass. The largest striation of light rotates in accordance to the hour hand of the clock, while the smallest represents the second hand of the clock, the middle — the minute. This device translates time through pattern and can be learned like a language.

The Still Time platform is an interactive light box utilizing James Corporan's lighting design to project caustics created by a shallow bed of water. Participating viewers are invited to respectfully interact with the light box to generate movement in the water before they settle to sit or stand on the platform in observation of the Still Time clock.

DIRECTIONS

Using your personal headphones, select one of the audio meditations found by scanning the QR code (<https://jasonbauer.com/sti>) on the cover page. Pick a meditation that resonates with you, or have a friend pick a meditation for you. If you can't pick just one, come back often until you have picked them all. If you do not have headphones consider picking one of the mantras below to recite quietly to yourself.

After you have picked your meditation or mantra, respectfully sit or stand on the Still Time platform while you observe the platform's movement. After you have settled and the caustics have slowed or halted, observe the *Still Time* clock by directing your gaze to the center of the circle. You can now begin to quietly recite your mantra to yourself or listen to the mediation you chose.

MANTRAS

infinite sea

I am a boat, I can float, I am not afraid of the infinite ocean I am on. I drift under clear skies day and night effortlessly as the wind carries me through this polar sea.

space odyssey

I am floating in space with an endless supply of air, I can think, feel, hear and see all that is inside of me.

dancing with a robot

This robot is carrying me, I am moving effortlessly with uncontrollable joy as it vibrates through my body.

in a cloud

I feel fluffy with all my friends next to me.

MEDITATIONS

on a boat

Picture yourself on a boat, a cartoon boat. You are fully in observation of your external environment, hold this vision. Your friends are around you, new friends and old. You are imagining the ideal sunset in your cartoon head. You are feeling, not just seeing, pink, orange, purple, red and blue. You are with a lover, sharing warmth beneath the sun. You are external, in this eternal moment letting visuals pass as you become aware of the movement of the boat you are in. Subtle and steady you are floating on the ocean of your eternal mind. Taking time to laugh, hug, be hugged, love and to feel the collective heart radiating in and of you, you are powerful. Stay silent as you imagine again, in your cartoon head, that you are not alone. You are everything that comes over, under, through and around you. The tides are rippling as you are in observation of a beautiful sun as it sets beneath the horizon — you have fun. Feel excitement, composure, closure, and gratefulness as you breath gently. Open your mind with divinity and idolize your imagination. Concentrate, take your time to rewind, let go and start again. Your thoughts become clouds as they slowly drift across the ocean as reflections on the rippling sea.

— Jason Bauer, April 2021

in a picture

Picture yourself in a picture, infinitely still not moving from the moment of a flash, you are in 2 dimensions. You are comfortable, stable, relaxed and still alert. Take time to breath your deep breathes not fearing not hearing the outside world you are a picture in a frame on a wall staring beyond you into a hall. Take time to understand how you digest while listening to your breath you are wholesome hollow and strong. Dissolve into mist as you are burned in a fire, gaseous and floating you are numb to pain and awaken to levitation as you float and join with clouds. Take time to breath, relax, wonder as your mind wanders around you are in observation of a quest to be the best essence of radical behavior, a true and honest saint. Don't wait listen now, own your time, your pleasure, your crown. You are the ruler of your universe, a universe you are collaborating to create with everyone you know and all others you have yet to know. It is through these entities in which you learn in order to tighten your awareness to become infinitely one. Picture yourself dissolving floating into the sun you are surreal as you surrender to the bliss and ultimate understanding of how to exist. Take time to share, have, give and take mutual emotion.

— Jason Bauer, April 2021

falling from a tree

Imagine yourself as a movement. As if you exist in a transition between two places. You are carrying out transcendence through time and space. You are a vibration radiating like a ripple in 3 dimensions expanding infinitely affecting everything that can and cannot be defined. You are a lemon falling from a tree infinity still in the air for milliseconds before you impact the ground. Imagine yourself as a plum fruiting from a branch, you are ripening as the sun sinks into your skin you grow from your core as your soul absorbs water from a branch in part of a plant that is a collection of fruit for which you fit as a balanced healthy, thriving element there-of. You are still for expansion and your ineffable existence is a source for nutrition for something else you do not understand, you exist selflessly, you are whole, you are organic, you are being squeezed.

— Jason Bauer, April 2021

step into another person's shoes

The first person that pops in your head... Imagine they're across from you standing with full body in frame. They're wearing a certain kind of shoe. They take them off and slide them your way... You slide yours off and try theirs on, and to your delight they fit rather well and comfortable. / And with this you get a sense of their world. You start to feel their nervous system, their power, similar to your own, yet unique, as original as any individual.

— Jason Kane, May 2021

attain a goal or achievement set

It starts with a seed. An idea from the abstract realm floating around in the ether seeking to be materialized somehow. You recognize it and pluck it down. What now? It gets planted and thereby entered into the time continuum, meaning later on it'll grow and progress either upward or downward across this reality spread. It develops characteristics, some expected, some new all of a sudden. And these lead to more. And onward it goes down the line. Forward. / It hopes to follow the path you have in store for it. Another abstract point, you could call it another potential seed floating around in the ether waiting to be achieved.

— Jason Kane, May 2021

everything going your way and running smoothly

Like checkpoints or levels in a video game. Get to this point and pass it with ease. You've developed good momentum, a successful succession, hopping from here to there as if in a weightless dream void of friction. Tons on your side and supporting you, everything going your way and running smoothly. Efficient machine. Cutting through clouds, through butter swiftly as planes do. Call it good moods or good days, something, all the conditions just right, the elements coming together and harmonizing, planets aligning, positioned in your favor. You're also very much a part of it. See the macro and experience the micro and experience the macro.

— Jason Kane, May 2021

everything changes

In time, while monitoring your differences — you experience a burst of vibrant energy that overcomes you. You accelerate painlessly as your body warps into a blur of color. With your eyes closed, allow yourself to focus now on the neon light created from your observations. Bless these visions with your memory and promise them you will return. Open your eyes now and make an attempt to juxtapose your impressions onto the sculpture before you. Breathe in a subtle, yet deep fashion while tingles arrange themselves in your celestial body like stars.

— Jason Bauer, May 2021

untitled

Relax and go deep as you can or would like to or are willing. You will come out of this experience changed. It would've happened this way anyhow because that's the nature of time, never motionless. Here's just a guide like a reminder or assistant. Change for the sake of change when it's pretty impossible to avoid it all together. Embrace it and ride the wave as it moves.

— Jason Kane, June 2021

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— Jason Bauer, Aug 2021

THE ARTIST

Jason Robert Bauer (b. 1986) is an American artist. Bauer works in pursuit of equanimity through the expansion of consciousness creating portals that evoke energetic transformation and hypnotic states of enlightenment.

Bauer has been selected for The Arts Commission's Momentum | Intersection exhibition in Toledo, OH, and has been the recipient of residencies at STARworks in Star, North Carolina, Circle 6 Studios in Phoenix, Arizona and at the Pittsburgh Glass Center in Pittsburgh, Pennsylvania. Bauer's work has been presented at Fort Makers, The Assemblage, Lorimoto Gallery, The Bitter End and Bowery Electric in New York City, Marcia Evans Gallery in Columbus, Ohio, The Hodge Gallery in Pittsburgh, Pennsylvania, The Blackboard Gallery at Studio Channel Islands in Camarillo, California, El Cluster in Bogota, Colombia, the Chrysler Museum of Art in Norfolk, Virginia and Museum of Contemporary Art Cleveland in Cleveland, Ohio.

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