

MINDFULNESS GUIDE (summer)

Feel yourself on the softness of the Earth
How does it support you?

Touch the grass, feel individual blades.
Notice it as a whole entity too.

Head to the apple orchard, look for fruits
Grab one from the fruit box, bite in to it
CRUNCH!

Move to the community garden, dig your fingers
in to the soil feeling area. Feel your connection
to the dirt between your fingers, as it moves through.
TASTE!
What comes from the soil? How does it sustain us?

Head to the pond, throw a few stones in.
Listen to the sound of the water
reacting to the stone disrupting its
surface. Watch the ripples as they get
bigger + bigger.

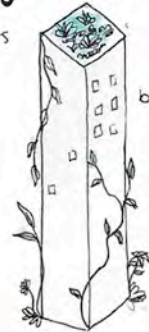
Sit at the lavender + Sage garden. Grab a
couple of bulbs and squish them between
your fingers. Smell the aroma, focusing on
your breath.

If you are able, walk to the tree house and climb up.

Look at the different levels, imagine the space from
the very bottom where ants crawl and worms
bury themselves in the soil to the tops
of the trees where the birds make their homes
and the leaves flutter carried by the air
they purify. Consider your place in nature, on the earth.

Urban Mindfulness

People impact built environments



built environments
shape and influence
people.

focus
pay attention



NOTHING WE DO
IS
UNPLACED...

see

hear

smell

taste

touch

feel feel feel
feel feel
feel feel
feel feel

The way we process our senses in the urban environment
can define our experience in the city. Each step we
holds space for our bodies and minds to react.

What are the things we notice?

What goes unnoticed?

What areas + spaces in the city demand the
most of our bodies, senses, attention?

Do we drown it out?

What do the spaces demand?



BIOPHILIC LOT PROPOSAL

Use resources such as Living Lots NYC by 596 acres and Green Thumb NYC to find a lot to create a biophilic experience in a vacant lot in an area that lacks green space.

Would support + encourage full usage of sensorial systems to achieve mindfulness.

Work with community organizations such as El Pente who are dedicated to art, science, nature, and equity in their community.

Recognize the risk of ecological modernization + green space paradox + work with local stakeholders to contest real estate interests and have an active involvement to explicitly advance public health, environmental equity, and urban mindfulness in communities where it may not functionally exist.

COMBAT GENTRIFICATION

- many levels + layers on lot
- guides/scores for mindfulness, this could be through classes as well as self guided with a leaflet
- community garden area to provide fresh fruits + vegetables in Spring, Summer, + Fall
 - would have job programs for upkeep
 - volunteer opportunities with nearby schools
 - hands on soil
- herb garden with sage + lavender for aromatherapy
- tree house to see different levels of diversity / lot
- information on all species accessible through an app + brochure for those without access to app
 - running water
- Specific textures, meant to touch
- variety of color + shapes

BROOKLYN BLOCK 4758 - LOT 54

Schenectady Avenue, Brooklyn, 11203

Area: .23 acres (10119 square feet)

City Council District 45, represented by Jamaane Williams
Community District Brooklyn 17

Multiple buildings (residential) back up to this space

- easy access
- embodiment of a "backyard"
- pathway between communities
- shared space that is simple to access and private enough that it won't attract gentrification
- FOR this specific community



BIOPHILIC LOT 54

