

CURATORIAL PRACTICE PROJECT FOR ONLINE PLATFORM:
MUSIC FOREST AND THE INNER PEACE OF SLOTH



An Independent Study Submitted in Partial Fulfillment of the Requirements
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MUSIC FOREST AND THE INNER PEACE OF SLOTH
By Miss Li Hsuan Chang
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Thesis Advisor Haisang Javanalikhikara, D.F.A.

Accepted by the Faculty of Fine and Applied Arts, Chulalongkorn University in Partial
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..... Dean of the Faculty of Fine and Applied
Arts
(Professor Kumkom Pomprasit, D.Lit.)
INDEPENDENT STUDY COMMITTEE
..... Chairman
(Associate Professor Pomprapit Phoasavadi, Ph.D.)
..... Advisor
(Haisang Javanalikhikara, D.F.A.)
..... Examiner
(Professor Kamol Phaosavasdi)
..... Examiner
(Assistant Professor Prapon Kumjim, D.F.A.)

CHULALONGKORN UNIVERSITY

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Li Hsuan Chang : CURATORIAL PRACTICE PROJECT FOR ONLINE PLATFORM: MUSIC FOREST AND THE INNER PEACE OF SLOTH. Advisor: HAI SANG JAVANALIKHIKARA, D.F.A.

'Music Forest and the Inner Peace of Sloth' is a digital curatorial practice platform designed to offer a mental sanctuary in the information age, catering to all visitors, especially visual art, nature, and music lovers. The artworks showcased in this text are influenced by the philosophical foundations of slow art and the Fluxus movement, a 1960s artistic movement promoting living art and anti-art.

The project promotes inner peace through nature-inspired artworks, offering a unique online space that harmonizes music, forest, and sloth spirit, encouraging users to explore their inner selves and experience balance and slowness. Music Forest invites users to embark on an interactive journey into the heart of spirit, transcending the limitations of physical exhibitions through digital devices. This online platform is tailored for individuals seeking a digital oasis, it is ideal for those yearning to unwind, disconnect, and immerse themselves in a tranquil environment of soothing melodies and the unhurried spirit of slothful serenity.

The website, created with Wix, offers a mixed-media trip that combines sound effects, visual arts, and music with a sloth theme. River and Rock, a collection of five pieces by well-known artists like Andy Goldsworthy, Chi Po-lin, Ton Mak, Klaus Littmann, and Vincent van Gogh, is available on the platform. Audio options include Canon-based multilingual songs and comforting lyric-free tracks. John Cage's "4'33" serves as the platform's closing theme. An interactive program with carefully curated playlists on Spotify and YouTube promotes a digital detox and pays homage to the timeless artistic presence of music.

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Next, for exhibition engaged parts, I am grateful to those individuals from diverse backgrounds who participated in exhibition reviews, providing valuable insights and perspectives Your exhibition experience allows this project to be presented in a better way in the future. To the online community, visitors and participants, I extend our sincere thanks. Your engagement, feedback and contributions have been invaluable in making this project a success. Eventually, I hope all visitors find inner peace through the platform.

Last but certainly not least, my heartfelt thanks go to our family and friends for their unwavering support, encouragement and patience throughout this journey. Without the dedication and support of these individuals and groups, the realization of 'Music Forest and the Inner Peace of Sloth' would not have been possible. All in all, thank you for being a part of this contemplative exploration of inner peace and the intersection of art, nature, and music.

Li Hsuan Chang

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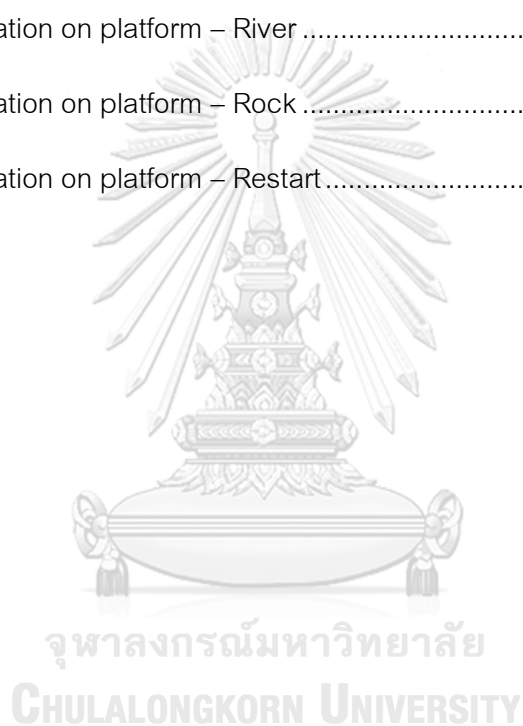
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Chapter I

Introduction

1.1 Concept

As time goes by, humans are facing the era of the 'information overload'. In 1964, Bertram Myron Gross, an American social scientist, coined the phrase 'information overload' in his book, *The Managing of Organizations* to describe a problem in which a system lacks the ability to comprehend a huge volume of input.

'Information overload occurs when the amount of input to a system exceeds its processing capacity. Decision-makers have fairly limited cognitive processing capacity. Consequently, when information overload occurs, it is likely that a reduction in decision quality will occur.' (Gross, 1964)

After 40 years, in 2004, there was a new abbreviated term for describing a phenomenon observed on social networking sites: 'FoMO' (McGinnis, 2004). Fear of missing out, or FoMO, can be experienced in many situations. For example, missing out on a party or social gatherings. When it comes to the origins of the acronym FOMO, many credit it to Patrick McGinnis, an American speaker, venture capitalist, and expert entrepreneur who used it in an article he wrote for the Harvard Business School magazine, *the Harbus*. McGinnis' article used the phrase 'fear of missing out' to describe why people frequently overschedule themselves. Nowadays, FoMO is usually used to describe those people who fear of missing out on social media.

Coincidentally, the largest social platform, Facebook, launched in 2004. It is important to note that the impact of Facebook can vary widely from person to person and is influenced by individual usage patterns, privacy settings, and personal experiences. While Facebook offers many benefits, users should be aware of the

potential negative effects and take measures to mitigate them, such as managing their privacy settings and being mindful of their online behavior. In 2004, a Canadian journalist named Carl Honoré published his bible of the Slow Movement, *In Praise of Slow*. Based on his thoughts about slowness, he said, 'SLOW does not mean doing everything at a snail's pace. That would be absurd. It means doing everything at the right speed.' Since then, he has started to advocate that slowness is a superpower.

Later in 2008, the 'Slow Art' movement was promoted by Phyl Terry to encourage people to look at artwork for longer periods of time in order to get more involved with the emotions behind it. The idea is to explore each sculpture and painting from different viewpoints before discussing various interpretations of them. Researchers Smith F, Smith K and Tinio (Smith, Smith, Tinio, 2017) writing in the *Journal Psychology of Aesthetics, Creativity, and the Arts* in 2017, they found that visitors to the Art Institute of Chicago spent an average of 28.63 seconds looking at artworks. To encourage people to spend more time on artwork, many museums and galleries start to hold slow art days in April. Furthermore, James O. Pawelski, director of education at the University of Pennsylvania's Positive Psychology Center, compared the experience of walking through a museum to walking through library stacks. He argued that people can spend hours in a museum but walk out without seeing anything. Pawelski taught students to spend 20 minutes (Pawelski, 2017) in front of a single work at the Philadelphia's Barnes Foundation, which he claimed enhances appreciation of art and can have similar benefits as meditation.

In the last few years, there were many worldwide museums and galleries offered Yoga at the museum. In America, Brooklyn Museum offered one of the biggest yoga classes for 300-400 people (Filippenko, 2017). New York's Rubin Museum's yoga classes are a natural extension of the collection that includes art from Tibetan plateau, the Himalayas, India, and neighboring regions, where yoga is in the air. In Asia, the

National Museum of the Philippines announced that they are holding four free yoga and meditation classes at the famed Spoliarium Hall for events called Yoga at the Museum. In Europe and Australia, Museum of Contemporary Art Australia, YARAT Contemporary Art Space in Ba-ku, Museu Nacional d'Art de Catalunya in Barcelona. Doing yoga at an art museum can offer a unique and enriching experience that combines the benefits of physical and mental well-being with the cultural and aesthetic aspects of art.

The slow movement promotes a change within our culture that slows down the speed of life. The slow food movement started in 1986 with the founder, Carlo Petrini. At that time, he protested the opening of a McDonald's restaurant in Piazza di Spagna, Rome. This eventually spread to other places, where it became a subculture, such as the Cittaslow organization (Guida, Cimicchi, Marrone, 1999) for slow cities. Their motto is 'International Network of Cities where Living is Good.' The movement has changed over more than 20 years to include a holistic view of food that acknowledges the strong connections between plate, planet, people, politics, and culture.

Today, slow travel, slow fashion, slow fitness, slow gardening, slow interiors, slow design, slow thinking, slow news and slow working are all examples of further offshoots of the slow living movement. More and more people are acknowledging that faster isn't always better. Slow life is a life following tempo giusto (Honoré, 2004). Giusto is an Italian musical term means correct time, in Honoré's concept tempo giusto is right speed for each piece. In an era of constant distraction and haste, 'Music Forest and the Inner Peace of Sloth' serves as a reminder for path to inner peace. This project encourages visitors to engage with this immersive journey, allowing it to spark a sense of mindfulness and reflection. Perhaps, even inspiring the audience to seek out their own moments of inner peace in the bustling world outside. There are many ways for saving from information overload. One of suggestion is 'Take micro breaks and stay hydrated.' (Cazaly, 2021) To curate a virtual exhibition as a reminder about the reduction

of information overload and take a rest. By designing 7-Minute Meditation: Vincent van Gogh's Undergrowth via YouTube for the turning over of a new leaf. With the guidance, visitors could slow down and enjoy the little things in life. Later, attendees have two options, which are River and Rock. All artworks that inspired by nature, all songs selected in this project with comforting compositions. For the Restart part, adapting John Cage's "4'33'" into an interactive program provides users with an exceptional and thought-provoking experience as they explore the boundaries of art and music in a digital realm.

What is Inner Peace?

One of the most influential applications for meditation and sleep, Calm gave Inner Peace a definition.

Inner peace is a state of tranquillity where you feel at ease with yourself, others, and the world around you. It is about being fully present and comfortable in your skin. Less impacted from anxiety, worry, and stress. When you experience inner peace, you accept who you are — your strengths, flaws, desires, dreams — everything that makes you uniquely you. You also feel more accepting of the world around you and the situations that are unfolding so you're less negatively impacted by anxiety, worry, and stress. Inner peace isn't something you wish for. It is something you make, something you do, and something you are. (Calm, 2012)

In addition to practices for cultivating inner peace, based on an article written by Nsereko from World Peace Initiative, she mentioned that inner peace is closely linked to having inner space. Next, Nsereko gave five suggestions about building inner space and peace of mind. First of all, self-reflection to build inner space and peace. Second, keep your inner space clear. Third, go and connect with nature. Next is working on your own personal growth. The fifth is meditation is the perfect way to calm down the mind and connect with yourself. Overall, finding inner peace is a personal journey that

involves finding inner contentment and a sense of purpose, ultimately contributing to a more fulfilling and meaningful life. Different institution and organization provide methods on how to find inner peace. What they all have in common is getting closer to nature. Hence, Music Forest project will focus on artworks that inspired by nature.

What is Spirit?

The meaning of spirit can vary depending on the cultural, religious, or philosophical context in which it is used. With the meaning from Cambridge dictionary, 'spirit' is a particular way of thinking, feeling, or behaving, especially a way that is typical of a particular group of people, an activity, a time, or a place. In many religious and philosophical traditions, spirit is often associated with a non-physical essence or the immortal, unchanging aspect of a being. It can be linked to the soul or a divine force. From ancient Greek philosopher Plato's Tripartite Theory of the Soul, each person's soul is divided into three distinct parts, and the balance of these parts varies from person to person. The three parts of the soul are the rational, spirited and appetitive part.

(Jamesrg, 2013)

The lower part of the soul is called the appetitive, called so for the "intensity of its appetites for food, drink, sex, and all the things associated with them..." (Republic, 580e). The spirited is the part with which one "gets angry" or feels emotions. Naturally it is aligned with the chest, the house of the heart. The spirited acts as the part of the soul that brings man to action. The third part of man is the rational, the part that thinks. It oversees both the appetitive and the spirited because it "is really wise and exercises foresight on behalf of the whole soul" (Republic, 441e).

The inner peace of sloth interpreted as a thematic element that encourages users to embrace a re-laxed and contemplative approach to music consumption. It is not about laziness, but rather about slowing down, savoring the music and appreciating the depth and intricacies of each composition. This project wants to convey message

that explore the depths of music, embrace the spirit of sloth.

How 'Music Forest and the Inner Peace of Sloth' represents in modern world?

In the modern world, the concept of sloth often carries symbolic meanings that go beyond its literal definition of laziness or slowness. Here are two ways in which sloth is symbolized in the modern context that we want to apply to this project.

i. Consumerism, materialism and resisting overwork: Sloth can symbolize a critique of excessive consumerism and materialism (Matza, 2020). In a world driven by constant consumption and the pursuit of material wealth, embracing a slower, more mindful lifestyle can be seen as a way to resist the relentless pursuit of possessions and find contentment with what one already has. In many modern societies, there is a growing awareness of the dangers of overwork and burnout. Sloth could symbolize the necessity of challenging the continual productivity culture and prioritizing taking care of oneself. It serves as a sign to find a balance between work and leisure.

ii. Environmental Awareness: Sloth are the symbol of environmental awareness and conservation. Advocates of a slower, more sustainable lifestyle often emphasize the importance of reducing one's carbon footprint, consuming less, and taking time to appreciate nature. In this context, sloth is a reminder of the value of preserving the natural world.

In general, sloth symbolism has expanded in this day and age to cover a wide range of meanings, from a critique of a fast-paced presence to a celebration of contemplative living, environmental consciousness, and self-care. It encourages individuals to reconsider their priorities and values in the face of the rapid changes and demands of contemporary society. The usage of sloths as symbols in consciousness books and related materials is a unique and approachable way to impart mindfulness principles in a fun and engaging way. The image of a sloth invites readers to live in a more relaxed and attentive manner. In the end of Music Forest, Hong Kong-born visual

artist Ton Mak's *A Sloth's Guide to Mindfulness* (Mak, 2018), the E-book version supported by digital publishing platform Fliphtml5 has been selected into this project. This book conveys to readers, through clean lines, black-and-white straightforward colors, and brief but insightful phrases, that no matter whatever challenges life throws at us, we may learn from the sloth's philosophy of having patience.

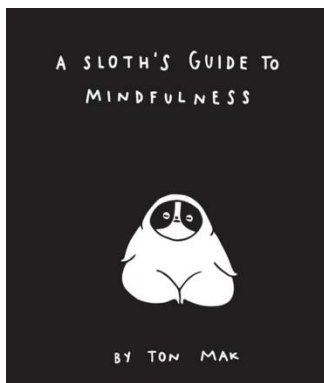


Figure 1 *A Sloth's Guide to Mindfulness* by Ton Mak

1.2 Curiosity between the Nature and Art

Curate, origin from cura means care and had become curate in middle English. Nowadays, with definition by Merriam-Webster, curate is to select and organize artistic works for presentation in (something, such as an exhibit, show, or program) or to select and organize (articles, images, etc.) for distribution or publication. In many renowned curators' points of view, they believe curiosity is important part of curation. 'I believe curiosity is why I am a curator.' said by Hans Ulrich Obrist. He is a Swiss art curator, critic, and historian of art. Currently, he is artistic director at the Serpentine Galleries, London. There is another Italian independent curator said 'To be a curator, curiosity is absolutely necessary.' Alessia Locatelli is an independent curator who works in the organisation of exhibitions with both public and private entities, in Italy and abroad.

To get started curating for this project, I questioned myself. What am I curious about and why? With my interests, I choose sound and musical songs and nature for

rest. The slow philosophy caught my attention. Next, I visualized the concept of slowness, using sloths as a symbol of slow life. Coincidentally, sloths also represent one of the seven deadly sins (Ponticus, 4th CE) of theology, laziness. According to Roman Catholic theology, the seven deadly sins are the seven behaviors or feelings that inspire further sin. They are typically ordered as: pride, greed, lust, envy, gluttony, wrath and sloth. In order to evoke different points of view about sloths, this project studies how artworks inspired by nature advocate slow living and how they can bring a sense of inner peace to modern people. In the last piece of website, we select 4'33" by John Cage, an artwork the Fluxus in homage to the Fluxus. The Fluxus movement, an international, interdisciplinary community of artists, composers, designers and poets during the 1960s and 1970s. Fluxus founder Maciunas (Maciunas, 1963) said that the purpose of Fluxus was to 'promote a revolutionary flood and tide in art, promote living art, anti-art'. This project as a whole want to remind of people that go slow with nature, nature is life and life is art.

1.3 Scope of Work

What is art? This is one of most open to debatable and subjective question of human culture. Art could be anything. As time goes by, we have more mediums to express art. The seven different art forms are Painting, Sculpture, Literature, Architecture, Theater, Film and Music. (Walker, 2021)

Music Forest: The Inner Peace of Sloth is an immersive audio-visual experience that aims to explore and promote the themes of inner peace, mindfulness and the beauty of stillness through the Sloth's lifestyle. We truly hope our visitors could find inner peace and live in peace with Nature. Reduce screentime from digital devices (although Music Forest is online platform) and recharge with nature in art. Here below are five scopes of work.

1. Conceptual Development

Research and conceptualization of the project's themes 'Music Forest and the Inner Peace of Sloth'. Select those artworks or idea inspired by Nature (and the Fluxus) and organize them into a creative vision. Next, narrative and present for online platform.

2. Audio-visual Selections and Productions

Composition and production of the audio soundtrack that includes natural sounds and music inspired by the forest. Integration of audio and visual elements to create an immersive experience.

3. Content Creation via Website

Development of an abstract, curatorial statement and interactive materials to accompany the project. Ensuring that the project is accessible to a diverse audience.

4. Promotion and Evaluation

Development of a marketing and promotional strategy to reach a wide audience. Regular assessment of audience feedback and engagement during exhibitions. Continuous improvement based on feedback to enhance the project's impact.

5. Budget, Resources and Copyrights

Development of a detailed budget, allocation of funds and resource planning for the project. Addressing legal matters related to copyrights, licenses and permissions for music, visuals and any other content used in the project.

1.4 Objectives of Independent Study

In this project, there are four elements in this curatorial practice project. They are music in art, forest, a symbol for nature, inner Peace is spirit and sloth is for slowness. For this study, my question is: how do we adapt the concept of the slow art movement into an online platform with artworks that give visitors a sense of relaxation through slowness?

Exploration with Slow Art movement:

Objective: To curate an exhibition that explores the principles of slow art while drawing inspiration from the Fluxus, incorporating the themes of 'Music Forest and the Inner Peace of Sloth' to create an experiential space that encourages viewers to engage with the artworks in a deliberate and contemplative manner.

Rationale: This objective seeks to investigate the intersection of slow art by using the themes of nature and sloth to invite viewers to slow down, reflect and engage in a more meaningful way with the exhibited works, fostering a connection between the principles of both movements.

Fostering Audience Participation and Interactivity with nature:

Objective: To design an exhibition that actively involves the audience, encouraging them to participate in the interpretation of the art, aligning with Fluxus principles of audience engagement and embracing the contemplative qualities of slow art.

Rationale: This objective aims to blur the boundaries between artist and audience, enabling visitors to co-create, interact with and find their own inner peace within the context of the 'Music Forest and the Inner Peace of Sloth' theme, all while staying true to the participatory ethos of the Fluxus movement.

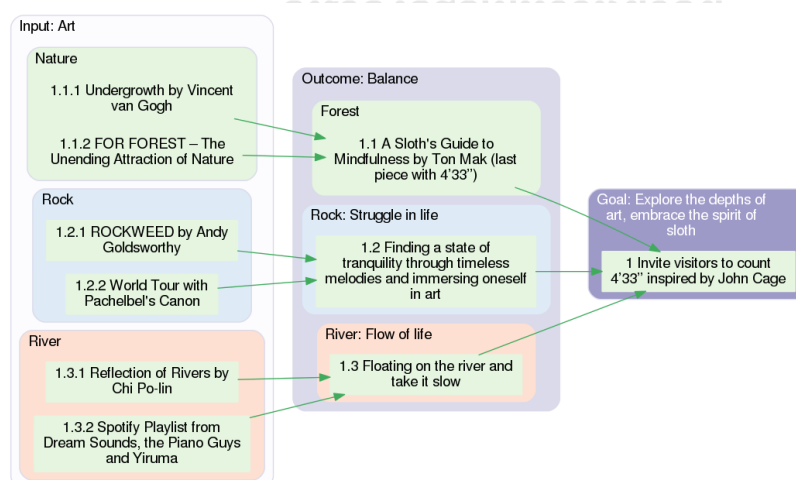


Figure 2 The input, outcome, and goal about 'Music Forest and the Inner Peace of Sloth'

Chapter II

Literature Review

Review about Music Forest and the Inner Peace

The theme of the online platform is the inner peace of sloth in a music forest. The exhibition aims to explore how music contributes to inner peace and social harmony through selected artworks inspired by nature. In the ever-evolving landscape of digital media and online experiences, the convergence of art and nature has emerged as a compelling theme for curatorial platforms seeking to provide users with a slow zone from the fast-paced demands of contemporary life. Additionally, the exhibition incorporates the use of background music to enhance the art appreciation experience.

The curator of this project has conducted experiments to identify the cross-modal correspondence between color hues and music tempos, finding that colors collaborate with songs with and without lyrics. The platform also aims to promote the practice of inner peace as a common denominator for people throughout the world. Through its unique process related to development, the online website empowers the audience to make awareness about self-care through slow philosophy. This project seeks to engage the audience and create a willingness to consume through the use of music and the establishment of a peaceful and harmonious environment.

This literature review explores the intersection of art, specifically music and nature in the context of online platforms designed to promote relaxation and well-being. As individuals increasingly turn to digital spaces to seek solace and inspiration, the amalgamation of artistic expression with the calming influence of nature stands out as a promising avenue for fostering a sense of tranquillity and serenity.

1. Curatorial Platforms in the Digital Age: The Ways of Curating by Hans Ulrich Obrist

The proliferation of curatorial platforms in the digital age has redefined the way individuals engage with artistic content. Online spaces dedicated to curating art, particularly music, have become pivotal in shaping our digital experiences. Based on definition from National Gallery of Contemporary Art, currently, we have These eleven types are the most common exhibitions in the art world and are very frequently used terms. They are solo exhibition, duo exhibition, group exhibition, Institutional Exhibition, Museum Exhibition, Retrospective Exhibition, Art Event Exhibition, Temporary Exhibition, Itinerant Exhibition, Anthological Exhibition and Online Exhibition. As for 'Music Forest and the Inner Peace of Sloth', it is a group and online exhibition. Next, the online platform that Ways of Curating by Hans Ulrich Obrist which in partnership with Google Arts and Culture. Ways of Curating is an experiment in organizing ideas and a platform for renowned curator Hans Ulrich Obrist's exhibitions. Obrist, the Google Arts & Culture Lab, and ForYourArt have curated a catalogue of projects from over 200 shows for this website. The site's design, which is intended for both researchers and curious users, reflects Obrist's cross-disciplinary, collaborative approach to curating. The site can be navigated by following links between thinkers and themes brought together by Obrist's curatorial practice. Obrist's journey from contemporary art to an expanded field spanning art, architecture, literature, philosophy, and science is documented in this exhibition. The timeline begins with World Soup, a kitchen show in which Obrist brought together artists such as Fischli/Weiss and Hans-Peter Feldmann for his first show, which was held in his studio's kitchen in 1991. With above thirty years' experience in curation, Obrist answered a question about what relationship to virtual reality in 2018, an interview conducted by Hussain Currimbhoy of Sundance Institute.

Curating is all about making junctions between people, between objects, quasi-objects. Michel Serres says an iPhone is a quasi-object, like a football: it only gains meaning when we interact with it. Timothy Morton talks about 'hyper-objects' like the weather, the climate, bigger systems. So curating is making junctions between objects,

quasi-objects, hyper-objects, and then in conceptual art: non-objects. If you think about these junctions between objects, quasi-objects, hyper-objects, non-objects, it is of course also objects between people. Curating, making exhibitions, is bringing people together in a room. (Obrist, 2018)

Furthermore, Obrist mentioned that 'We are already starting to witness visionary acts of digital curating, and curating will surely change as a generation native to digital tools begin to develop new formats. This generation has grown up in an entirely new world. Perhaps by learning from them, we can learn something about our future' in his book, *The Ways of Curating* (Obrist, p.171, 2014).

The proliferation of curatorial platforms in the digital age has redefined the way individuals engage with artistic content. Although online platforms have limitations in conveying artistic quality completely, the platform could reach wider and worldwide audiences. Online spaces dedicated to curating art, particularly music, have become pivotal in shaping the digital experiences of 'Music Forest and the Inner Peace of Sloth'. Hence, the project decides on YouTube, Spotify and Wix.com for creating the user-friendly website.

2. Slowness as a Counterpoint to Digital Acceleration: Slow Art Day by Phyl Terry

The acceleration of modern life, driven by digital technologies and the relentless pace of information consumption, has given rise to a cultural longing for slowness. Inspired by Slow Art Day which was founded by Phyl Terry in 2008. Phyl Terry visited The Jewish Museum in New York in 2008, and instead of seeing everything, he focused on just two paintings: Hans Hoffman's *Fantasia* and Jackson Pollock's *Convergence*. He was curious to see what would happen if he examined art slowly and carefully. It was a surprisingly powerful experience that Phil believed others should have in order to learn how to look at and love art (as well as overcome the feeling of intimidation that many feel). A year later, in 2009, Phyl conducted a successful experiment with friends, inviting

four people to slowly view a small set of works at the Museum of Modern Art in New York City. The feedback was so positive that Phyl organized a third test launched, involving clandestine slow viewing in 16 museums and galleries in the US, Canada, and Europe. The Slow Art Day inviting visitors to view five artworks with a volunteer host for 10 minutes. Later, they were invited to lunch for discussion. After third test, Phyl launched Slow Art Day with a volunteer team, overcoming museum resistance and building a database of museums worldwide. They facilitated slow viewing sessions using collaboration tools like Google Docs and Sheets. Today, over 1,500 museums and galleries celebrate this global event, founded in 2010. There are three steps for joining Slow Art Day. First is sign up at a local museum or art gallery. Then, attend and look at 5 pre-assigned art pieces of art slowly, between 5 to 10 minutes. In the end, there are discuss viewers' experience with host and participants. The event became established and is now an official part of museum programming, with some museums now offering weekly or monthly slow viewing sessions.

3. The Power of Music in Digital Curation

Music, as a form of artistic expression, has the remarkable ability to evoke emotions and create immersive experiences. Human can hear music every day, everywhere from places that surrounded us. Nowadays, music is a rich and diverse form of entertainment, providing pleasure and disconnecting us from daily life. Initially meant for audience performances, it has evolved into various forms like symphonies and operas. Today, music is a form of art that enhances the visual experience, with many films and advertisements featuring music. Below is the quote from Tia DeNora's *Music in Everyday* in 2000.

Music may influence how people compose their bodies, how they conduct themselves, how they experience the passage of time, how they feel – in terms of energy and emotion – about themselves, about others and about situation. In this

respect, music may imply and, in some cases, elicit associated modes of conduct. To be in control, then, of the soundtrack of social action is to provide a framework for the organization of social agency, a framework for how people perceive (consciously or subconsciously) potential avenues of conduct. This perception is often converted into conduct per se. (Denora, p17, 2000)

The ongoing development of new technologies is likely to continue shaping the future of music listening experiences. From vinyl to digital: The transition from vinyl records, radio to cassette tapes, CDs, and eventually digital formats (MP3, streaming) has changed how music is stored and accessed. Digital formats offer convenience and portability, allowing users to carry vast music libraries on portable devices. During researching, the project and Radio Art meet by chance. Radio Art is an online radio station that focuses on carefully selected music, curated by a dedicated team based on quality, poetic verse, and meticulous streaming. The music is chosen to reduce anxiety, relieve tension, and drive stress away. Radio Art's music is not influenced by algorithms or commercial commands but is carefully chosen for its quality, timelessness, and poetic dimension. Special emphasis is placed on music anchored in acoustic instruments and natural sounds, specifically for stress relief and anxiety reduction.

Music has the power to bring people together, heighten positive emotions, help manage pain, and heal the soul and body. Radio Art aims to enhance this experience by incorporating music and art into everyday life, making it an invaluable partner in various aspects of life, including studying, working, and dealing with insomnia. In Radio Art, audiences will have Mozart with Mozart with waterfall aural experience which holds the potential to be a catalyst for slowness and relaxation. While visiting Radio Art, it was a pleasant and immersive experience and audience can explore different types of music to find the one that aligns with their preferences and helps create the desired atmosphere for their current mood or activities.

4. Nature as a Catalyst for Inner Peace of Slowness

The natural world, with its inherent rhythms and cyclical patterns, has long been a source of inspiration for those seeking a slower pace of life. Nature has long been recognized for its therapeutic effects on the human psyche. This project is doing research relationship between nature and well-being will be examined to establish the foundation for the incorporation of natural elements into the online platform. The exploration of how nature, both visually and conceptually, can enhance the relaxation potential of digital spaces will be a central focus.

From digital to actual, Sounds of the Forest, the Timber Festival (Rumpus, 2018) is an ideal example and role model of 'Music Forest and the Inner Peace of Sloth'. Sounds of the Forest is an online platform from the United Kingdom, its initiatives focus on the sounds of natural environments, particularly forests. On their website, they are collecting the sounds of woodlands and forests from all around the world, creating a growing sound map bringing together aural tones and textures from the world's woodlands. As to Timber Festival, began in 2018, Timber Festival is an incredible weekend festival in the National Forest of debate, celebration, and reflection. Timber invites everyone to be heard as we reconsider our relationship with trees and forests. Writers, thinkers and Scientists come to Timber to share their experiences with nature and how it influences their work.

By weaving together insights from these diverse areas of literature, this review seeks to inform the curation of an online platform that embraces slowness as a virtue and combines the meditative qualities of music in art and nature. In doing so, the platform aspires to carve out a digital oasis where individuals can escape the relentless rush of the digital age and immerse themselves in a deliberately slow, reflective and relaxing online experience.

As to estimated challenges, first is technical aspects of platform development to the intricacies of content curation, licensing and audience engagement. The project hope could be more accessible to a diverse audience, including those with different technological capabilities and disabilities, some visitors may not use Spotify or YouTube. Hence, the project needs for optimizing the platform for various devices and ensuring compatibility with accessibility standards. Secondly, environmental representation is difficult by merely online platform visiting.

By drawing insights from the Ways of Curating by Obrist, Radio Art and Sounds of the Forest, the Timber Festival. Those classic websites lay the groundwork for this project, 'Music Forest and the Inner Peace of Sloth', this project targets to be the thoughtful integration of music, forest imagery and the concept of slowness, ultimately aiming to create a digital space that fosters inner peace and contemplation. The synthesis of these findings informs the subsequent phases of the project, guiding its development with a nuanced understanding of the intersection between nature, music and digital curation.

Chapter III

Methodology for curating Music Forest: The Inner Peace of Sloth

3.1 Curatorial Statement for 'Music Forest and the Inner Peace of Sloth'

Hi there. Slow down; you are stepping into the 'Music Forest and the Inner Peace of Sloth'. It is an immersive audio-visual experience that invites you to explore the calm and contemplative world with Sloth called Smile. Through music and nature, this unique project curates the beauty of stillness, the wisdom of slowness and the profound peace that can be found in the unhurried rhythms of the natural world.

Why Sloth? Since we are living in a world that often glorifies speed, productivity, and multitasking. Information comes quickly in and out of all kinds of social media via our electronic devices. Sometimes, we might feel overwhelmed by information overload and find it hard to relax. As a result, sloths are the modern lifestyle's rebellious mascot. These furry creatures, known for their unhurried pace, inspire us to pause, reflect and reconnect with the innate sense of peace that resides within us. Through Music Forest, we hope you could have a mental spa-like experience with nature-inspired artworks.

To continue our multisensory voyage and find inner peace with Smile, we will connect sounds and songs with visual arts inspired by nature. At the heart of this experience, you will see different types of artworks related to nature. Next, we divided into two routes, one is River and another is Rock. River is a trail that includes songs without lyrics and Rock are songs with lyrics and chords based on Pachelbel's Canon. Subsequently, all elements will be a symphony of the natural world. In the end of Music Forest, we pay tribute to the Fluxus movement that promoted by George Maciunas during the 1960s and 1970s. With the manifesto of the Fluxus, we encourage every non-artist visitor for become a one-day artist by doing something that makes you feel peace. All in all, Music Forest envelops you in an atmosphere of serenity. It serves as a bridge

between the tranquil world of sloths and the world of human consciousness, encouraging self-awareness and mindfulness.

As the curator of this experience, may Music Forest hearten all visitors to discover their own inner peace while we coexist in harmony between humans and nature. Through the lens of slow tempos, we invite you to breathe deeply and appreciate the profound beauty of stillness in a world that often rushes by. Enjoy your exploration and may you find the everlasting inner peace in Music Forest.

3.2 Story and Methodology about 'Music Forest and the Inner Peace of Sloth'

I came from Miaoli, a mountainous county in Taiwan. As I grew up, my childhood memories were filled with nature. As to my early growth stage, with 9 years of learning experience in piano, 6 years in classical piano and 3 years in jazz piano, When I was in grade 6, I had my first public performance and the song was Canon, composed by Johann Pachelbel (1653-1706). Since then, Canon has been my theme song for a lifetime. Furthermore, I always enjoy watching movies with my family and visiting museums or galleries. In my opinion, I truly believe art is for all and art could create a moment for dialogue across time and space in the Anthropocene epoch (Crutzen, 2000). The core concept of the Anthropocene theory is the idea that humans should be viewed as a significant geological and geobiological influence on Earth because of the impacts of population growth and economic development on the environment globally. In Chapter III, I will present my sketches for the online platform and selections about artists and artwork.

This digital curation platform is in keeping with the Anthropocene, a period when humans have made a significant impact on the environment. Our understanding of how human activity and the environment are intertwined is reflected in the theme focus on music, forests, and inner peace. The carefully chosen content on our site attempts to investigate the connection between music and nature in the Anthropocene, when human

activities impact Earth's ecosystems, especially the metaphorical portrayal of forests. As 'Music Forest and the Inner Peace of Sloth' acknowledge the necessity of promoting harmony between people and the environment in this era of human influence, this project wants to promote importance of life balance.

As to the origin of the theme, there were four elements in this online platform. They were 'Music', 'Forest', 'Inner Peace' and 'Sloth'. During the brainstorming process, I was looking forward to how I could curate an online platform with sounds and songs and visual arts that could convey a message about slowness. Then, as the expected outcome, I truly hope that all visitors can find their inner peace. Hence, I came up with the theme, 'Music Forest and the Inner Peace of Sloth', literally omitting one R from Music for Rest.

The first sloth I noticed was in Disney's 2016 animated blockbuster 'Zootopia'. Flash, a government employee with a dramatic contrast between his slow-paced work life and his fast-paced interests after hours, left an indelible effect on me. After that, each time I watch videos or animations involving sloths, I always feel some sort of connection, even though the sloths' natural home is in remote regions of Central and South America. With his welcoming grin and ability to transition between a leisurely and fast-paced existence. The sloth Smile was named in this project not just as a tribute to Thailand's Land of Smiles, but also because sloths have distinct facial features.

Concerning inner peace, as someone who grew up in Taiwan, I have been aware of the long-standing and delicate cross-strait issues. With the recent increase in global conflicts, I attempt to strive for the ideal long-term goal of 'Inner Peace for One, World Peace for Everyone'. I picked five visual artists and several relaxing melodies to portray the balance between individuals and oneself, peace among people, and the sustainable growth of humanity and the environment. I would like to spread this message around the globe by using a website.



Figure 3 Flash of Zootopia by Walt Disney Animation Studios in 2016

When it comes to the definition of music, based on the Cambridge dictionary, Music is a pattern of sounds made by musical instruments, voices, computers or a combination of these, intended to give pleasure to people listening to it. Different cultures and countries around the world have various musical instruments for song interpretation. I still remember when we learned how to speak Chinese in kindergarten. Our teachers used children's songs to enhance our memories about new vocabularies. For me, music is like a time machine that has the power to present the sounds from different times and spaces between listeners and musicians.

To make 'Music Forest and the Inner Peace of Sloth' visitors more immersive, this project divided the website designs into two categories. They are no sequence between them. So, visitors could decide for themselves. During Rivers' journey, I selected songs without lyrics and suggested visitors just play them via Spotify without watching any digital devices. Since songs on Rivers' Road without any lyrics. Music Forest advise all visitors to listen to melodies from popular music and follow the flow of each piece. The road to the River is suitable for the night when visitors want some relaxing feelings. On the other side, Road to Rock is a world tour with Pachelbel's Canon chords. Visitors could hear different languages, all based on Canon's chords on YouTube. Furthermore, visual artworks are inspired by nature. Rock's journey might be a day-long visit with its energetic power.

In this digital era, it is hard to live without electronic devices. In daily life, we use smart phone, computers, televisions and smart appliances. What's more, those social medias provide endless eye-catching contents for users. Many statistics pointed out that an excessive amount of screen time can prompt stoutness, sleep problems, chronic neck and back problems, depression, anxiety and lower test scores in youngsters. Suggestions from All about Vision, for adults, limit recreational screen time to 2-4 hours a day. As to work, Keep work-related screen time around 8 hours a day if possible. (Johnson, 2022) In the long term, the expected spirit of 'Music Forest and the Inner Peace of Sloth' are encouragements for slowing down and spending more time on artworks, getting closer to nature and finding inner peace with deceleration by nature-inspired artworks.

3.3 Symbolism for 'Music Forest and the Inner Peace of Sloth'

i. Music: Art

The most probable clarification is that it is gotten from the Greek word mousike and that signifies 'art of the Muses.'(Williams, 2021) The nine muses were Calliope, Clio, Erato, Euterpe, Melpomene, Polyhymnia, Terpsichore, Thalia, Urania. Read on to discover which arts they represented and the genius individuals who were inspired by them. When it comes to the origin of music, it could be traced back to 35,000 years ago (the Neanderthal flute) while the prehistoric men and women imitated the sound of nature with human voice as the first instrument. In Music: Music: An Appreciation (Kamien, 2018) written by Roger Kamien, music history ranged from Prehistoric period(4000BC-500), Medieval music (500-1400), Renaissance music (1400-1600), Baroque Era (1600-1750), Classical Era (1750-1820), Romantic Era (1810-1910) and the Modern Period (1900-2000).

In 'Music Forest and the Inner Peace of Sloth', music plays an important role. This project focus on classical and popular music genres. Subsequently, visitors see

two options for songs with lyrics and without lyrics. As to songs without lyrics, they will be based on classical music with melodies from popular music. In songs with lyrics, we research songs around the world that based on Pachelbel's Canon chords. Canon is a type of music composition. A canon is a piece of music where a melody is played and then imitated (one or more times) after a short delay. It is a contrapuntal technique as the melodic lines move independently from each other, but are linked harmonically (Dunnett).

ii. Forest: Nature

When it speak to the origin of forest, forest comes from comes to Medieval Latin, perhaps via a Germanic source akin to Old High German forst, from Latin foris "outside" (see foreign). If so, the sense is beyond the park, the park (Latin parcus; see park (n.)) being the main or central fenced woodland from Online Etymology Dictionary. A forest based on Merriam-Webster, a dense growth of trees and underbrush covering a large tract. Currently, there are three major types of forests, classified according to latitude: tropical, temperate, boreal forests. Usually, sloths live in tropical rainforest in Central and South America with temperature between 20 and 29 °C (68 and 84 °F). For 'Music Forest and the Inner Peace of Sloth', forest represent visual patterns for whole design and short words about for rest from forest. So, this website will use mainly green and forest palette colors.

iii. Inner Peace: Spirit

Inner Peace is also known as peace of mind, being at peace usually associated with bliss, happiness, and contentment. Inner Peace in scientific field is described as a low-arousal positive emotional state coupled with a sense of balance or stability. There are many activities show that we could be more peaceful within ourselves. For example: breathing exercises, prayer, meditation, tai chi or yoga. In shorts, many spiritual

practices refer to this peace as an experience of knowing oneself. Under the theme of Inner Peace, this online platform invites visitors find their inner peace in lifetime.

In 'Music Forest and the Inner Peace of Sloth', Inner Peace represent a balance of body, mind and soul. Meanwhile, peace is the homophonic pun from piece which are pieces of music in our platform. Above all, it will be a peaceful journey within us and with the Nature.

iv. Sloth: Slowness

Several animals on Earth, such as koalas, turtles, and snails, are commonly seen as icons of slow living due to their leisurely habits. The sloth was chosen as a mascot as a result of a remarkable experience I had. In 2016, I watched Disney's animated film Zootopia namely the character Flash. Flash became famous for his dramatic contrast to daily life, spending most of his time hanging from trees, and his trademark constant smile. Flash's role in the film reminds us not to judge others based on their appearance. This sparked my interest in sloths, prompting me to delve deeper into their slow-living philosophy. I wanted to learn more about their laidback approach to life.

With information from the Sloth Conservation Foundation, Sloth comes from the Middle English word *slouthe* or *slewthe*, meaning 'laziness', which comes from the Old English word *slæwp* meaning sloth, indolence, laziness, inertness, or torpor. In most languages the name for sloth is equivalent to some form of slowness, lateness, indolence, or laziness, leading to centuries of stereotyping sloths as creatures lacking in motivation. In 21st century, our societies tend to chase after high efficiency. Sometimes, we forget trees don't grow in a day. There is one proverb in Mandarin Chinese from Analects of Confucius for English means Haste makes waste; which is slow and steady wins the race. Hence, Sloth plays an important role of this online platform. According to World Wild Life Organization, Sloths—the sluggish tree-dwellers of Central and South America—spend their lives in the tropical rain forests. Sloths have an exceptionally low

metabolic rate and spend 15 to 20 hours per day sleeping. There are two living families of sloths: two-toed and three-toed. The three-toed and the two-toed sloths are from two different families of animals, with their last known common ancestor having existed over 30 million years. They have a very efficient metabolism that is excellent at conserving energy, they are masters of disguise that can fool all of their predators' senses, and they are the slowest moving mammals on the planet: at its fastest speeds, a sloth can cover only 1 meter in 1.5 seconds. That equates to only 1.5 miles per hour. In addition, sloths are excellent swimmers. Living in the rainforests of Central and South America means that swimming is essential for survival. The sloth's massive stomach produces so much gas while digesting leaves that it acts as a massive flotation device. Because of their long necks, they can keep their nose high above the water, much like a snorkel. As to ages, through telomeric analysis, and in-depth studies, captive two-fingered (Choloepus) sloths have been known to live for 40-50 years; however, sloths were not bred in captivity until 50 years ago, so there is little chance that any individual will live over this age.

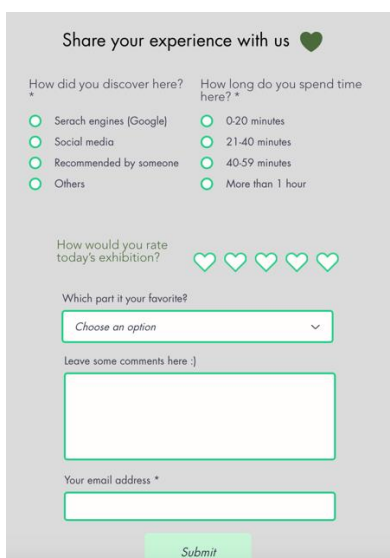
Sloths, like other mammals, lack vocal cords that allow them to sing in the same manner that birds and other animals do. Sloths are noted for their sluggish movements and quiet behavior. In Music Forest, our name of sloth is Smile. Quote from one of greatest humanitarians in 20th century, Mother Teresa. 'Peace begins with a smile.' Smile, a happy or friendly expression on the face in which the ends of the mouth curve up slightly. Besides, the facial structures of sloths give the appearance of smiling. Despite their keen claws, sloths are not violent animals. In fact, sloths are well-known for their gentle demeanor. They may use their sharp claws to defend themselves if they feel threatened, but their primary defense technique is to remain still and rely on their camouflage.


3.4 Research Methodology

For exploring the intersection of art, nature and spirit through the lens of slowness in online curatorial practice platform, this project theme is 'Music Forest and the Inner Peace of Sloth'. Audience will have two experiences for finding inner peace. The concept comes from Slow Art Movement founded by Phyl Terry in 2009. In Music Forest project, it is an online group exhibition which includes painting, music and sound art, photography, and video installation artworks.

1. Research Design: Qualitative Approach: Utilize mixed method (qualitative and quantitative) research to capture the nuanced aspects of the intersection between music, nature and inner peace.


2. Participants and Sampling: Selection Criteria: who interested in art, nature and music. Use online platforms, social media, and relevant communities to recruit participants.



Share your experience with us 

How did you discover here? * How long do you spend time here? *

Search engines (Google) 0-20 minutes
 Social media 21-40 minutes
 Recommended by someone 40-59 minutes
 Others More than 1 hour

How would you rate today's exhibition? 

Which part it your favorite?

Leave some comments here :)

Your email address *

Figure 4 Online feedback form from 'Music Forest and the Inner Peace of Sloth'

3. Data Collection: Online Surveys through online platform. This project develops and distribute surveys to a broader audience to gather quantitative data on preferences and perceptions.

4. Data Analysis: Thematic Analysis: Analyze qualitative data using thematic coding to identify recurring themes. Explore connections between music, nature, and inner peace.

5. Statistical Analysis: Analyze quantitative survey data using statistical tools to identify trends and correlations.

6. Project Implementation: Develop an online platform to showcase curated content and facilitate participant interaction. Implement a feedback mechanism for ongoing participant engagement.

7. Timeline for collecting data: 2023/11/9-2023/11/19

8. Limitations: The timeline for collecting data is short for gathering feedback from audiences. Acknowledge potential limitations such as sample bias, online platform constraints, and the subjective nature of qualitative analysis.

9. Conclusion: Five expected outcomes for 'Music Forest and the Inner Peace of Sloth'

i. Peace: To raise awareness about the importance of inner peace. By raising awareness within us and nurturing a deep connection with nature, we not only enhance our own well-being but also contribute to the preservation of our planet. This conscious and sustainable approach to our relationship with the environment is essential for a healthier, more balanced future for both humanity and the natural world.

ii. Enjoy: Slow down and enjoy life with Smile. Slowing down and enjoying life is about finding fulfillment in the present moment, appreciating the beauty in simplicity, and nurturing your overall well-being. It is a conscious choice to prioritize the quality of your experiences over the quantity of your commitments, ultimately leading to a more content and balanced life.

iii. Aesthetic: Curate art appreciation to audiences through sound(song) and visual arts. Aesthetic music feeling is a testament to the power of music as an art form, through melody, harmony, rhythm and dynamics of compositions, inspiring creativity and offering solace and connection to the human spirit. It is a reminder of the beauty and depth that music can bring to our lives.

iv. Chord: Strike a chord within beauty of the Nature via Arts. Forest as a symbol from Nature, compound for rest into forest. Chords can represent natural elements in music. For example, a major chord progression may symbolize a sunny day, while minor chords could evoke a sense of melancholy and reflect a rainy or overcast atmosphere.

v. Earth: Art of Earth encompasses a wide array of artistic styles, mediums, and themes, all of which draw from, celebrate, or comment on the natural world and our planet. Plant a seed of protection and preservation for Earth through the online platform and encourage audiences for caring more about the Nature.

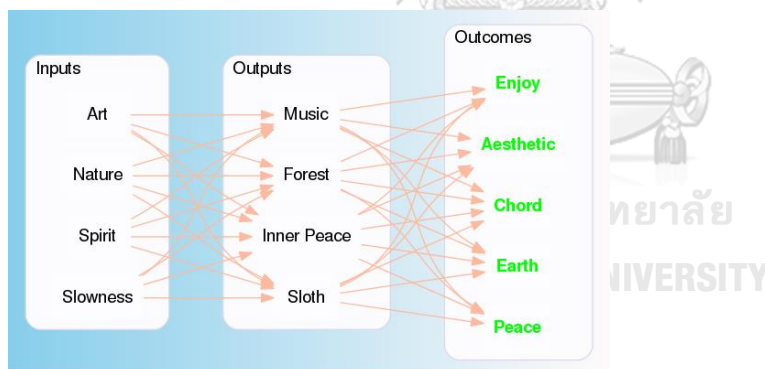


Figure 5 Inputs, outputs and outcomes about 'Music Forest and the Inner Peace of Sloth'

3.5 Selections about Artists and Artworks in the Project

i. Vincent Van Gogh, Netherlands, 1853 - 1890



Figure 6 Self-Portrait with Grey Felt Hat, 1887, Image Courtesy of van Gogh Museum

'If you truly love nature, you will find beauty everywhere.'

He was born on March 30, 1853, in Zundert, Netherlands, and tragically died at the age of 37 on July 29, 1890, in Auvers-sur-Oise, France. His life was marked by struggles with mental health issues and a deep dedication to his art. Vincent Van Gogh is known for his distinctive and emotionally painting style, characterized by bold colors, dramatic brushwork and a deep exploration of human emotions and the natural world. As to record, the Japanese printmaking was one of Vincent's main sources of inspiration, especially two Japanese ukiyo-e period artists Utagawa Hiroshige (b.1797, Japan) and Katsushika Hokusai (b.1760, Japan)

Sunflowers, 1888: One of his most famous series of paintings is the 'Sunflowers' series, which includes several still-life paintings of sunflowers. These vibrant and expressive artworks are celebrated for their use of color and texture. Those iconic 'Sunflowers' now is at National Gallery, London. The Starry Night, 1889: The Starry Night is perhaps his most iconic painting, featuring a swirling night sky, a village, and a cypress tree. It is considered a masterpiece of post-impressionism and is known for its emotional intensity. Now, the masterpiece's home is at the Museum of Modern Art in New York. Despite facing struggles during his lifetime and only achieving limited recognition, Van Gogh's work is now celebrated globally. His paintings are considered

among the most valuable and influential in the post-impressionism period and his life story has inspired countless artists, writers, musicians and filmmakers.



Figure 7 Undergrowth by Vincent van Gogh, 1889, Image Courtesy of Van Gogh Museum

Artwork by Vincent van Gogh

Title: Undergrowth

Year: 1889

Medium: Oil on canvas

Dimension: 73.0 cm x 92.3 cm

Credit: Van Gogh Museum, Amsterdam (Vincent van Gogh Foundation)

Dialogue: Van Gogh's distinct artistic style elicits a feeling of emotional depth with its powerful brushstrokes and emotive color palette. Introspection and reflection may be powerfully sparked by art, which can help people connect with their inner selves.

In Van Gogh Museum, they created a video for people who could take mediation for seven minutes with man's voice dubbing. This painting shows a corner of the garden at the asylum in Saint-Rémy. 'I also have a new one with ivy on the go,' he wrote to his brother Theo. He had made paintings of the same subject near Paris two years earlier.

How do you paint light filtering down between trees? And dappled patches of light on the ground? That is what Van Gogh explores in this painting, on a piece of canvas. It was a preparatory study for a larger painting of a very similar image. He painted this view between trees in the shady garden of the clinic in Saint-Rémy where he was a patient. He made countless works there, exploring every last corner of the grounds.

At first glance, all you can see here are some tree trunks overgrown with ivy and patches of light on the ground. But if you zoom into this painting, you can hardly see anything but a sea of loose brushstrokes. These strokes are mostly short and surprisingly varied in color. The only longer lines are the outlines of the trees.

ii. Chi Po-lin 齊柏林, Taiwan, 1964-2017



Figure 8 Chi Po-lin, image Courtesy of Chi Po-lin Foundation

'Because of aerial photography, I extend sight beyond city, see the nature, see grounds also see environmental damages. I want to do something for this land and this intention drives me moving forward.'

Chi Po-lin was a notable Taiwanese documentary director, aerial photographer and environmental protection advocate. He is famous for his exceptional work in capturing the beauty and environmental issues of Taiwan through breathtaking aerial cinematography. Born in 1964, in Taiwan, Chi Po-lin dedicated his career to showcasing the island's natural landscapes, often using drone technology to provide a unique

perspective. Due to the passion for photography, Chi Po-lin started his career since 1988 as a commercial photography assistant and a photojournalist for magazines. In 1990, he became a public servant and was in charge of the aerial photography of diverse major construction projects in Taiwan.

Later, Chi gained widespread recognition for his documentary film 'Beyond Beauty: Taiwan from Above' came out in 2013 which not only showcased Taiwan's stunning scenery but also highlighted the ecological challenges it faces. It generated the highest box office in the documentary history of Taiwan. Chi Po-lin's filmmaking style and devotion for environmental issues made him a prominent figure in Taiwan's cinematic landscape, earning him both critical acclaim and a devoted following. Tragically, Chi Po-lin's life was cut short when he passed away in a helicopter crash on June 10, 2017, but his cinematic legacy continues to inspire and raise awareness about environmental concerns in Taiwan and beyond.



Figure 9 Reflection of Rivers, Image Courtesy of Chi Po-lin Foundation

Artwork by Chi Po-lin

Title: Reflection of Rivers

Year:2021

Medium: 4K Video from YouTube

Dimension: 8'37''

Dialogue: Chi Po-lin gained notoriety for his environmental advocacy by highlighting the value of environmental protection in his aerial photography videos. Reflection of Rivers can serve as a reminder of how intertwined we are with the natural world and how important it is to protect the beauty that gives our lives a message.

The Chi Po-lin Foundation located in Tamsui District, New Taipei City. From the first exhibition 'View Above Mountains' in 2019, to 'Above the Coast' in 2020 and now the third work 'Reflection of Rivers', with bird's-eye view of beauty and sadness has once again awakened the public to reflect on environmental conservation, and also impressed companies to join the environmental protection team to take care of beautiful Taiwan.

A high-altitude view of rivers in Taiwan. Taiwan is surrounded by the sea and has more than 110 river systems, large and small. People cruise on the rivers by boat for fishing. The reflection of the mountain and clouds, the lingering reflection of the gentle sun and moon and the long river of time ultimately reflect people's original aspiration for nature. 'Reflection of Rivers'. The artwork hopes to use the river as a mirror to re-examine and think about the sustainable future of human-river coexistence.

iii. Klaus Littmann, Switzerland, 1951-



Figure 10 Klaus Littmann, Image Courtesy of Contemporary Lynx

*'Nature is such a monumental work of art – so why not at least
dedicate a small work of art to it.'*

Klaus Littmann is an artist, curator and producer based in Basel, Switzerland. Born in 1951, he grew up with an interest in art and studied the subject at Düsseldorf Art Academy under the guidance of influential teacher and leader of the Fluxus movement, Joseph Beuys. After many years working within gallery and museum spaces, he started presenting theme-oriented art exhibitions in the public arena. Underlying each of his complex and unique projects is a dichotic tension highlighting the artist's preoccupation with everyday culture and the confrontation between contemporary art and urban spaces.

Since 1991, his first project, KULTURGÜTERWAGEN until ARENA FOR A TREE (2021). Littmann has executed over eighty art projects documented in catalogs and books. In 2002, Littmann received the Cultural Award of the City of Basel in recognition of his significant contributions to the arts. With this monumental work of art, Littmann challenged our perception of nature and sharpened our awareness of the future relation between nature and humankind. Each of his intricate projects is underpinned by a nuanced tension that underscores his fascination with the interplay between everyday culture and the collision of contemporary art with urban landscapes. A defining quality of Littmann's work is his adeptness at uncovering emerging creative talents and collaborating with globally renowned artists, a hallmark of excellence evident in every endeavor facilitated by Littmann Culture Projects. (German: Littmann Kulturprojekte)



Figure 11 For Forest by Klaus Littmann, 2019, Image Courtesy of Dezeen Magazine



Figure 12 The Unending Attraction of Nature by Max Peintner 1970/71, pencil drawing

Artwork by Klaus Littmann

Title: FOR FOREST – The Unending Attraction of Nature

Year: 2019

Medium: Trees

Dimension: Dimension variable

Dialogue: Using art as a trigger for introspection; large-scale art installations frequently inspire spectators to consider their environment and individual experiences. Users may find that FOR FOREST prompts them to consider the fine line that separates human activity from the natural environment and promotes a calm, introspective viewpoint.

FOR FOREST – The Unending Attraction of Nature was a temporary art intervention by Klaus Littmann that transformed the Wörthersee football stadium in Klagenfurt into Austria's largest public art installation from 8 September to 27 October 2019. Klaus Littmann was motivated by a drawing by Max Peintner. This unparalleled impermanent mediation of a genuine woodland at the soccer arena in Klagenfurt acquired overall consideration in the fall of 2019. It not only made the biggest of its sort in broad daylight space in Austria, but additionally a unique logical laboratory with regards to ranger service, high goal multisensory looking over, and computerized change. The visionary venture will find Wörthersee Arena changed into a local focal European woodland with 300 relocated trees.

The installation is Littmann's realisation of a dystopian vision of artist Max Peintner, who imagined a world where trees would only exist like species of animals in a zoo. Peintner drew The Unending Attraction of Nature in 1971. At the time, there was only little discussion about climate change and deforestation. 'I discovered the drawing in the 80s at an art exhibition, it took me nearly 30 years to realise this project but never has the timing of one of my projects been so spot on.' said Littmann.

iv. Andy Goldsworthy, United Kingdom (1956-)



Figure 13 Andy Goldsworthy, Image Courtesy of Famous Photographers

'We often forget that WE ARE NATURE. Nature is not something separate from us. So, when we say that we have lost our connection to nature, we've lost our connection to ourselves.'

Born in 1956 in Cheshire, England and grew up in Yorkshire, the artist attended the University of Central Lancashire, where he discovered his passion for creating art outside rather than in a studio. Britannica states that 'some of his earliest works were rock sculptures at a beach near his art school.' Goldsworthy continues to investigate the life cycles of the various materials and ecologies with which he works.



Figure 14 ROCKWEED by Andy Goldsworthy, 2023, Image Courtesy of Andy Goldsworthy

Artwork by Andy Goldsworthy

Title: ROCKWEED

Year: 2023

Medium: Lying in rockweed Compass Harbour, Maine

Dimension: Dimension variable

Dialogue: Goldsworthy's artwork has an ephemeral quality that underlines the beauty in fleeting moments. This topic can inspire users to consider the short-lasting nature of pressures and problems, urging them to appreciate the beauty in each passing moment and find serenity in the present.

'During the making of Road Line, I would, whenever possible, go to the shore, cover myself in rockweed and disappear. I would look at the sky through a lattice-work of rockweed that covered my face, listen to it crackle, be nibbled at by crabs, breathing heavily after the exertion of pulling rockweed over me. As the tide rose my breathing subsidised – the cold-water ebbing and flowing, in and out, as if taking over from where my breathing had left off. My body gently lifted by the sea until I began to float – carried back and forth by the tide.'-Andy Goldsworthy.



Figure 15 A Sloth's Guide to Mindfulness by Ton Mak, Image Courtesy of Ton Mak

Artwork by Ton Mak

Title: A Sloth's Guide to Mindfulness

Year: 2018

Medium: FLIPHTML5 online book/ Hardcover 120 Pages

Dimension: Dimension variable for online book / Hardcover 15.49x15.49x1.78
cm

Dialogue: This book exemplifies everything this platform intends to express to participants, with its stunning black and white palette complimented by amusing

remarks from sloths in various life events. It provides folks battling life's challenges with a moment of leisure and light reading.

Ton Mak is the Shanghai and Hong Kong-based illustrator. *A Sloth's Guide to Mindfulness* beautifully illustrated book of mindfulness that will help readers discover the path to a peaceful phio-slothical life. Follow a serene and smiley sloth through a series of light meditations and daily reflections: An unexpected and snuggable guide, you'll learn that it is OK to slow down. Take a pause and focus on your breath. Let the other animals run around; you do you. Through the guidance of an unlikely-- but very wise--meditation expert, *A Sloth's Guide to Mindfulness* reminds you it is okay to go at your own pace.

Artists' Collections for River: i. Yiruma (Korea, b.1978)

Yiruma, whose real name is Lee Ru-ma, is a South Korean-British composer and pianist. Born in 1978, he started playing piano at the age of five, and moved to London when he was ten to study at the Purcell School of Music. Yiruma's music is characterized by its simplicity, yet it carries a profound depth and a wide emotional range. His work often combines classical and contemporary elements, creating a style that is both accessible and deeply moving. Yiruma's most famous composition, 'River Flows in You' has become a popular piece and is beloved by fans worldwide. With numerous albums and concert tours, Yiruma has established himself as a prominent figure in the world of contemporary piano music, providing listeners with a rich musical experience.

ii. The Piano Guys (U.S.A, 2010)

The Piano Guys are a musical group from the United States. Jon Schmidt, Steven Sharp Nelson, Tel Stewart, Paul Anderson, and Al van der Beek are the members. They rose to prominence by using YouTube, where they posted videos of cover songs and mashups with professional-looking video shots edited by Paul Anderson and Tel Stewart. They released their first album, *Hits Volume 1*, in December

2011. Their genre-spanning repertoire and breathtaking performances have made them a YouTube sensation, garnering millions of dedicated fans worldwide. The Piano Guys have truly redefined the classical-pop fusion genre, leaving an indelible mark on the world of music.

iii. Dream Sound by Clarisse xo (Canada, 2018)

Dream Sounds provides a calming space for individuals to rebalance their mind and body, offering aural respite from everyday life's noise. Her intuition is 'I began Dream Sounds to offer a space for you to rebalance the relationship between your mind and body through beautiful and calming music. I compose each song with the intention of offering you an aural respite from the noise of everyday life.' Composed by Clarisse who want to bring peace for audience. The channel was founded in 2018 and features music videos designed to provide aural relaxation, offering long and shorter options for those seeking a peaceful night's sleep or a brief relaxation.

Selected songs:

River Flows in you by Yiruma (2001) Length:3'38"

Love Story meets Love Story by Jon Schmidt from The Piano Guys (2009)

Length: 6'24"

My World (2020) Length:3'32"

iv. John Cage, U.S.A (1912-1992)



Figure 16 John Cage, Image Courtesy of Globe and Mail

'Everything we do is music.'

John Milton Cage, Jr. was an American composer, music theorist, writer, and artist of 20th century. A pioneer of indeterminacy in music, electroacoustic music, and non-standard use of musical instruments, Cage was one of the leading figures of the post-war avant-garde, one of prominent artist in the Fluxus movement. His revolutionary 'chance music' (aleatoric music) a non-Western form of musical philosophy and expression have widely impact not only musicians but also artists in other fields, such as dancers, poets, painters, sculptors, and photographers.

His piece 4'33" is, arguably, his most famous work, even as it is nicknamed silence song. The title is simply a description of the length of the piece, four minutes and thirty-three seconds, as there are few other consistent characteristics of the piece. In this three-movement work, the performer is instructed not to intentionally play their instrument at all: the music is, instead, the environmental sounds in the space where the performance is held and any noise made by the audience during that time.

Artwork by John Cage

Title: 4'33" (Four Minutes and Thirty-three Seconds)

Year: 1952

Medium: ambient sounds

Dimension: four minutes and thirty-three seconds

4'33" is read four minutes and thirty-three seconds and is sometimes known simply as 433. It is a piece that defies the conventions of classical music. Cage's piece pushes the boundaries of the human understanding of music and by extension, the meaning of music as a performance art. By shifting the focus of the conscious mind away from external noise, one is forced to listen to noise coming from within oneself.

There's joy to be found in paying close attention to the sounds around. Doing so breaks the traditional concept of listening, effectively allowing the apparently simple art of listening to transcend the boundaries between the physical and inner worlds.

The origin of 'Fluxus' was from Latin's meaning is flowing. Then, Fluxus was coined from 'flow' and 'effluent' by the founder of Fluxus George Maciunas, an extravagant art historian born in 1931 from Lithuania. He mentioned that the purpose of Fluxus was to "Promote a revolutionary flood and tide in art, promote living art, anti-art." In Fluxus's concept, it could be described as 'open-minded', anything could and should be art, the artists used whatever materials they had at hand. Its artworks are various including are events, actions, performances that aim to prove that life is art and art is life.

Another innovative musician of Fluxus was John Cage, an American composer and music theorist born in 1912. John was a composer who taught a series of classes in Experimental Composition at the end of the 1950s at the New School for Social Research in New York City. With his prominent art work 4'33", the piece consists of the sounds of the environment that the listeners hear while it is performed, although it is commonly perceived as "four minutes thirty-three seconds of silence". Later, this art piece became an inspiration of Ambient genre music.

Hence, the Fluxus is an international movement, avant-garde collective or network of artists and composers founded in the 1960s and still continuing today.

The first Fluxus event was staged in 1961 at the AG Gallery in New York and was followed by festivals in Europe in 1962. The major canters of Fluxus activity were New York, Germany and Japan. Furthermore, the Fluxus movement, in all its complexity, haves' impact in many different fields - art, poetry, architecture, design, literature, even economics and chemistry.

v. Johann Pachelbel, Germany (1653-1706)

Johann Pachelbel, the German Baroque composer, is celebrated for his significant contributions to the world of classical music. Born in Nuremberg, Germany, in 1653, Pachelbel's legacy endures through his remarkable compositions, with perhaps his most famous work being the Canon in D. He lived during a time of flourishing artistic and intellectual activity in Europe, and his music reflected the rich musical traditions of his era. Pachelbel studied music with Altdorf and Regensburg. He displayed a remarkable talent for composition and the organ, which led him to various positions as an organist and composer across Germany. His experience in diverse musical environments, from his work in Erfurt to his time in Vienna, helped shape his unique style and contributed to his reputation as a skilled organist.

The Canon in D, composed around 1680, remains his magnum opus. This masterpiece is a testament to his skill in crafting harmonious melodies and intricate counterpoint. Its enduring popularity and widespread recognition have cemented Pachelbel's name in the annals of classical music history. In addition to the Canon, Pachelbel composed a wide range of choral and instrumental music, including toccatas, fugues, and chamber music. His contributions to the development of the chorale prelude were particularly noteworthy, laying the foundation for future composers like Johann Sebastian Bach.

Pachelbel's compositions were influential not only in his lifetime but also in the generations that followed, particularly during the Baroque and Classical periods. He left a lasting impact on the world of music and is remembered as one of Germany's most illustrious composers. His works continue to be performed and cherished, serving as a testament to the enduring beauty and emotional depth of his music.

Title: Canon and Gigue in D major for three violins and Basso Continuo
(Pachelbel's Canon)

Year: 1680

Medium: musical notes

Pachelbel's Canon in D, known simply as Canon and Gigue in D Major, is a cherished musical composition by the German composer Johann Pachelbel. This piece, admired for its serene and joyful character, stands as his most renowned work and a prominent piece in the Baroque music repertoire. Composed in the late 17th century, there is speculation that it was created as a wedding gift for Johann Sebastian Bach's older brother, who was a student of Pachelbel. Surprisingly, it remained unpublished until the early 20th century.

What lends Pachelbel's Canon its timeless beauty? Its charm lies in its straightforward yet elegant melody, with minor variations, and the unembellished bass notes that resemble individual chords or progressions. This composition's enduring appeal emanates from its simplicity and grace, as its intertwining melodies create a sense of continuity and tranquility. The Canon's impact on music is immeasurable, inspiring countless composers and continuing to be celebrated by musicians and audiences worldwide. Pachelbel's Canon in D is not merely a composition; it is a musical journey that transcends time, demonstrating the enduring ability of classical music to captivate the human soul with its exquisite simplicity and profound emotional depth.

3.6 Contents for 'Music Forest and the Inner Peace of Sloth'

i. Home

Welcome to Music Forest :)

Thank you for visiting our online exhibition! We appreciate your support and hope you enjoyed exploring our digital showcase. Your virtual presence has made this project truly special and we look forward to more opportunities to share our work with you in the future. If you have any feedback or questions, feel free to reach out. Once again, thank you for being a part of Music Forest: The Inner Peace of Sloth.

When we hear a song and describe them in an object with five senses. For Melodies is like sight, we could see them directly. As to Rhythms are like touch, we need to touch the object(songs) so we feel its texture. Then, for lyrics is like smell and taste, different languages bring us various aromas of the song. Later, when we comprehend the meaning of lyrics, we taste their flavour.

Music Forest = Music for Rest. Hope you could find the Inner Peace with Sloth

Before You Start Find a quiet place near you (use headphones for better experience)

Step 1 Close eyes for 30 seconds and feel deeply about your breath.

Step 2 Open eyes and imagine you are in virtual forest now.

Step 3 Choose River or Rock for next exploration.

ii. About us

Hi there, slow down. Welcome to 'Music Forest and the Inner Peace of Sloth' where harmonious melodies of nature and aesthetic visual art pieces intertwine to create a unique space for finding peacefulness. We combine music pieces with visual artworks that inspired by Nature.

Now, let the host Sloth (name: Smile) take you have a relaxing journey. Our mission is to hope you could find own inner peace after finish visiting and may the Inner Peace of Sloth rejuvenate your spirit.

Next, there are two trails in Music Forest, they are River and Rock. River are songs without lyrics. Then, Rock are songs with lyrics and based on Pachelbel's Canon chords. Experience and enjoy the power of music and nature with Music Forest.

iii. Start

Artworks:

- a. Undergrowth by Vincent Van Gogh
- b. FOR FOREST – The Unending Attraction of Nature
- iv. River: song without lyrics

Welcome to River, Forests and rivers are interconnected ecosystems with a vital relationship. In this journey, you will see Reflection of Rivers by Chi Po-lin. Later, there is instrumental playlist River via Spotify. Find a calm space could relax your soul with melodies.

Artworks:

- a. Reflection of Rivers by Chi Po-lin
- b. Spotify Playlist from Dream Sounds, the Piano Guys and Yiruma

During the trail on River, before the start, please close your eyes for better having a relax with Rivers. On the Rivers' Road, we will focus on sound art and some classical combine with popular music pieces without lyrics. If you choose River, we will suggest you do not watch the screen in front of you, just open the music playlist and zone yourself into nature or somewhere make you feel peace. Visitors could roam in the music rivers. For visual experience, we select 8'37" film Reflection of Rivers created by Taiwanese filmmaker Chi-po, Lin. Through the lens, we could pause a moment for self-reflection with the nature.

- v. Rock: song with lyrics and based on Pachelbel's Canon

On the other side, Rock is more inspiring and hopeful music. We use 'Rock' as a category due to rock the stillness and unchanging nature of rocks can symbolize peace and tranquillity. At the same time, rock is one genre of popular music from 1950s and is defined as a form of music with a strong beat and another name is Rock and Roll. Rock music was influenced by various African-American music genres in the late 1940s to early 1950s period, including gospel, rhythm and blues, country, jump blues, and jazz.

Furthermore, rock is always a symbol of lifelong friend and teammate. In addition to western culture, we call love รััก (rak) in Thailand. So, during the rock journey, we will immerse in different types of love. Above all, we wish you have a lovely journey with Rocks.

During this journey, you will hear a playlist that based on Pachelbel's Canon chords.

Artworks: World Tour with Pachelbel's Canon (please refer to below table)

Johann Pachelbel's Canon in D is a well-known and iconic piece of classical music. It is often described as soothing, elegant, and timeless. With a repeating melody that produces good harmony and sound. Until today, we could find many Canon spirits songs around the world.

Country	Artist	Title & Album	Year
Taiwan	Cosmos 丸子	Love you, Canon/Oden 愛你卡農	2003
Lyrics: Starry sky are scattering throughout the galaxy 滿天星星 散落整個銀河系 What reason that make us the closet 什麼原因 才讓我們最靠近 Is it me or you? It is an incredible miracle 是我還是你 不可思議的奇蹟			
Thailand	Boyd Kosiyabong, Nop Ponchamni	Pass The Love Forward/ Songs from Different Scenes #3	2004
Lyrics: Give a smile to the people you meet so it can be a beginning for a love that doesn't know an end มอบรอยยิ้มให้คนที่พบ เพื่อเป็นการเริ่มต้นความรักที่ไม่รู้จบ And it will be continuously sent from heart to heart for as long as possible			

<p>และจะส่งเรื่อยไปด้วยใจต่อใจตราบนานเท่านาน</p> <p>Let that love touch you heart, regardless of when, send it forward, no matter how much time has passed</p> <p>ให้ความรักนั้นสัมผัสใจ ไม่ว่าจะเมื่อไหร่จะส่งต่อไปแม้เวลาผ่าน</p> <p>Let this universe have only love ให้จักรวาลแห่งนี้มีแต่ความรัก</p>			
Japan	twenty4-7	Get A Life~Again~/Progress	2009
<p>Lyrics:</p> <p>As proof that we have each lived それぞれ生きてきた証に</p> <p>I want you to feel it right here and now 今ここで感じられるようにと</p> <p>Each of us has hidden feelings それぞれ秘めた想い抱えて</p> <p>Let's know the meaning of being alive 生きてる意味を知ろう</p> <p>Delivering 'Get A Life' 届ける「Get A Life」</p>			
Korea	Jeong Jun-ha	The Tale of the Tall Bachelor/ For Infinite Challenge TV show	2012
<p>Lyrics:</p> <p>Let's love until we die 죽을때까지 사랑해요</p> <p>I'm a happy guy to have met you 그대 만난 나는 행복한 남자</p> <p>I was born to love 사랑하기 위해 태어난 남자</p> <p>A kind love, even if it is not perfect 조금 모자라도 착한 사랑</p> <p>Because in front of love, I'm a fool 사랑 앞에선 난 바보니까</p>			
United States	Maroon 5	Memories/ Jordi	2019
<p>Lyrics:</p>			

Toast to the ones here today (ayy)

Toast to the ones that we lost on the way

'Cause the drinks bring back all the memories (ayy)

And the memories bring back, memories bring back you

Table 1 Table for Canon inspired popular songs

vi. Restart

Artworks: 4'33" by John Cage

The last piece, we present you the 4'33" a legendary musical composition by John Cage. Premiered in 1952, the piece challenges traditional notions of music and performance. During the performance, the musicians do not play their instruments; instead, they sit in silence, allowing ambient sounds from the environment and the audience to become the 'music' of the piece. The work encourages listeners to become more attuned to the sounds around them, blurring the line between silence and music and provoking contemplation about the nature of art and perception.

Now, close your eyes and count 4 minutes, 33 seconds. Clear your mind. Listen to your breath. Immerse yourself in the sounds that surround you. Do you find a way to approach a sense of inner peace? Thank you for your time with 'Music Forest and the Inner Peace of Sloth'.

3.7 Timeline and marketing plan

Stage	Item	Period	Remark
Phase 1	Research for Independent Study Proposal	1 - 31 August 2023	
Phase 2	Project contents preparing	1 September - 31 October 2023	Proposal presentation on 4 September

Phase 3	Online platform building	1 - 9 November 2023	
Phase 4	Feedback and conclusion for Project	10 - 17 November 2023	
Phase 5	Final submission	18 November - 15 December 2023	Independent Study Examinations on 29 November

Table 2 Timeline table for project

Target Audience: Mainly is nature and wildlife enthusiasts, visitors who enjoy nature-related themes, including those who admire the slow-paced life of sloths. Music (Art) Lovers: People who have a passion for music, especially if the exhibition explores the intersection of music and art. International Audience, since the exhibition is accessible online, it can attract a global audience interested in art and cultural exchange. However, 'Music Forest and the Inner Peace of Sloth' now only have English version and it is virtual site, to most ideal target audience will be between 18 to 65 years old who is English native speaker or who can read in English with digital devices.

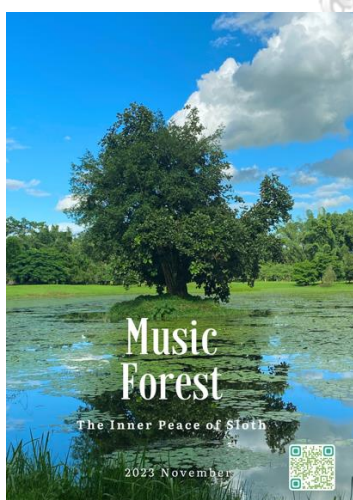


Figure 17 Poster for 'Music Forest and the Inner Peace of Sloth'

3.8 Budget, online platforms and potential partners

Music Forest and the Inner Peace of Sloth Budget						
		Projected Total	Actual Total	Difference Total		
Currency: Thai Baht		20,000.00	0.00	-20,000.00		
CATEGORY		Projected Subtotal	Actual Subtotal	Difference Subtotal	COMMENTS	
Research	SUBTOTALS	10,000.00	0.00	-10,000.00		
	Online Research (via Google)	5,000.00	0.00	-5,000.00		
	Offline Research (physical books, articles and news)	5,000.00	0.00	-5,000.00		
	Other Research (site visit)			0.00		
Website Building (Wix.com)	SUBTOTALS	4,000.00	0.00	-4,000.00		
	Design for Website	2,500.00	0.00	-2,500.00		
	Website publishing	1,500.00	0.00	-1,500.00		
Artist and artworks	SUBTOTALS	0.00	0.00	0.00		
	(for educational only, no license fee)	0.00	0.00	0.00		
Data collection	SUBTOTALS	6,000.00	0.00	-6,000.00		
	Interview Fee	3,000.00	0.00	-3,000.00		
	Data Analysis	3,000.00	0.00	-3,000.00		
Other	SUBTOTALS	0.00	0.00	0.00		

Table 3 Budget list for 'Music Forest and the Inner Peace of Sloth'

Online Platforms: For 'Music Forest and the Inner Peace of Sloth', we will display whole project through Wix.com service. In addition, we will use Spotify and YouTube for song playlists.

i. Spotify:

Spotify is a Swedish audio streaming, digital music, podcast and video service founded in 2008 by Daniel Ek and Martin Lorentzon. According to Ek, the company's title was initially misheard from a name shouted by Lorentzon. Later, they conceived a portmanteau of spot and identify. At that time, the music industry had survived the transition from vinyl to cassettes to CDs, but songs could be easily copied and shared on the internet which impact sales and profits. Hence, Daniel and Martin thought they would need to collaborate with startups offering a legal service to share music via digital devices.

Recently, they moved into podcasting brought innovation and a new generation of listeners to the medium, and in 2022 they entered the next audio market primed for growth with the addition of audiobooks. Today, more listeners than ever can discover,

manage and enjoy over 100 million tracks, 5 million podcast titles and 350,000 audiobooks on Spotify. Spotify is the world's most popular audio streaming subscription service with more than 551 million users, including 220 million subscribers in more than 180 markets. Their mission is to unlock the potential of human creativity—by giving a million creative artists the opportunity to live off their art and billions of fans the opportunity to enjoy and be inspired by it.

In this project, there will be a playlist via Spotify that based on songs from Dream Sounds, the Piano Guys and Yiruma.

ii. YouTube:

YouTube is an online video sharing and social media platform headquartered in San Bruno, California, United States. Accessible worldwide, it was launched on February 14, 2005, by Steve Chen, Chad Hurley, and Jawed Karim. It is owned by Google and is the second most visited website in the world, after Google Search. By 2023, YouTube has more than 2.7 billion active users and YouTube Premium has 80 million active users worldwide.

One of YouTube's defining features is its user-generated content, allowing anyone with an internet connection and a camera to become a content creator. This democratization of media has empowered individuals, businesses, and organizations to reach a global audience, fostering a dynamic and creative community of YouTubers. The platform has also been pivotal in the rise of influencers and vloggers, who share their lives and expertise, often amassing millions of loyal followers.

YouTube offers a range of services, including free access to its vast video library, as well as premium offerings like YouTube Premium, which provides an ad-free experience and exclusive content. Moreover, YouTube has played a significant role in the music industry, with YouTube Music serving as a streaming service to compete with the likes of Spotify and Apple Music.

YouTube playlist will be in the Rock of the project.

iii. Wix.com:

Wix was founded in 2006 by Israeli developers Avishai Abrahami, Nadav Abrahami, and Giora Kaplan. Wix.com is the leading cloud-based development platform with millions of users around the world. They provide web hosting and website design services. Users can design and build their sites in HTML5, and mobile websites, using drag-and-drop utilities. Two popular aspects of Wix are that developers can create web applications to market to other users, and users do not need to know any coding to create a website. With Wix, we could promote business, showcase art, build an online store or just test new ideas. Wix Website Helper provides all the elements to create a fully personalized, high-quality free website.

iv. Potential Partners: Faculty of Fine and Applied Arts, Chulalongkorn University, Radio Art and Sounds of the Forest.

Chapter IV

Results and Feedback

4.1 Music Forest: The Inner Peace of Sloth Actualization Result

Anticipated Transformative Experience: The heart of 'Music Forest and the Inner Peace of Sloth' lies in the transformative experience it offers to visitors. By immersing themselves in the 'Music Forest and the Inner Peace of Sloth', participants will have the opportunity to recalibrate their pace, reconnect with the soothing rhythms of nature, and rediscover the value of stillness in art and life. The online platform invites visitors to explore virtual galleries showcasing visual art inspired by sloth, nature and tranquility. Experience immersive soundscapes that transport them to the heart of a music forest. Interact with installations that invite participation and creative expression. Listen to musical compositions that embody the inner peace. Discover educational resources that enrich their understanding of the project's themes.

Results: Engagement: The project successfully engaged the online audience, drawing them into the slow, contemplative world of the "Music Forest." Through curated musical selections and immersive visual content, the project created a unique online experience that resonated with the audience. Audience Interaction, the project encouraged audience interaction through social media, comments, and user-generated content. It fostered a sense of community and connection among those seeking inner peace through the slothful, serene ambiance of the Music Forest.

Artistic Collaborations: The project facilitated artistic collaborations between musicians, visual artists, and digital creators. These collaborations added depth and richness to the online experience, further enhancing the theme.

Educational Element: The project provided an educational component by introducing users to various musical and natural elements. It helped users connect with

the inner peace concept while learning about the slow movement and the significance of nature.



Figure 18 Actualization on platform – Home Page 01

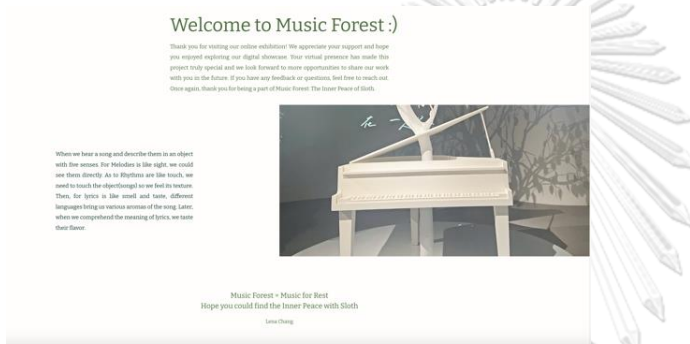


Figure 19 Actualization on platform – Home Page 02

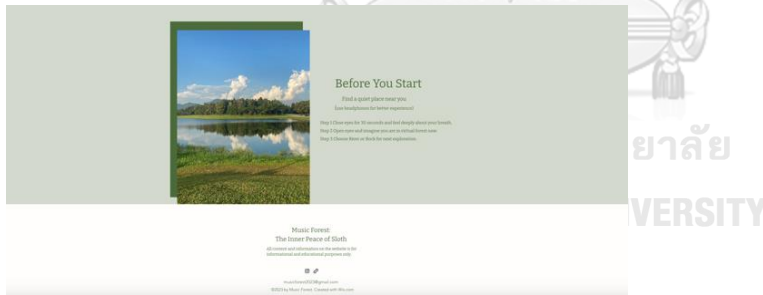


Figure 20 Actualization on platform – Home Page 03

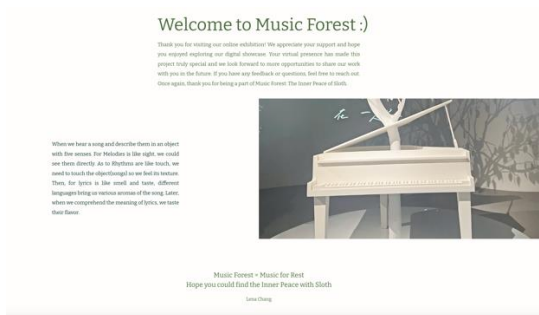


Figure 21 Actualization on platform – Home Page 04



Figure 22 Actualization on platform – About us



Figure 23 Actualization on platform – Start with Vincent van Gogh

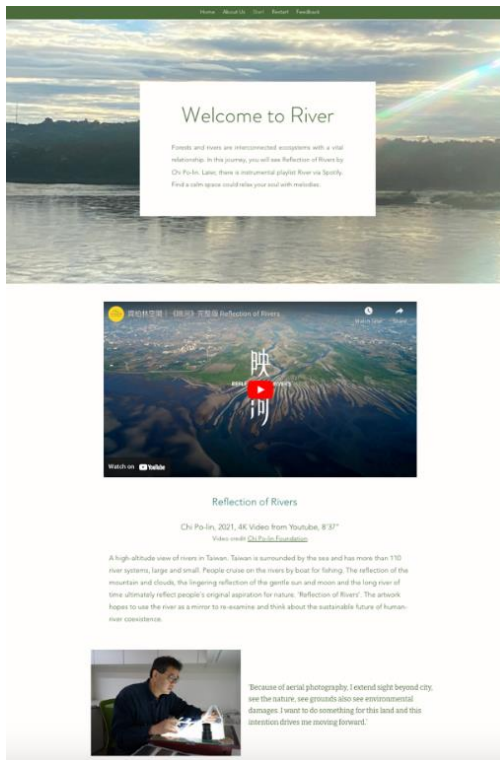


Figure 24 Actualization on platform – River



Figure 25 Actualization on platform – Rock

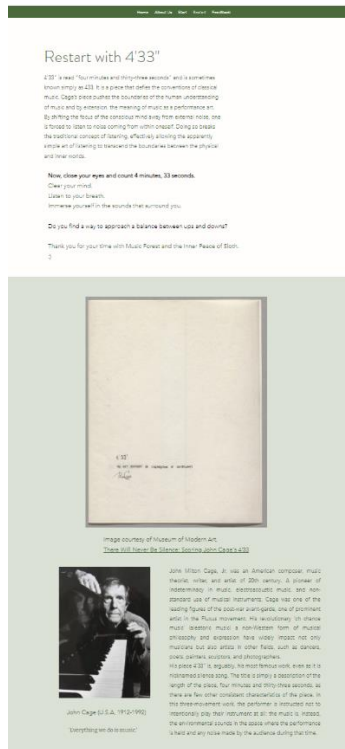


Figure 26 Actualization on platform – Restart

4.2 Feedback from Visitors

Expect a range of responses that reflect the project's impact on different individuals. Here are some anticipated feedback responses from visitors:

1. Positive Feedback:

"I absolutely loved the Music Forest project! It is a refreshing escape from the fast-paced world we live in. The music selections and visuals are so soothing."

"This project has helped me find moments of calm in my busy life. The slow movement theme is beautiful, and the inner peace it promotes is much needed."

2. Appreciation for the Theme:

"The theme of inner peace through slowness is so relevant. It made me reflect on my own life and the importance of taking a break from the rush."

"The Music Forest theme and the idea of 'sloth' as a symbol of a slower, more mindful lifestyle is fantastic. It is a great message to spread."

3.Engagement and Immersion:

"The immersive experience drew me in completely. I felt like I was transported to a peaceful, slow-paced world."

"I loved how the project encouraged interaction and community-building. It is a unique way to engage with art and music."

4.Suggestions for Improvement:

"While I enjoyed the project, I wish there was more variety in the content. Different music styles or environments within the Music Forest would be interesting."

"It would be great if there were more regular updates or events to keep the project fresh and engaging."

Inspiration and Reflection:

"This project has inspired me to incorporate more 'sloth' into my own life. It is a reminder to slow down and appreciate the little things."

"It made me reflect on the importance of balance and mindfulness. I'll carry these lessons with me."

Requests for More Content:

"I hope the project continues and expands. I'd love to see more content, perhaps even collaborations with artists and musicians."

Feedback Summary:

Positive comments were given to the Music Forest project because of its calming music choices and graphics. The relevance of the concept of discovering inner peace

via slowness was acknowledged. The reader was fully drawn in by the immersive experience, and the project promoted community building and interaction. Regular updates or events and a wider range of information were suggested as areas for development.



Chapter V

Conclusion and Discussion

5.1 Conclusion of Results

'Music Forest and the Inner Peace of Sloth' is a visionary curatorial practice project that revives the principles of slow art and the Fluxus philosophy, offering a digital oasis of tranquility amidst the chaos of the modern world. Through interactivity, mindfulness, and the celebration of stillness, this project aims to bridge the gap between technology and inner peace, guiding visitors on a transformative journey through the "Music Forest and the Inner Peace of Sloth" theme. In this contemplative digital landscape, we invite you to pause, reflect, and find solace in the beauty of slowness.

As to two objectives of 'Music Forest and the Inner Peace of Sloth', exploration with slow art movement and fostering audience participation and interactivity with nature. The first one challenge is about user engagement and experience, maintaining viewer engagement can be challenging compared to a physical exhibition. It is important to design interactive elements that capture and maintain attention. Secondly, curatorial constraints are limited spatial narratives and variable screen sizes for digital devices. Online exhibitions, unlike physical places where curators can direct viewers through a spatial story, may have constraints in generating an equivalent immersive experience. The curator has less control over the size and quality of the screen on which the exhibition can be viewed, whereas not everyone has equal access to technology or the internet, which could exclude certain demographics from discovering the exhibition. This exhibition praises the Fluxus movement. While it may not result in significant changes in viewers' lives after the exhibition, the author of project hopes that all who have visited Music Forest will continue to tackle the challenges from all directions

whenever it may unfold with a resilient mindset, embracing a calm and steady attitude toward future life.

In conclusion, 'Music Forest and the Inner Peace of Sloth' curatorial practice project for online platforms demonstrated that there is a genuine interest in slow, meditative content within the digital realm. The project successfully created a serene, immersive online experience, allowing audiences to connect with the theme of inner peace and the concept of slowness. Through artistic collaborations, user interaction, and an educational component, it achieved its objectives of fostering a sense of community and promoting tranquility.

5.2 Further Discussion for Improvement

Limitations:

Accessibility: One limitation is accessibility, as not all individuals may have the technology or resources to fully engage with the online project.

Audience Reach: While the project resonated with those interested in its theme, it may not have a broad appeal, limiting its potential reach.

Sustainability: The long-term sustainability of the project could be a challenge, as it may be challenging to consistently produce content and maintain audience engagement over time.

Monetization: If the project aims to be self-sustaining, monetizing the platform without compromising its artistic and contemplative value can be a challenge.

Future Suggestions:

As to curatorial content, to expand the collection of curated music to include a diverse range of genres and artists that embody the essence of slowness and inner peace. Meanwhile, provide detailed background information on each musical piece, including the artist's inspiration and the connection to the theme, to deepen the

audience's understanding and appreciation. Next is accessibility, make efforts to improve accessibility, ensuring that the project is available to a wider audience, possibly by offering alternative formats or platforms.

Third, community building, keep continuing to foster a sense of community among participants, possibly by hosting virtual events, discussion forums, or workshops related to the theme. Fourth is sustainability and educational resources, develop a clear content strategy and long-term plan for sustainability, which may involve seeking sponsorship, grants, or partnerships with like-minded organizations. In addition, develop a section dedicated to educational content, explaining the concept of finding inner peace through slowness and the therapeutic effects of music.

Fifth is continuous updates: regularly update the curated content to keep the platform fresh and encourage users to return for new discoveries. Then, consider collaborating with emerging artists and musicians to showcase a blend of established and up-and-coming talent, fostering a dynamic and evolving experience. Sixth, by implementing a feedback system that encourages users to share their thoughts on the platform's content, design, and functionality. Use the feedback received to make data-driven improvements and refine the user experience over time.

Last one is monetization, explore creative monetization strategies that align with the project's ethos, such as offering premium content or merchandise that enhances the inner peace experience without compromising its essence or find related sponsors for making the project into reality. Incorporating these suggestions while addressing the limitations will contribute to the project's growth and success in the future, allowing it to continue inspiring inner peace through the Music Forest and the beauty of slowness in the digital realm and real world.

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จุฬาลงกรณ์มหาวิทยาลัย
CHULALONGKORN UNIVERSITY

VITA

NAME Li Hsuan Chang

DATE OF BIRTH 30 January 1993

PLACE OF BIRTH Taiwan

INSTITUTIONS ATTENDED The Department of Marketing and Distribution Management,
National Kaohsiung University of Science and Technology

HOME ADDRESS No. 5, Ln. 442, Weigong Rd., Miaoli City, Miaoli County 360, Taiwan
(R.O.C.)



จุฬาลงกรณ์มหาวิทยาลัย
CHULALONGKORN UNIVERSITY