

Rest as a Portal of Healing

Self-Guided Tour for Self-Care

Inspired by the work of The Nap Ministry, this self-guided tour explores the idea of art as a space for rest and reflection, and a portal for healing, self-care, and communal care. Use these works of art to inspire your own practice of rest, dreams, or meditation.



This colorful woodblock print depicts a rest area at the foot of Mount Fuji. Can you think of a place you have been that you find restorative? Take a moment to envision it and take a few breaths while you imagine being in that place.

Utagawa Hiroshige, Japanese, 1797 - 1858; Publisher: Ezakiya Kichibei. *Kashiwahara Rest Area by the Pond with View of Mt. Fuji, Hara*, c. 1841-1842, Woodblock print (nishiki-e); ink and color on paper. Gift of Louis W. Hill, Jr



Here we see a figure reclining, seeming to float as he daydreams, staring up at the birds in the tree. This painting is a precursor to Surrealism, a movement in both literature and visual art that attempted to tap into the subconscious mind, often through dreamlike imagery. How do you like to daydream?

Visit Gallery 377 to see this work in person

Marc Chagall, Russian (born Belarus, active France), 1887 - 1985. *The Poet with the Birds*, 1911, oil on canvas. Bequest of Putnam Dana Mcmillan.

Nap Inspiration



On left: Kyra Markham, American, 1891-1967. *Sleep*, 1945, lithograph. Gift of Ruth and Bruce Dayton



On right: Albert de Belleruche, British (active France), 1864 – 1944. *Lili Grenier Sleeping*, 1904, graphite on paper, mounted on ivory paper. Bequest of Professor Alfred Moir



The lithographs in artist Jaune Quick-to-See Smith's four-part *Survival* series are named for Native social models that have given indigenous people resilience, allowing them to survive the severe disruption brought about by colonialism. The work you see here is titled *Nature/Medicine*; the other subjects in the series are *Wisdom/Knowledge*, *Tribe/Community*, and *Humor*. What brings you resilience?

Jaune Quick-to-See Smith, American (Salish, Nehiyyawak and Aqwi-Dika), born 1940; Publisher: Zanatta Editions, Shawnee, Kansas. *Survival: Nature/Medicine*, 1996, color lithograph with chine colle. The Patricia and Peter Frechette Endowment Fund and the James And Maureen Duffey Endowment For Prints and Drawings.



The Yaka who live in the area of Democratic Republic of the Congo are known for their unique headrest designs, which are made in a variety of designs and include carvings of animals, humans, and structures. The house motif depicted on this headrest is representative of the domestic unit in Yaka society, which is vital to bringing people together and building community. How can you use rest to bring people together and build community?

Visit Gallery 254 to see this in person

Unidentified artist, Yaka, 19th century. *Headrest*, c. 1880, wood. Gift of Evan and Naomi Maurer In Honor Of Robert J. Ulrich



Artist Elizabeth Osborne uses abstracted architectural space to highlight states of being. Here we see a figure sitting in quiet contemplation by a window that opens onto rooftops and other windows. Find a comfortable seat and practice your own quiet contemplation.

Visit Gallery 322 to see this in person

Elizabeth Osborne, American, b. 1936, *Woman in Belgravia Hotel*, 1969, oil on canvas. The Marguerite S. McNally Endowment For Art Acquisition



Here photographer has captured a bedframe discarded and being overgrown by the natural landscape. How do you find rest in nature?

Alec William Soth, American, b. 1969. *Venice, Louisiana*, 2002, Chromogenic print. Gift of the Artist and Dan And Mary Solomon



While the hero of Virgil's epic *Aeneid* sleeps, exhausted after his trip from Troy to Italy to establish the future city of Rome, the river god Tiber appears to predict his success. Do you remember your dreams? How do they help you process what's happening in your life or help you prepare for what's ahead?

Salvator Rosa, Italian (Naples), 1615–1673. *The Dream of Aenēas*, c. 1663–1664, etching. The William M. Ladd Collection Gift of Herschel V. Jones

Nap Inspiration



Wing Young Huie, American, b. 1955. *Girl Sleeping*, Frogtown, 1995. Gift of David L. and Mary M. D. Parker



Keri Pickett, American, b. 1959. *Hug in Bed at Night*, 1991, Gelatin silver print. Gift of B. J. French



The work of Minnesota native George Morrison often feature abstracted landscapes with high horizon lines and a flattened perspectives, a signature motif that embodied his spiritual and symbolic methodology. Though his sculptures and collages could be monumental in scale, Morrison smaller were often completed quickly, part of his extended series of “surrealist landscapes,” dreamlike depictions of land and sky that resulted from automatic drawing techniques he adopted as a way to tap into the mind’s subconscious. Many people find drawing to be meditative. With a pencil and paper, practice drawing your own meditative landscape. [Click here](#) for other meditative drawing activities.

George Morrison, American (Grand Portage Anishinaabe), 1919 – 2000. *Untitled*, 1977, conté crayon and frottage on handmade paper. Gift of Bill and Krista Thorburn



The sculpture depicts a Native woman seated cross-legged with her body completely covered with a blanket. Only her smooth face, rendered in lighter bronze, and long loose hair is visible to the viewer, a woman shrouded in mystery and modesty. Inspired by this sculpture, wrap yourself in a blanket and find a comfortable position to rest in.

Allan Houser, Nde Indé (Chiricahua Apache), 1914-1994. *Young Woman*, 1992, bronze. Gift of Hella L. Mears and William F. Hueg, Sr.

Cat (or Dog) Nap Inspiration



On left: Unidentified artist, British, 19th century. *Sleeping Dog*, c. 1840, graphite. Gift of The Joseph F. McCrindle Collection



On right: Wanda Gág, American, 1893 – 1946. *Reclining Cat*, c. 1920s, graphite. Gift of Mrs. Carl Waring Jones.