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.

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

Utagawa Hiroshige, Japanese, 1797 - 1858; Publisher: Ezakiya Kichibe. 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

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?

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

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

Jaune Quick-to-See Smith, American (Salish, Nehiyawak and Aqui-Dika), born 1940; Publisher: Zanatta Editions, Shawnee, Kansase. 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?

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?


**Nap Inspiration**


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.

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.
Cat (or Dog) Nap Inspiration
