

The Andy Goldsworthy piece is a priceless case of the agony and the ecstasy of not rocking the rock!

From: ACS is a new scholarly forum on architecture and spiritualit [mailto:AM-CARC-ACS-L@LISTSERV.TAMU.EDU] **On Behalf Of** Julio Bermudez
Sent: Monday, November 04, 2013 9:01 PM
To: AM-CARC-ACS-L@LISTSERV.TAMU.EDU
Subject: Re: The Art of Rock Balancing

Dear ACS friends,

Here is a piece that one of our members, Charles Bernstein wants to share with all of you. I found "The Art of Rock Balancing" fascinating. See below

The Art Of Rock Balancing

Michael Grab is an artist that has been 'rock balancing' since 2008. Much of his recent work has been done around the Boulder , Colorado area. Grab finds the process both spiritual and therapeutic.

Grab explains:

"The most fundamental element of balancing in a physical sense is finding some kind of 'tripod' for the rock to stand on. Every rock is covered in a variety of tiny to large indentations that can act as a tripod for the rock to stand upright, or in most orientations you can think of with other rocks. By paying close attention to the feeling of the rocks, you will start to feel even the smallest clicks as the notches of the rocks in contact are moving over one another.

Parallel to the physical element of finding tripods, the most fundamental non-physical element is harder to explain through words. In a nutshell, I am referring to meditation, or finding a zero point or silence within yourself. Some balances can apply significant pressure on your mind and your patience. The challenge is overcoming any doubt that may arise."

Enjoy this stunning, remarkable work at Grab's website: <http://www.gravityglue.com/>.

I would love to get your responses/reactions: charles@mcharlesbernstein.com

FYI, Andy Goldsworthy, subject of the 2001 documentary film, Rivers and Tides also does rock (and other) installations but they are not balanced without any support other than themselves, as is Grab's work. Beautiful and very different from Grab:
https://www.google.com/search?newwindow=1&site=&tbm=isch&source=hp&biw=1022&bih=461&q=andy+goldsworthy&oq=andy+goldsworthy&gs_l=img.1.0.0i10.4761.7987.0.10126.16.10.0.0.0.687.5f1j5-9.10.0.eprnk%2Caddre%3Dcollection...0...1.1.30.img..14.2.743.1da0J00qcww

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"leap and the net will appear"