

Aloneness

I am present. I am complete. Nobody is needed.

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Hosted by: Aurélie Meulemans

Project Information (EN)

Poem by S. Clark

It was not a wasted day. I see how you could feel that way, I sat upon the same old stool And tapped upon the same old tool. You came and went, in sun and rain In light and dark, and back again, And still I sat. Yes, I can see, How you would mourn the day for me With all the sights to see outside. I'm sure my stillness pricked your pride. I can guess what you think of me, That I decline your company, I promise that I mean no slight, You have not slipped my gladsome sight. I only crave the stillness here To scrawl at scraps with my mind clear. There is no deeper joy, I say, So mine was not a wasted day. Written by S. Clark

About the table

Aloneness was inspired by Jeong Kwan, a South Korean nun who, at the age of 18, very consciously opted for a monastic life as she finds peace and happiness in being alone. She inspires because she is authentic, true to herself and dares to set boundaries. The result is a round, massive oak table finished in dark oil. The oil makes the authentic wood grains clearly visible and the position of the legs set a clear boundary to the outside world. You can only sit at this table with yourself. Yet there is a certain openness that does not make "Aloneness" an antisocial table. The term "Aloneness" is defined by meditation expert Pragito Dove as "presence, fullness, aliveness, joy of being, overflowing love. You are complete. Nobody is needed, you are enough" (www.huffpost.com, 2017).

Projectinformatie (NL)

Gedicht van S. Clark

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Over de tafel

Aloneness werd geïnspireerd door Jeong Kwan, een Zuid-Koreaanse non die op haar 18 jaar heel bewust koos voor het kloosterleven omdat ze rust en geluk vindt in het alleen zijn. Ze inspireert omdat ze authentiek is, trouw aan zichzelf is en grenzen durft te stellen. Het resultaat is een ronde tafel in donker geolied eikenhout. De ronde vorm representeert een gevoel van harmonie. De olie maakt de authentieke houtnerven goed zichtbaar en de positie van de poten stelt een duidelijke grens naar de buitenwereld toe. Je kan dus enkel met jezelf aan deze tafel zitten. Toch is er een zekere openheid aanwezig die van "Aloneness" geen asociale tafel maakt. De term "Aloneness" wordt volgens meditatie-experte Pragito Dove dan ook gedefinieerd als "presence, fullness, aliveness, joy of being, overflowing love. You are complete. Nobody is needed, you are enough" (www.huffpost.com, 2017).

Image List

Filename	Caption	Credit
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aloneness-1_1695107713.jpg	Aloneness	Aurélie Meulemans
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