Have you explored the spiritual side of your museum? This session featured an enlightening discussion of how museums can offer paths to deeper meaning by facilitating contemplative experiences. Through engagement with their designed and natural environments, museums can foster highly personal and meaningful connections with visitors. Moreover, the sense of tranquility and relatedness inherent to these experiences can be a vital source of healing and holistic wellness. This handout contains resources for further exploration as well as biographies of the speakers.

Resources

*The Power of Now* by Eckhart Tolle
If you don’t mind everything you ever thought was important in life described as mere “form and content” or committing to a woo-woo mystical journey, Tolle might be for you. Highly recommended!

*Meditation Made Easy* by Lorin Roche, PhD
This is a wonderful book for anyone learning to meditate who doesn’t like to follow rules. Roche believes that meditation is instinctive and each person can develop their own highly individualized practice.

What the Bleep!? Down the Rabbit Hole
Somehow a bunch of acolytes from Ramtha’s School of Enlightenment (it’s worth it to read the wiki) teamed up with very highly respected scientists to explore the connection between spirituality and quantum theory in this whimsical DVD set.
Flow by Mihaly Csikszentmihalyi

A dense read on how to optimize one’s enjoyment of the journey through life that’s well worth digesting in manageable chunks. A warning: Flow is not an ode to hedonism. Instead, the book provides guidance for how to find the sweet spot of always being in the zone.

Last Child in the Woods by Richard Louv

Louv argues that time spent in nature is as essential to the wellbeing of children and adults as sustenance or shelter. Citing the alarming rise in ADHD cases in an increasingly inside-lived world, he prescribes nature as a healer, teacher, and spiritual guide.

The Brain That Changes Itself by Norman Doidge, MD

Ever been told to “keep thinking positive thoughts”? This exploration into the science of neuroplasticity shows the power of thought in healing the structure and function of the brain.

Adventure is Good for Your Health
Taking Your Yoga Practice Outdoors
Mindful Eating and Yoga
Yoga for When Life Gets Busy
Road Trippin’: Yoga Poses for the Car
What to Do When You’re Not Feelin’ It

The Trustees of Reservations
The Appalachian Trail Conservancy
SheJumps

Other Links
The Institute for Integrative Nutrition
"Yoga: The Art of Transformation" Podcasts
Spiritual Ecology
The Mindful Word
Rebecca Smith
Independent Museum Professional
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Rebecca Smith is an independent museum professional and a nature educator for Mass Audubon. Rebecca curated the opening of the Chatham Marconi Maritime Center, whose campus is listed on the National Register of Historic Places. She is passionate about exploring the spiritual side of life and the connection between museums and deep, personal meaning. Her daily practice includes meandering in the forest, meditating to the melody of wood thrushes. Rebecca has a master’s in museums studies from Harvard.

Carl Jay
Director of Historic Preservation at Shawmut Design and Construction
cjay@shawmut.com

With 32 years of experience, Carl is one of the most well-respected preservation experts in the country. His passion, vision, and vast network have made him an invaluable resource to those involved in museum capital projects and transformation of these spaces. He has become one of the region’s leading experts as a result of his life-long dedication to the study of historic buildings and close relationships within the construction, design, and preservation communities. His deep construction expertise rounds out and underpins his creative contributions. Carl has been involved in such projects as the African Meeting House, Longyear Museum, Mary Baker Eddy House, and Isabella Stewart Gardner Museum. Among his many industry involvements and leadership roles, Carl sits on the Board of Directors for the Boston Preservation Alliance and is a frequent lecturer and panelist. A lively and engaging speaker, he offers museums and other institutions visionary thinking, sound counsel, and practical approaches. Carl holds his B.S. in Wood Science and Technology from the University of Massachusetts in Amherst, MA.

Tracy Remelius
Health Coach, Yoga Instructor, and Outdoor Guide
tracyremelius@gmail.com

Tracy Remelius teaches hatha yoga classes which emphasize intelligent sequencing and a balance of strength building and flexibility. Her students leave feeling energized and relaxed at the same time. Tracy’s intention is to hold space for students to feel great in their bodies, get inspired, and find some time to relax while tapping into their sense of strength and power. She is a holistic health coach who empowers professional women all over the country to overcome stress-induced emotional eating, inner resistance, and motivational blocks to live balanced lives of health and happiness. A longtime outdoors woman, Tracy leads Yoga Adventures which combine her love of getting outdoors with practicing yoga. In her work she’s partnered with The Trustees of Reservations, The Appalachian Trail Conservancy, and SheJumps to help bring awareness to land conservation and women's empowerment in the outdoors. She also guides at Kripalu Center for Health and Canyon Ranch Spa in Lenox, MA, and the Wanderlust Yoga Festival in Stratton, VT.