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MEDIA RELEASE

EXPERIENCING THETA STATE OF MIND WITH SOUND AT THE NATIONAL ART GALLERY

24 JULY 2023 – The National Art Gallery held an event, "Experiencing the Theta State of Mind With Sound," which included sound healing therapy. The event was held in conjunction with the newest Single Exhibition, "THETA" by Bono Stellar, which is currently on exhibits in the lobby area of The National Art Gallery until July 24, 2023.

The therapy session featured Ethel Choo, a Yoga Instructor and sound healer. During the session, the participants were guided in experiencing the transformative effects of sound on brain waves, specifically the shift from beta to theta state. This state is often described as a blissful experience, mirroring the precise moments before drifting off to sleep or waking up.

In adding the excitement for the event day, the National Art Gallery offered free cotton candy to all visitors who showed their appreciation for Theta's artwork on social media and tagged us at the National Art Gallery.

The Theta Exhibition showcases colour projections and demonstration to create dream-like illusions driven by theta waves. Visitors get the chance to experience an immersive installation space that evokes unique illusions created through lines and reflective materials. It creates surreal dream-like experiences while provoking questions, curiosity, and contemplation among viewers.

According to the artist, Bono Stellar, "Drawing from various methodologies practised in self-healing processes, I now utilise theta waves as a justification to cultivate gratitude and sow intentions in the subconscious mind, allowing it to grow while I am sleeping. I

observed my conscious mind with the aim of generating better thoughts and eliminating past traumas, remaining hopeful for a better life."

Therefore, the National Art Gallery is inviting the public to visit the Theta Exhibition. The exhibition is open daily from 9.00 a.m. to 5.00 p.m. For more information, visit www.artgallery.gov.my or the official social media of the National Art Gallery.

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