

OMS ROCHA

The Circle Practice: First Gesture Room Leaflet

1. The Gesture

The exhibition opens with a simple action: the artist draws a circle of light.

This gesture acts as a trigger—an invitation to observe how a form emerges from light itself.

2. Seeing as a Practice

Inspired by kasina methods in the Pali tradition, the work proposes seeing as a cognitive and aesthetic exercise. The aim is not symbolism but direct experience.

3. Nimitta — The Internal Image

Watching the circle may generate an internal afterimage.

First unstable (uggaha-nimitta), then more refined (paṭibhāga-nimitta), this internal form becomes part of the artwork.

4. Bhavaṅga — The Continuum

Between moments of perception lies a subtle mental flow known as bhavaṅga.

This continuum supports the arising, sustaining, and dissolving of images.

In this exhibition, it is the quiet ground on which the internal image rests.

5. Adhika — Expansion

Sometimes the internal image grows beyond its origin—brighter, wider, or more abstract.

This is adhika, the moment when perception exceeds the initial gesture.

6. Contemporary Dialogues

The project intersects these early practices with: • *Flusser's theory of the technical image* • *Paik's performativity of light* • *Maria Heim's phenomenology of attention as intersubjective cocreation*.

7. First Gesture

This inaugural gesture begins a longer collaborative project between OMS Rocha and Pluku Gallery: a practice of perception unfolding in performances, recordings, and meditative visual works.

