

A YEAR OF JOURNALING



NATURAL INTEREST

The saying “stop and smell the flowers” reminds people to pause for a moment and enjoy the sensations of life. But how might you use your senses to experience these glass flowers? Emile Gallé’s *Cameo Vase* provides us with the opportunity to stop and reflect on nature’s intriguing details, colors, and textures—all without stepping outdoors.

This vase exemplifies the qualities of Art Nouveau (“new art” in French), an artistic style incorporating, glass, metal and wood that was most popular from 1890 until 1910. Gallé’s glasswork demonstrates the Art Nouveau fondness for fluid lines and natural motifs.

Emile Gallé, *Cameo Vase*, c. 1900–1915. Gray, peach, and burgundy glass. Gift of Selma and Elias Sabin, 1992. The Clark, 1992.10.

IN YOUR OWN WORDS

Imagine seeing, touching, and smelling a real flower. Now imagine interacting with the flowers on this vase in the same way. Which sensations might be similar and which might be different?

The vase preserves a moment from nature that can be enjoyed indoors. How do you bring the outdoors inside in your own life?

Take a reflective walk outside and focus on the world around you. Avoid listening to music or talking to someone. Bring your journal along and write down your perceptions shift during your experience. What do you notice and how do you feel at the beginning and end of your walk?

Make a list of five different things you use/eat/rely on everyday that come from nature. What would happen if these items were not available? How did making this list reinforce or change your perspective on the role of the environment in your life? Which words best describe your relationship with nature?