

MOMENTS of DELAY

Primary Level Study Guide

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Pre-Visit

Before visiting the “Moments of Delay” exhibit at the Museum of Contemporary Art and Design (MCAD), let us recall what we know of time and our experience of time. In school, you’ve likely learned about time in many ways, whether it’s through measuring it on a clock, scheduling dates on a calendar, or the timelines that you memorize in history class. Did you encounter any difficulties when you first used these tools? Maybe the hands of the clock were confusing at first glance, or perhaps you missed an important event because you misunderstood the calendar. These early challenges are part of how we learn to manage and make sense of time. When we think about time, we often categorize them into three sections: the past, the present, and the future. When we look back, the past often carries the moments and memories of significant experiences that left a deep impression on us. Think about your happiest memory or perhaps your most embarrassing experience, wouldn’t you say these moments have shaped your personality and who you are today? Now think about the future, children of your age are probably frequently asked the question of “What do you want to be in the future?” Whether it be a doctor, artist, teacher, or any other profession, we see how we plan and anticipate the possibilities of the future or what comes next.

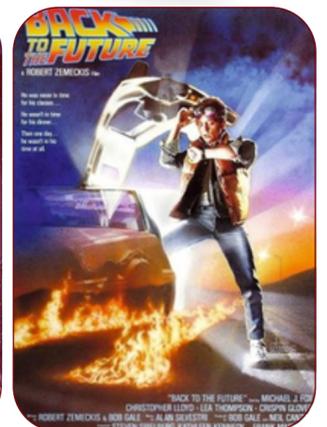
ACTIVITY 1.1. Imagine/Illustrate your Happiest Memory from the Past.

ACTIVITY 1.2. Imagine/Illustrate where you see yourself in the Future.

With these questions in mind, many of you have likely been interested in the concept of time travel. We suggest you watch or remember movies like “Back to the Future” (Zemeckis, 1985) or “A Christmas Carol” (Zemeckis, 2009), these movies explore themes related to our experiences in time and how the past, present, and future are connected and influence each other. Characters like Marty (“Back to the Future”) altered his past causing ripples in time that affected his present. Meanwhile, characters like Scrooge (“A Christmas Carol”) saw the repercussions of his actions in the future and sought to change himself in the present to prevent this. If you could travel through time, what moment would you travel to? Why?



Disney Wiki. (n.d).
https://disney.fandom.com/wiki/A_Christmas_Carol



Struzan, D. (n.d.).
https://en.wikipedia.org/wiki/Back_to_the_Future

To learn more about time travel (theoretically), visit the following link:

Space Place. (n.d.). Is Time Travel Possible?. NASA Science. Retrieved from: <https://spaceplace.nasa.gov/time-travel/en/>

ACTIVITY 1.3. Evaluate / Illustrate your Present Self

However, as of the moment, time travel is something far from our reach. What we do have is the present moment. While we exist in the present, think about what you’re experiencing right now. What do you feel? For some people, it might even feel wrong to stop as we are often in a state of work, where a break feels like a “glitch” interrupting our experience of time. It is rare for us to experience moments like this where we can pause and think. Nevertheless, these pauses or “delays” can be equally meaningful experiences in time. These questions about our experiences of the present, in other words the “contemporary”, form the core of what the “Moments of Delay” exhibition will help you explore once you visit.

Visit

In order to best appreciate the “Moments of Delay” exhibition at MCAD, we suggest you explore these three specific exhibits to enhance your experience and understanding of each display, as well as the exhibition as a whole.



4-7-8 (2022)

Corinne de San Jose
Amplifier, 12 woofer speaker boxes,
audio loop, mugwort-scented incense,
clay plate, wooden plinth

Starting off our journey, upon entering the halls of MCAD, you will first encounter a set of speakers to the right side, accompanied by a small clay tray. These components are part of Corinne de San Jose’s work “4-7-8”. The speakers carefully emit a low frequency sound of a 40 hertz tone. The word “frequency” already suggests the work’s connection to time. The word is often used to refer to the number of actions repeated over a period of time. In this work, the frequency would refer to the rate at which vibrations occur in a sound wave. Without time, sounds and music would be a meaningless cluster of noises. Time gives structure to it, forming patterns we refer to as rhythm. Before you move on to the next portion, we suggest that you close your eyes and listen. Between the periodic sounds and silence coming from the speakers, can you determine the pattern?

If you carefully track the timing of the sounds, you will notice a pattern. The pattern is based on a well-known breathing technique used in meditation: inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds, earning the work its title. Alongside this, the speakers are accompanied by a small clay tray that periodically burns incense scented with an herb called Damong Maria, used to encourage healing.

The work actually references the sound-system battles done in the towns south of Manila. Meanwhile, the incense alludes to the artist’s past memories, as the burning scent of plant leaves trigger the nostalgia of Corinne de San Jose’s life in the countryside, further emphasizing the connection between the past and present.

Through the meditative practice, Corinne de San Jose creates a space of healing in the present that contrasts the intimidation it used to induce in the past. In a world filled with noise, the artwork offers an intentional pause that embraces delay as an opportunity to be present. This meditative state is a perfect example of how Moments of Delay transforms “delay” from something frustrating into something meaningful.

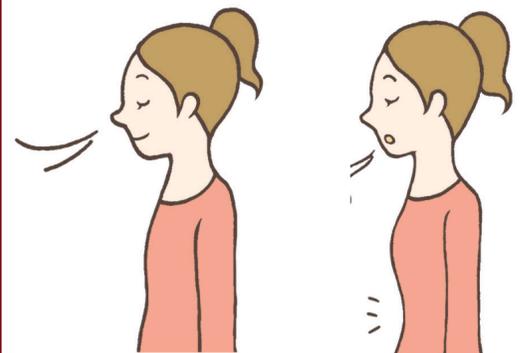
ACTIVITY 2.1. Breathing Exercise

Participants are encouraged to practice the breathing pattern of 4-7-8, matching the sounds of the speakers. The following video can be used for reference:

- Hands-On Meditation. (2020, January 16). 4-7-8 Calm Breathing Exercise | Relaxing Breath Technique | Extended Breaths | Pranayama Exercise. Youtube. Retrieved from: <https://www.youtube.com/watch?v=1Dv-lDGLnIY>

After the breathing exercise, participants are encouraged to share their insights or reflect on the following.

- How do you feel physically or mentally?
- Was the experience of time different for you during the exercise?

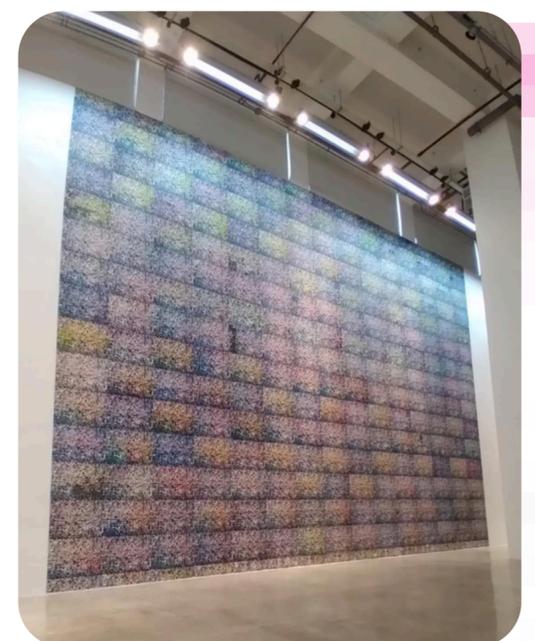


Lee Health. (n.d.). <https://www.leehealth.org/our-services/pulmonology/pulmonary-rehabilitation/pulmonary-rehab-home-exercises/breathing-techniques>

Moving on to the next destination, we will notice a large artwork printed onto the left wall of the museum. Entitled “Screen” by Miguel Lorenzo Uy, the artwork consists of a group of squares screen printed using the CMYK color system, referring to cyan, magenta, yellow, and key (black). The piece creates the image of static or a “glitch” within our TV screens. Often when our devices glitch, the figures on the screen either stop or disappear entirely. The word “glitch” is usually used to refer to a minor problem that causes a temporary setback (Merriam-Webster. n.d.).

ACTIVITY 2.2. Glitch

Participants are encouraged to share insight on devices or electronics that they have experienced to have “glitched” and what they felt in that moment.



Screen (2021/2025)
Miguel Lorenzo Uy
Screenprint

Visit

While this momentary glitch can often be an annoying experience in our everyday lives, like when it disrupts our favorite show, it also reflects an interruption in the flow of time. With this interruption, we are allowed to contemplate. Imagine the time it costed, numerous hours dedicated to the task of finishing such a work. Subsequently, the work also expands upon the concept of time and how the past can have resounding effects in the present. By referencing the “static” of old analog television, the work connects itself to the past of our own universe, as this glitch can be considered a product of leftover cosmic microwave background radiation, in other words, energy left over from the Big Bang. This link between the digital glitch and the origins of everything further recognizes how the past continues to affect our contemporary experience. Lastly, the work also explores time through its temporary nature. Once the exhibit is over, the wall will eventually be painted over. Therefore, although the screenprint exists in the present, much like many aspects of our contemporary life, its state remains uncertain as we move into the future.

For more information about the definition of Glitch, see the following link:

Merriam-Webster. (n.d.). Glitch. In Merriam-Webster.com dictionary. Retrieved from <https://www.merriam-webster.com/dictionary/glitch>



Autonomy of Painting (2021-2022, 2023)
Allan Balisi
Oil on Canvas

The final highlight for today’s exhibition would be Allan Balisi’s “Autonomy of Painting”. The work consists of a series of paintings modeled after several mannequins abandoned at the storage of the Cultural Center of the Philippines (CCP). It tackles time by engaging with the long history of CCP as a state-run institution during Martial Law. The mannequins remain unclothed and fragmented, encouraging various perspectives and interpretations, especially those alluding to the Desparacidos. Rather than presenting a clear narrative, Balisi's images provoke questions such as: Who are these figures? What are their stories?

ACTIVITY 2.3. Interpretation Activity

Share insights of the student’s interpretation of the work and how they came to that conclusion

In this manner, the work also embodies the concept of “delay”. The work encourages us to sit and contemplate in silence with the painting. The stillness of the mannequins in the paintings also gives a sense of being frozen in time, similar to the concept of the “glitch” mentioned earlier, as the figures remain motionless and waiting to be seen or remembered.

The mannequins remain present and refuse to disappear despite the attempts to bury them in the past. Thus, the work connects to the discussion of time by providing a visual experience of suspended temporality where the past re-emerges and emphasizing how time is non-linear and cyclical.

Learn more about the artists through the following links:



Allan Balisi

Allan Balisi (n.d.). Art World Database. Retrieved from: <https://artworldddatabase.com/portfolio/allan-balisi/>



Neo Maestro

gravityartspace. (2024). Meet Neo Maestro for his solo exhibition. Instagram. Retrieved from: https://www.instagram.com/p/C_iYAgTgAJ/?hl=en



Corinne de San Jose

Corinne de San Jose. (n.d.). Silverlens. Retrieved from: <https://www.silverlensgalleries.com/artists/corinne-de-san-jose>

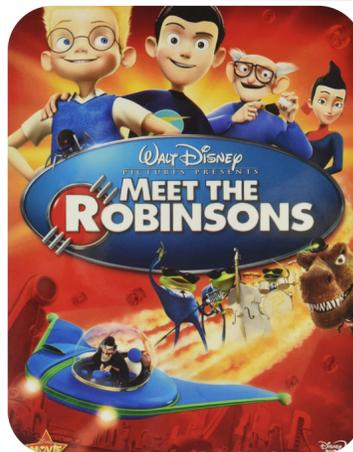
Post-Visit

With the exhibition's focus on time, particularly the present, participants are encouraged to reflect on the uncertainty and unpredictability of our current lives and the systems that govern it. As we walk into the future, we suggest you reflect on your experience at the “Moments of Delay” exhibition by considering the following guide questions:

GUIDE QUESTIONS:

- How has the exhibition deepened your understanding of time?
- What does the word “delay” mean to you after visiting the exhibition?
- What do you plan to do in the present? How do you think this will affect the future?

Overall, the “Moments of Delay” exhibition invites its visitors to re-evaluate how they experience time. Within our fast-paced and output-driven world, delays are commonly seen as inconveniences. Upon facing delays, what do you usually do? More often than not, we attempt to fill the time with distractions or find the quickest way to move forward. However, this exhibition challenges this mindset by seeing delay not as a hindrance, but as an opportunity to be present. Thus, delays become a crucial part of our lives as they provide a space for reflection and awareness. Rather than escaping the moment, we can live within it, as these moments often reveal the systems shaping our lives and offer possibilities for reimagining the future.



Becky. (2020). Disney in your Day
<https://www.disneyinyourday.com/thoughts-on-meet-the-robinsons/>



Movies Anywhere (n.d.)
<https://moviesanywhere.com/movie/tomorrowland>

With this in mind, students who are interested may also watch movies like Tomorrowland (2018) by Brad Bird or Meet the Robinsons (2007) by Stephen Anderson to further reflect on the concept of time, our contemporary life, and the collective actions we can take for our future.

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- Allan Balisi. (n.d.). Silverlens. Retrieved from: <https://silverlensgalleries.com/artists/allan-balisi>
- Bird, B [Director]. (2015). Tomorrowland [Film]. Walt Disney Studios Motion Pictures.
- Becky [Online Image]. (2020). Disney in your Day. Retrieved from: <https://www.disneyinyourday.com/thoughts-on-meet-the-robinsons/>
- Corinne de San Jose. (n.d.). Silverlens. Retrieved from: <https://www.silverlensgalleries.com/artists/corinne-de-san-jose>
- gravityartspace. (2024). Meet Neo Maestro for his solo exhibition. Instagram. Retrieved from: https://www.instagram.com/p/C_jYAgTgAJ/?hl=en
- Disney Wiki [Online Image]. (n.d.). Retrieved from: https://disney.fandom.com/wiki/A_Christmas_Carol
- Struzan, D. [Online Image]. (n.d.). Retrieved from: https://en.wikipedia.org/wiki/Back_to_the_Future
- Hands-On Meditation. (2020, January 16). 4-7-8 Calm Breathing Exercise | Relaxing Breath Technique | Extended Breaths | Pranayama Exercise. Youtube. Retrieved from: <https://www.youtube.com/watch?v=1Dv-ldGLnIY>
- Lee Health. (n.d.). Breathing Techniques. Retrieved from: <https://www.leehealth.org/our-services/pulmonology/pulmonary-rehabilitation/pulmonary-rehab-home-exercises/breathing-techniques>
- Merriam-Webster. (n.d.). Glitch. In Merriam-Webster.com dictionary. Retrieved from <https://www.merriam-webster.com/dictionary/glitch>
- Movies Anywhere. [Online Image]. (n.d.). Retrieved from: <https://moviesanywhere.com/movie/tomorrowland>
- Space Place. (n.d.). Is Time Travel Possible?. NASA Science. Retrieved from: <https://spaceplace.nasa.gov/time-travel/en/>
- Zemeckis, R. [Director]. (1985). Back to the Future [Film]. Universal Pictures.
- Zemeckis, R. [Director]. (2009). A Christmas Carol [Film]. Walt Disney Studios Motion Pictures.