

Mondays with MoMA



MoMA



Step 1 Look closely

Questions

1. What materials and objects do you notice?
2. What do you notice about how the objects are arranged?
3. What questions do you have about this artwork?

Step 2 Learn more

Disease Thrower #5 is a sculpture, shrine, healing instrument, and headdress. It is made up of personal and ritual objects and is activated by sound when the large circular gong at the top of the piece is struck. This artwork is part of an exhibition called [*Luz y fuerza*](#) (*Hope and Strength*).

When the artist, Guadalupe Maravilla, was overcoming cancer, in addition to western medicine, he experimented with traditional healing techniques including sound baths, which use vibrational instruments to create therapeutic sound waves. Maravilla decided if he survived, he would learn how to play gongs and share the sounds with others. "Having audiences come to my sound baths and learning about how sound can be medicine is something that I think is really important. But also, to me, what's really exciting is that some people can walk away without even listening to the work and feel very fulfilled by experiencing the work as sculpture."

Step 3 Activity: Shrine for support

Materials: objects of personal significance

1. Take a few minutes to connect to a time when you overcame a challenge in your life.
2. As you are thinking about this, think of sounds or songs that helped you through this time and provided a sense of grounding or strength.
3. Gather any objects that are connected to this significant experience.
4. Find a special place (a box, a corner of a room, or any surface) that you can easily access. Arrange the gathered objects in a way that best represents the thoughts and feelings from that time.
5. You can visit this shrine, interact with the objects, and play your sound or song whenever you need support or healing.
6. You can add to your shrine as you have new experiences and discover new ways of overcoming challenges.

Step 4 Share!

Share your shrine with a friend or family member. Or you can email it to us at MoMA: schoolprograms@moma.org.

Watch Guadalupe Maravilla's sound baths: <https://art21.org/watch/new-york-close-up/guadalupe-maravilla-the-sound-of-healing/>



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Image: Guadalupe Maravilla. *Disease Thrower #5*. 2019. Gong, glass, steel, wood, glue mixture, cotton, wood, plastic, loofah, paint, straw, Florida Water, and objects collected from a ritual retracing the artist's original migration route. © Guadalupe Maravilla. Fund for the Twenty-First Century