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## [Sacred Words in a Sacred City](#)

By [Krista Bard](#)

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The power of words and sounds, sound frequencies, ancient oils and holy waters all combine in Krista Bard's "Mot Sacrés" exhibition of metaphysical works on paper, created to lift your spirit and raise consciousness.

Last updated: (Monday, 27 September 2010)

The playwright Thornton Wilder, in "Our Town," posed the question, "How many of us really appreciate life while we live it?" and answered, "The saints and the poets, maybe they do, some." Given his friendship with Gertrude Stein, I expected him to write, "The Parisians do, totally." He left that job to me. There is magic in Paris. Something wakes up the soul here and brings an unparalleled, unprecedented, undeniable aliveness to every cell in the body. Blood pumps stronger, eyes are brighter, the rain is wetter, the sky is bluer, laughter is sweeter, chocolate is richer. Every feeling is purer, clearer, heightened here.

Why is it that you sleep one night in Paris and you wake up more alive? Energy. The ancient Greeks would search for "temenos" or land with sacred energy upon which to build their temples. Quantum physics now explains how everything is vibrating energy, and our collective conscious and unconscious minds perceive and further shape the world. Parisians started with a vortex of sacred land and their united focus on "joie de vivre" has amassed the world's largest reserve of one of the highest levels of human consciousness. My new art exhibit "Sacred Words" or "Mots Sacrés" at Galerie Vivendi is a tribute to the wellspring of joy that is Paris, and a kind of physics experiment that worked magic for me, raising up my own spirits. I was at a deeply sad point in my life – I had just cancelled my wedding, and then soon after, my father died. I turned to art, music and ideas for solace... French sound scientist Alfred Tomatis who inspired Don Campbell's book, "The Mozart Effect"; Japanese scientist Masaru Emoto's "Messages from Water"

explaining the power of words on water and, because we are almost 80% water, on the human body; David R. Hawken's "Power vs. Force" matrix for levels of consciousness; Rupert Sheldrake's "Morphic Resonance" giving new depth to Jung's ideas of collective unconscious; and Dr. Kurt Ebert's work "Upside Down" using sound frequencies as acupuncture for the mind.

What would happen if I combined what I learned from all these great minds? What if I treated paper with biblical and essential oils and holy water? What if I played sacred music while I meditated and made the pictures? What if I chose words that all resonated with joy? Could this shift my own consciousness, and could it shift someone else's?

Alexandra Munroe, curator of the Guggenheim Museum in New York, purchased the first picture, "The Rosary," and said it reminded her of prayer wheels:

*The beauty of her work lies beyond the meditative trace of her liturgical prose inscribed in small writing over large expanses of paper. The paper ground has no lines, no borders. It is colored with dabs of paint – shades of blue, orange, yellow – that were made while the paper was wet, leaving pale traces, like halos*

*in a spring rain. The composition, seemingly so slight, makes the whole page float in a deep, sightless space. That space is where I'd been, and where I need*

*to go to be reminded of my new dimension of humanity.*

I am honored that the work touched her so.

I am honored for the work to be on exhibit in a city I love so much.

I would be honored for you to visit and tell me your own reaction.

[kbard@kristabard.com](mailto:kbard@kristabard.com)

"Mots Sacres"

Galerie Vivendi

October 14 – October 31

28 Place des Vosges

Opening reception: October 14, 6 pm – 9 pm

RSVP: [info@markhachem.com](mailto:info@markhachem.com), 33 1 42 76 94 93