

## Melancholia Audio Intro

Welcome to *The Forgotten Sin: A Ritual Space for Melancholia*—a spatial exploration of the eighth sin investigating phenomenological story telling methods through intentional engagement of the five senses.

This audio introduction is designed to bring you into the mind-set of melancholia and prepare you to journey through the *Melanchorium*.

Before there were Seven Deadly Sins there were Eight Evil Thoughts. Seven of them became the deadly sins, all closely tied to excess: lust, gluttony, greed, sloth, wrath, envy, and pride. The eighth, however, almost defies translation. Most accurately, it's called "melancholia" or sadness in which one chooses to wallow, another type of excess. This sadness could be self-pity; negative thoughts regarding another's success; "despond" or an overwhelming outlook of gloom, despair, or hopelessness; ennui; apathy; inertia; existential boredom. It is distinct from what we understand today as clinical depression in that there is an active choice to languish in these feelings.

This experience is a space for acknowledgement, indulgence, and an unravelling of self.

What you get from it is entirely up to you. You will be invited to reflect through a series of meditative rituals that you encounter at your own pace. They are written out for you. Feel free to read them aloud or to yourself as you enact them. Please ask the steward any questions you have before entering the *Melanchorium*. Once inside you will be on your own. Feel free to exit at any time.

I will guide you through the first ritual.

There is a skein of yarn on the table. Notice its colour. Touch it and feel the texture. Do any associations come to mind? I'll give you a moment to explore the yarn. (*15 sec of silence*) Slip this yarn around your wrist. You will carry it with you on your journey.

Tied to the yarn is a grounding ritual. If you feel overwhelmed at any point you can use this ritual to center to yourself in the space.

You are almost ready to enter the *Melanchorium*.

Take a deep breath in through your nose 1 – 2 – 3 – 4

Hold it 1 – 2 – 3 – 4 – 5 – 6

Breathe out through your mouth 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8

Return these headphones to the steward, remove your shoes if you would like to, and enter the *Melanchorium*.