



The Artful Life: 7 Things *Galerie* **Galerie** Editors Love This Week

From Louis Vuitton's ultra-chic café in Sicily to a new design gallery opening in Montana

BY GALERIE EDITORS

AUGUST 14, 2023

Stephanie
Hirsch
in her
studio



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Winston Wächter Fine Art, Inc.

530 West 25th Street, New York, NY 10001 TEL [212] 255 2718 FAX [212] 255 2719 EMAIL nygallery@winstonwachter.com www.winstonwachter.com



4. A Stirring Exhibition of Meditation Works by Artist Stephanie Hirsch Opens in Bridgehampton

In the final stretch of the summer, acclaimed artist [Stephanie Hirsch](#) hopes that we can all become a bit more reflective and slow down. The New York artist is presenting a new exhibition with Winston Wächter Fine Art titled “Meditation Wheel: Journey to the Center of the Soul,” which invites the viewer into a labyrinth of self-discovery. The show, which opened last Thursday to an energetic crowd at Topping Rose House for one night only in Bridgehampton, is now on view exclusively online through the end of the month. The new series is made up of the artist’s signature meditation wheels, intricately crafted from gradients of stitched beadwork. They take their inspiration from the ancient symbol of the Mandala, which is said to represent harmony and wholeness in the universe. “I use beads as seeds,” Hirsch tells *Galerie*. “I truly believe what we feed our mind, body and soul we become. The three dimensionality and reflective qualities of beads symbolize the process of introspection and self-discovery.” Each work features words and phrases drawn from both personal musings as well as luminaries like Wayne Dyer, Yogananda, Michael Singer, and Eckhart Tolle. “The viewer has to literally and figuratively



work hard, dig deep to read what has been written. The act of working with beads is a meditative experience. One can either spin in or out of control the choice is ours alone. Divinity is always within.” —Lucy Rees