
Potsdam, November 3, 2025

The Museum Barberini's new podcast *In the Moment: A Meditative Journey with Monet* with actor Benno Fürmann now available

In a fast-moving world full of change and uncertainty, more and more people are looking for moments of quiet and focus. How can art museums help bring us back to the here and now? And how can the practice of mindfulness be combined with seeing, feeling, and experiencing Impressionist art?

The Museum Barberini dives into these questions with its new audio podcast *In the Moment: A Meditative Journey with Monet*. In five episodes of around ten minutes each, listeners embark on an acoustic journey through selected works by Claude Monet in the Hasso Plattner Collection. Descriptions of the paintings narrated by Benno Fürmann are complemented by mindfulness exercises conceived by the journalist and mindfulness trainer Diane Hielscher.

"The artists of Impressionism were masters of capturing the moment. Our new podcast is an invitation to concentrate on the moment and experience Monet's works in a different, meditative way. Researchers in Great Britain and Belgium as well as at the Charité in Berlin have studied the effect of art on mental and physical health – and have found that art has a positive impact. Art can help us concentrate on the present moment and experience more inner peace and contentment," says Ortrud Westheider, Director of the Museum Barberini. "In addition to our longstanding and very popular yoga sessions in the museum, we are delighted to now offer an acoustic format to help people experience the connection between art and well-being."

Both nationally and internationally, more and more museums are responding to the growing desire for slower-paced experiences and are integrating meditation into their programs. With its "Mindfulness in the Museum," the Getty Center in Los Angeles offers meditative art viewing, while the Tate Modern in London invites visitors to "Slow Looking" and German museums like the Bode-Museum in Berlin are providing opportunities to explore art and meditation.

Conversation with Benno Fürmann as a bonus track

On November 3, 2025, the Museum Barberini will mark the launch of the podcast by hosting a conversation: Benno Fürmann, for whom meditation has been a part of daily life for years, will talk with Diane Hielscher about the power of stillness, about silence in the midst of constant overstimulation, and about how art can help sharpen our perception. In conversation, the two will explore what we can learn from the Impressionists as "masters

of the moment,” how their works still speak to all our senses today – and the powerful effect that conscious experiencing can have on us. The event is already sold out, but the conversation will be recorded and will soon be available as a bonus track on the podcast.

About the participants

In the Moment: A Meditative Journey with Monet is a project of the Museum Barberini, produced and edited by studiodrei. The podcast is now available on the museum website and on all podcast platforms.

Benno Fürmann is an award-winning actor (*Anatomie, Nordwand, Babylon Berlin*) who also advocates for environmental and social issues. In 2023 he published *Unter Bäumen*, a book about connection to nature, mindfulness, and social responsibility.

Diane Hielscher is a moderator, author, and podcaster. A familiar voice from radio and the podcast *Achtsam* (Deutschlandfunk Nova), she explores themes related to science, consciousness, and society with a focus on mindfulness and meditation.

podcast.museum-barberini.de
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