

The 3 portals

Welcome there!

To guide you through my artwork, I suggest it can be interesting to observe it first.

Some questions that might help after observing..

Where is it? What do you understand? Do you see a common thread through the trilogy? Do you think it's an addition to something? What is the goal of this work?

Read afterwards the description below.

Thank you for your time.

& Looking forward meeting you!

Sincerely,

Ines

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Last years I've been focusing on movement in different ways. Linking movement with connection, awareness and personal growth is at this moment my biggest inspiration form. At this moment I try to embody as much as possible my movement through life. Finding my way back to my body - especially when I'm caught up in my thinking mind, caught up in daily society.

It first feels like stopping, holding myself back. But there is somewhere a strongly believe it takes me way further, every time I try to find my way back to that connection.

Suddenly there is more space for feelings and other thoughts. Suddenly there is a possibility for a ray of sunlight to enter.

As I walk in nature I try to open my sensations as much as possible. It feels like an environment where it's possible the fullest. It's still a proces. Probably it will always be.

For my interpretation/reaction/answer on the theme movement at the site of Labiomista. I want to embody my work as much as possible. Gathering with the group brought me to the endless loop of discussing and making sure your voice counts. It was interesting and fun tough!

But I was also the first one to leave the box and walk around. That made me realise to focus my piece on "embodying" the subject and the surrounding.

I've chosen to create 3 circles that you will pass through your visit at Labiomista.

The first one is close to the CosmoGolem. When you enter this circle, I want to trigger the visitor to open up the sensations. To start to surrender to nature. What do you see? What do you hear? What do you smell? Realise how you walk. The pace of your footsteps... Take this awareness through out your walk.

Walking intentional through a portal, feels for me as a new beginning mark. Something that can create a change in our behaviour.

This can be seen as a small seed for the visitor to be more open to receive nature in its purest form, as the artworks on the site.

The second circle will be completely at the 'end', next to the nest of the black stork. This circle focus on embodying nature elements that inspire us. I refer to animals, because I feel they are the 'easiest' bridge for human to find our connection with nature towards its purest form. For this circle there is a dance rite to embark character traits of the animal you have in mind. It's more which character traits do you link / feel intuitive with this animal.

The last circle will focus on the integration of your visit.

Again marked with a portal. A portal where an ending, creates a beginning.

At this ending circle I leave cards. On this cards the visitor can write an intention.

My intention is to move (ex. with awareness.)

Choose the moment that feels right & give it to a person where you want to share this intention with. This person can share on his/her turn the intention aswell with a chosen person.

Or give this intention directly to mother earth. The card contain flower seeds, so possible to bury. Doing one of the two in an intentional way, brings the magic with itself.

Extended information

Inspiration

Inspiration through Labiomista/ interpretation of Labiomista

The inspiration for the golden portals/circles came from the work 'The Golden Cord'.

The connection with the mystic, unknown. The layer to opening up the senses, to break through to the spiritual world, to welcome the magic.

Inspired by the unicorn, the sea eagle. The portals to the mystical world.

The zebra as balance to the earthly life.

Tried to implement the idea of the golden cord into the physical being and moving of the visitors.

By welcoming them to enter different portals and to let them move physically move into the different worlds.

By following the path several times, in different ways, I got inspired by the different aspects of the works and ideas where we move through during our visit.

The golden cord was a guideline for me and the greatest source of inspiration that drew my attention.

Personal inspiration

The weekend before my participation at LaMouseion, I went on a vision quest in the woods of Wallonie (The Ardennes). A vision quest is a sort of rite of passage. A kind of ceremony or event marking an important stage in someone's life. At their most basic, all rites of passage are characterized by three distinct phases: separation (leaving the familiar), transition (a time of testing, learning and growth), and return (incorporation and reintegration).

The vision quest was leaded by a dear friend, who is a shaman in Druidry.

You shape your intention before going to the ceremony. During the weekend you come together and share your intention in an organised ceremony. Afterward you go alone into the woods with your intention, water and material to keep you warm & dry. You spend 24h in a circle you've created yourself in the woods. Before and after the time alone, you come together with the group and share your intention and experience in a safe place where vulnerability is welcome.

During my vision quest I got in contact with a lot of animals, during my time awake, but aswell in my dreams.

At a certain point I decided to implement the characteristics of the robin bird. In the meantime this bird visited me several times and I felt some characteristics that I wanted to imply into my life. The evening before the vision quest I had a glance through a book of spirit animals. In the book I found an explanation of a dance by which you embody the energy and characteristics of your spirit animal.

This in a form of 'a dance rite' that you can do by yourself in a circle.

My time alone was a tender travel in different personal ways. The most interesting part I've experienced is the fully surrendering into nature, to **mother** earth. This experience taught me that complete surrendering in the present, opening up all senses scared me at first, but eventually brought me to 'presence' with the unconditional love and safety of the nature.

For me nature is at this moment the most safe and grounding environment to connect back with ourself. Surrendering, opening up with all your senses is a portal to connect to yourself, your deepest self, your highest self.

For me learnings how I want to move through life, how I want to move forward... with (a lot of) failing & learning at the same time.

Goal...

Change in our movement starts with awareness.

A movement towards alignment with our body, mind and soul.

A movement towards nurturing you, your environment, the nature, the world.

...

Planting seeds to create a higher consciousness.

The 3 portals (text on the papers)

Door of perception

As we walk into the unknown. We forget to open our senses. We forgot that there is a portal to open them. We forgot that the environment can be safe to explore this.

Opening our senses in nature, is a way of trusting the unknown.

Trusting the unknown, what's more known than we know now. We might used to know.

Trust the portal & surrender. Allow, be and receive.

Our fully presence, there is nothing more to give. No more expectations.

Door of transformation

Which animal inspires you?

It may be that you see the animal every day, have seen it once, never seen it before. It even doesn't have to exist.

-Which animal inspires you?

Feel what characteristics come to mind when you think about this animal.

Take this with you on the next dance rite.

Model of the dance rite

Door of integration

We invite you to take this envelope with you.

Choose the moment that feels right & give it to a person where you want to share this intention with. This person can share on his/her turn the intention aswell with a chosen person.

Or give this intention directly to mother earth.