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# **Vremenska prognoza ženskog tijela Kratki eksperimentalni film, video - zvučna instalacija**

Što znači pojam žene i ženskog? Kako biti žena u današnje vrijeme izloženosti masovnim medijima, digitalnoj kulturi, virtualnim svjetovima, društvenim mrežama....Stvoren je veliki jaz između onog što žene stvarno jesu i medijski nametnutim mentalnim predodžbama, standardima i ograničenim stereotipima.

U nedostatku mističnih rituala i inicijacija koji su nas vodili kroz (ženske) životne cikluse, putem procesa umjetničkog stvaranja istražujem i propitujem vlastito postojanja u tijelu/ulozi žene, ženskom identitetu, ali i ženski arhetip (Anime) u odnosu na muški (Animus). Pokušavam premostiti taj jaz između stvarnosti i privida, svjesnog i nesvjesnog, individualnog i kolektivnog, intuitivnog i racionalnog, emotivnog i intelektualnog. Jaz unutarne podvojenosti izazvan nerazumijevanjem, neznanjem i šutnjom.

Sam rad je autobiografski i nastajao je kroz dulji period vremena od nekoliko godina. Svaki sloj je nastao u meni značajnim trenucima života. Željela sam transformirati traumatična iskustva u izvor samospoznaje i ponovnog rođenja. Snimanje vlastitog golog tijela u ogledalu, digitalnom kamerom proces je čuđenja, istraživanja, promatranja, prihvaćanja.

Tijelo koje je nositelj duha i duše, prolazi kroz bezbroj promjena i faze razvoja, čudesno u svom postojanju....Ali još češće sam ga doživljavala kao zatvor. Izvor patnje, boli i nemogućnosti u bolničkom krevetu. Uz to i ženskog roda što mi se samo po sebi činilo ograničavajuće u vrijeme kad se predstava žene kreće između slike Djevice Marije, seksualnog objekta i feministkinje. Željela sam pobjeći od sebe. Ogledalo je suočavanje. Rađamo se goli.

Žensko tijelo sa svojom oblinama, uzvisinama i nizinama, mjesečnim ciklusima, životnim ciklusima i mogućnošću rađanja podsjeća na cikluse i godišnja doba majke zemlje. Ta slika je arhetipska. Okrenuti se nečem većem od samog sebe, beskrajnu svemira i ljepoti prirode izvan sebe i unutar sebe, omogućuje nam transcendenciju. Jer mi smo tek drhtaj svijeće u odnosu na svijetlost zvijezda. Prihvatanje sebe i svojih ograničenosti, događaja koje nismo željeli, ožiljaka koji bole, donosi spokoj, otvara se prostor.....“Vidimo“ da smo više nego što smo očekivali....

Onaj dio nas koji nije okom vidljiv ni opipljiv je naš misaoni i emotivni život. Naša mašta, naša sjećanja, znanje, svjesnost, intelekt, karakter, vrline, mudrost, kulturno, socijalno, obiteljsko nasljeđe. Osobnost. Naš život se odvija u međuigri svih tih naših slojeva. Stvaramo auru/atmosfero oko naše jezgre. Balansiramo silnice postojanja. Dajemo gravitaciju duhu. On zadobiva težinu u našem tijelu. Tijelo dobiva lakoću.

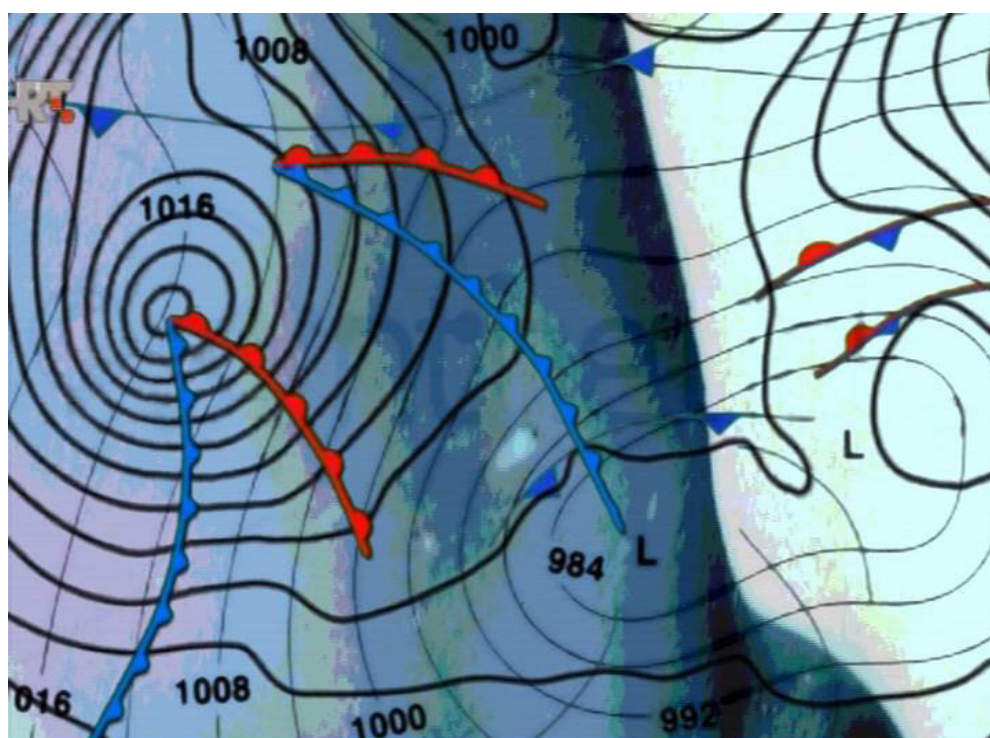
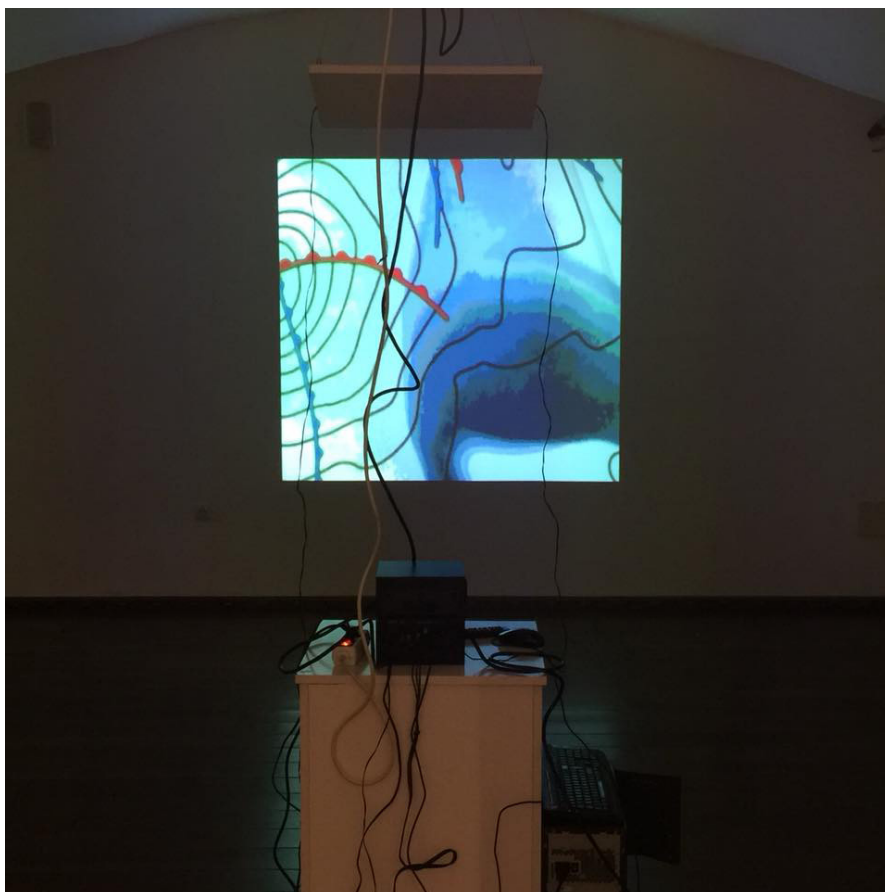
Biti okrilje novom životu, nositi dva srca u svom tijelu, imati mogućnost rađanja zapravo je misterij koji se ne može dokučiti intelektom. To je iskustvo bivanja ženom koje se ne može opisati riječima i svaka žena ga doživljava na svoj način. A nije ni svaka mitoza uspješna.

Logično razmišljanje je istisnulo simbolično. Intelekt secira, sortira i samim tim je ograničen. Posljedica toga je da smo izgubili čuđenje prema životu, svijetu i prirodi.

Nekad smo se izražavali pećinskim slikama, zatim smo otkrili pismo, inkunabule su bila umjetnička djela, tiskanjem slova knjige su postale dostupne široj publici.. novine, radio i TV početak su masovnih medija, digitalni medij zadnji je u tom nizu... U tom kontekstu zamijenila sam slikarski medij digitalnim. Apstrahirala sam slike tijela da dobijem nešto slično mapi zemlje u vremenskoj prognozi i da izbjegnem erotične konotacije.

Prednost filma je zvuk koji aktivira desnu polovicu mozga. Zvuk između ostalog sadrži snimke otkucaja mog srca i otkucaje srca mog nerođenog djeteta. Željela sam zaobići intelekt. Rad je simboličan i meditativan, bez pravog početka i kraja. Nema zaplet i rasplet u klasičnom smislu. Ne objašnjava i nije dorečen. Više je kao digitalni haiku. Prihvatanje i pomirenje suprotnosti. Oslobađanje.

Živimo u doba digitalne kulture i tehnološkog napretka, ali čovjek možda više nego ikad ranije treba težiti razvoju čovječnosti. Ponovnom rođenju, rođenju duha.



## **Female body weather prognosis Short experimental video/video sound installation**

What does the terms woman and feminine means? How to be a woman in today's time of exposure to mass media, digital culture, virtual worlds, social networks... A big gap has been created between what women really are and media-imposed mental images, standards and limited stereotypes.

In the absence of mystical rituals and initiations that guided us through (female) life cycles, using the process of artistic creation I explore and question my own existence in the body/role of a woman, female identity, but also the female archetype (Anima) in relation to the male (Animus). I try to bridge that gap between reality and appearance, conscious and unconscious, individual and collective, intuitive and rational, emotional and intellectual. The gap of internal division caused by misunderstanding, ignorance and silence.

The work itself is autobiographical and was created over a longer period of time. Each layer was created at significant moments of my life. I wanted to transform traumatic experiences into a source of self-knowledge and rebirth. Recording my own naked body in a mirror, with a digital camera is a process of wonder, research, observation, acceptance.

The body, which is the carrier of spirit and soul, goes through countless changes and stages of development. It is miraculous in its existence... But even more often I saw it as a prison. The source of suffering, pain and impossibility in the hospital bed. In addition, it was female gender, which in itself seemed limitation to me, at a time when the presentation of a woman moves between the image of the Virgin Mary, a sexual object, and a feminist. I wanted to run away from myself. The mirror is a confrontation. We are born naked.

The female body, with its curves, ups and downs, monthly cycles, life cycles and the possibility of giving birth, resembles the cycles and seasons of mother earth. That image is archetypal. Turning to something greater than ourselves, the infinity of the universe and the beauty of nature outside and within ourselves, enables us to transcend. We realize that we are just a flicker of a candle compared to the light of the stars. Accepting oneself and one own limitation, events we didn't want, scars that hurt, brings peace, space opens up... "We see" that we are more than we expected....

That part of us that is not tangible or visible with the eye is our thought and emotional life. Our imagination, our memories, knowledge, awareness, intellect, character, virtues, wisdom, cultural, social, family heritage. Personality. Our life takes place in the interplay of all these layers of ours. We create an aura/atmosphere around our core. We balance the lines of existence. We give gravity to the spirit. The spirit regains its weight in our body. The body gets lightness.

Being a cradle for new life, carrying two hearts in one own body, having the possibility of giving birth is actually a mystery that cannot be comprehend by the intellect. It is an experience of being a woman that cannot be described in any words and every woman experiences it in her own way. And not every mitosis is successful.

Logical thinking has supplanted the symbolic. The intellect dissects, sorts and is therefore limited. The result is that we have lost our wonderment towards life, the world and nature.

We used to express ourselves with cave paintings, then we discovered writing, incunabula were works of art, by printing letters, books became available to bigger audience... newspapers, radio and TV are the beginning of mass media, digital media is the last in that series... In this context, I have replaced the painting medium itself with digital. I abstracted the body images to get something similar to a weather map of the earth and to avoid erotic connotations. The advantage of the film is the sound that activates the right half of the brain. The audio work in video includes recordings of my heartbeat and the heartbeat of my unborn child, among other sounds.

I wanted to bypass the intellect. The work is symbolic and meditative, without a real beginning and end. It has no plot and denouement in the classical sense. It does not explain and it is not defined. It's more like a digital haiku. Acceptance and reconciliation of opposites. Freedom from oneself and personal limitations.

We live in the age of digital culture and technological progress, but man should, more than ever strive for the development of humanity. To the rebirth, the birth of the spirit.



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