

Text On Practice - Draft 1

Thinking about my practice recently - I have been creating works which focus on dichotomies, emotional states and environmental observations. My first main project for the EYE was inspired by the concept of Enantiodromia, introduced to me by the book 'Man and His Symbols' by Carl Jung. Enantiodromia refers to the tendency for things to change into their opposites, as a way of the universe naturally ensuring things remain balanced. At the time of reading this work, I was also meditating often, and wanted to somehow create a filmic reproduction of such an experience. Since I had just moved abroad I was being effected by a range of emotions, with intensive lows and highs. The concept of Enantiodromia particularly stood out to me at this point of having recently relocated and removing myself with all the familiarities of my past life. A painful sort of sacrifice, which would only later reveal its true benefit. Initially setting out to make myself the main character and investigating a range of emotions, I decided it would be best to hone into this concept of Enantiodromia. Wanting to convey this emergence of the unconscious opposite, I decided I could film a dancer in a studio, showing them going from one extreme of the spectrum to the next through the use of the body. The preparation for this shoot involved me investigating an aesthetic to use, and planning to shoot in a studio. I chose to shoot the film with high contrast, black and white, chiaroscuro style lighting. Emphasising light as the conscious force and dark as the unconscious. ADD SECTION ON HOW READING AND WRITING HELPED THIS - WHAT WHY HOW -

"Anything that is resisted or suppressed will be compelled to seek release. And when it succeeds, as it will, most often its expression is wildly distorted, having hurtled itself out from behind the force of our resistance."

During the methods classes, the rapid prototyping sessions allowed me to quickly produce concepts of interest that could be executed immediately and potentially lead to works that could be further explored. One of the prompts I gave myself was to 'create a photo montage of different textures within my current environment'. This led me to looking outwardly at my environment and noticing things around the space in which I occupy.



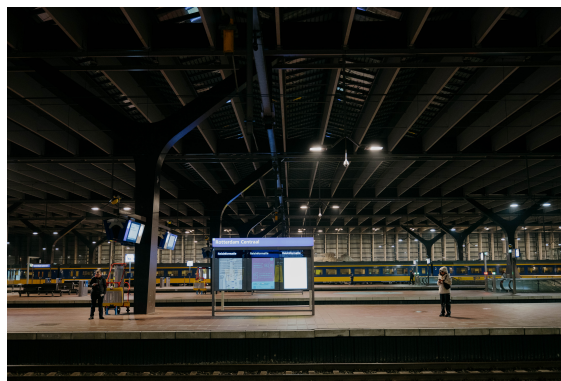
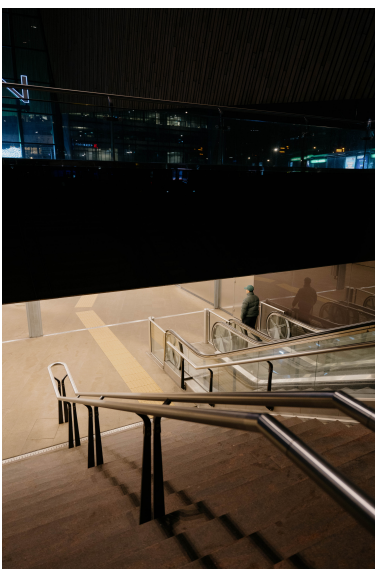
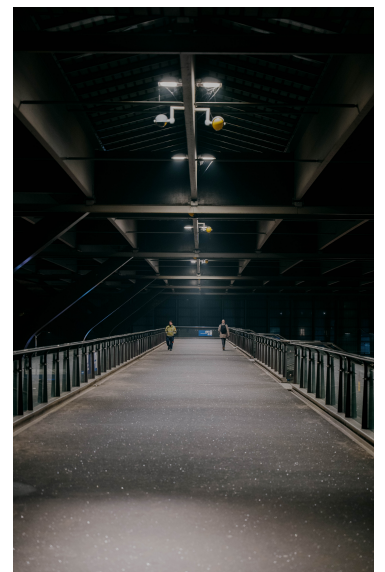
Rapid prototype, photomontage of my immediate environment (classroom)



Still from eye research lab project 'Enantiodromia' showing the trajectory of turning into ones opposite through dance

Text On Practice - Draft 1

This thinking was later reintroduced in the 'Project That May or May Not Be Made' - where I revisited the explorative space of my environment. Having recently moved to Rotterdam and being away from my usual surroundings, I proposed to create a work that acted as a way to engage and reflect on my new environment. Outside of the workshop I became aware I was spending a lot of time in transitional spaces, not having a car, and often using public transport. Sometimes having a camera, I began taking photographs and videos whilst I found myself in these situations. During a peer-review with a colleague within a free-writing exercise, I was introduced to the book 'Non-Places' by Marc Augé. Augé argues in our contemporary world, we spend a significant amount of time in 'Non-Places', such as within trains, supermarkets, airports and motorways. These places provide a sense of anonymity to the individuals who inhabit them, as people are brought together through a common cause, becoming consumers or passengers. I believe this relates to my practice in the sense I am exploring a type of dichotomy, showing the duality of isolation and connection that seems to be present within these non-places. The observational style of filming also relates to works from my previous practice, in which I aimed to showcase how individuals act when they feel like they are being watched, or anonymous.



Photographs of non-spaces around Rotterdam

Text On Practice - Draft 1

4. What do you want to make next?

5. Why do you want to make it?

Focusing on my investigation into my environment, non-places, and contrasts, I would like to somehow collate this all into a video/photo series, or combination of both, potentially thinking about how the concepts could be used in an installation. I have ideas for a few projects I could make in which address these themes and have already started on some rough concepts. Having recently



Experiments with found footage, showing the similarities between seeming opposite activities (meditation & raving)

Reflecting on my initial six months after relocating from abroad, this period was notably intense, with the challenge of settling in and adapting to a new environment. Upon reflection, this has definitely had an impact of my work. I have released I am taking a more out-ward point of view, observing my new environment especially in non-places, noticing the complexities and diversity that can occur in such spaces with a lack of cultural context, in which appear similar universally.

By observing and capturing the essence of my environment and its inhabitants, I am not just exploring the a new place but also delving into my own identity and how it is shaped through my surroundings. Through this exploration, I aim to uncover the interconnectedness of personal experience and environment, revealing how my observations could lead to a sense of self-understanding. I am interested in exploring this multifaceted relationship between an individual and their environment, and how it shapes ones feelings, thoughts and behaviours.

Text On Practice - Draft 1

6. Relation to a larger context

7. References

Looking at the broader scope of my direction, I seem to be creating as an exercise to understand myself and position at the moment. I was particularly inspired by the work of Zbigniew Rybczyński in his short multi-channel film 'New Book'

The work of Inge Bjørlo - investigating space and its effect on peoples behaviour and mood.

The work of Douglas Gordon and dichotomies -

References;

New Book, Zbigniew Rybczyński- https://www.youtube.com/watch?v=ZDem_3xr_3M