

ARTIST STATEMENT – Jatun Risba

I am not (solely) an artist, not a Slovene and EU citizen, neither a woman nor a man. There is much more to see and nurture beyond professional, gender, sexual, religious, racial, national... identities that I prefer to drop my face and surrender to the moment: fluid, vibrant and open-ended, embracing wholeness without biases. I use arts as vehicles for embodied and communal awakening in my quest to understand: "Who I am not?" and "What is the path to holistic health, good governance and non-violence?". My favourite pronoun is "ki" which acknowledges and honours the beingness of all (living) matter.

Since 2014, I've been developing a performative language called *Interesse* (Latin; to be in-between) that reveals the liminal expressions of the thinking body – movement, gesture, voice, word and contact in the functioning of the autonomic nervous system at the level of the limbic system. From this state of self-induced trance, I set up hypnotic Live & Intermedia Art events that challenge and expand existing ideas, beliefs and behaviours. My artworks are multilayered in nature and intentionally undefined so that everyone can find their individual meaning and be inspired or dazed and confused together while standing alone. I've been using the term "Arts of Self" to denote this specific *modus operandi* where Arts are considered vehicles for self-cultivation, community-building and a spontaneous revelation of beauty (truth).

In 2017, I was an artist in residence in New York City offered by the Slovene Ministry of Culture and participated in a one-year incubation program at Rampa Lab (Zavod Kersnikova, Ljubljana), which focused on the development of my long-term art project "MRI MS. My Resting In Myself Sane" that deals with my complete detour of Multiple Sclerosis (MS). MRI MS collectivizes and transfers my experience in rewiring the thinking body through Art (workshops, actions, exhibitions). Each "MRI MS" situation is based on the use of a particular body, mind or interface technology that reveals and highlights the processes of psychic and collective individuation. The aim is to generate extraordinary experiences of conviviality and embodied knowledge that make personal and social actualization possible.

In November 2018, after my transfer to London, I began a self-directed research residency at LADA. Live Art Development Agency about the use, role and technique of Trance in Contemporary Live Arts, as well as a Diploma course in hypnotherapy with Dr. John Butler at the HTI. Hypnotherapy Training International. In July and August 2019, I will be an Artist in Residence at the STEAM Atelier (in Lecce, Italy) for the production of a new performance-based intermedia work 'Heallo'. As an artist, health professional and pedagogue, I am firmly rooted in inclusive, accessible practices while seeking truth; and strongly believe that the working process is as important as the outcome. I am actively engaged in bridging art, science and humanities, wherefore each discipline opens the other to more expansive and mindful ways of engaging with life.