

Open Heart Open Mind

HD_Video , 2025, 12:12 min

This film emerges from an ongoing investigation into how we might relate to the planet as a sentient presence, rather than taking it for granted. Can the Earth speak, and are we able to listen? During the pandemic, the artist trained as a hypnotherapist and began using hypnosis as a way to open a dialogue, both with individuals and, through them, with the Earth. In these sessions, fragments of language, images and impressions surfaced, forming the basis of the work.

The soundscape, mixed and mainly composed by the artist, is an integral part of the piece. Filmed in Nepal on a holy site in Kathmandu and in Varanasi, India by the river Ganges combined with images from the open archive of NASA makes a slow hypnotic travel inwards. Throughout the film, frequencies played on tuning forks are woven into the audio, creating subtle resonances that interact with both the images and the viewer. Music and sound are created in parallel with the moving image. Together they form a space that shifts from narration toward presence.

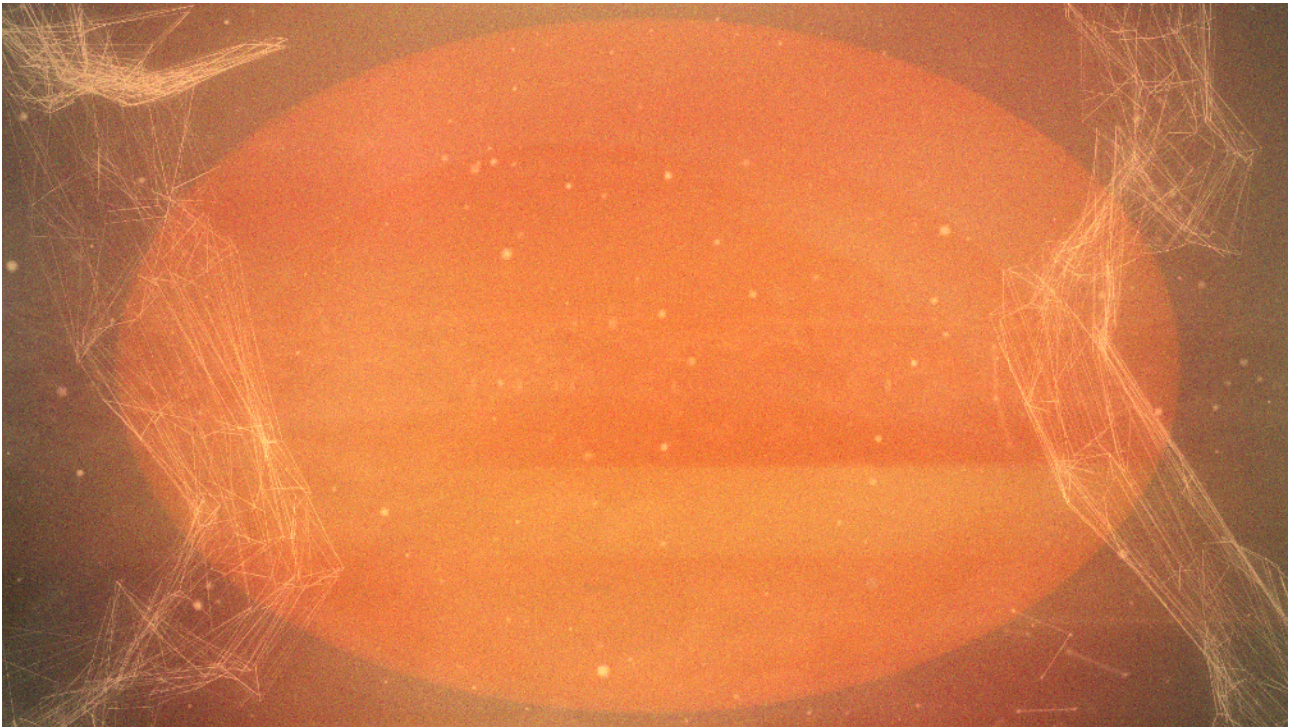
At its core is a simple suggestion: that something within us remains intact, even in unstable times, and that staying connected to the Earth and to that inner point is still possible.

Link to video:

<https://vimeo.com/1117093943/33f5180ad6?share=copy&fl=cl&fe=ci>



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Installation View from the exhibition
Earthing at Vandalorum 27/9 2025 – 1/2 2026

