

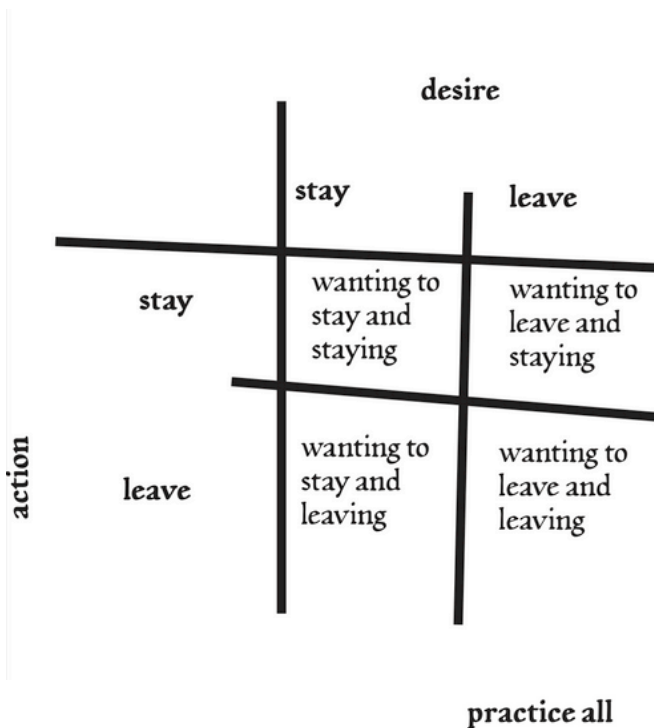
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 designer, artist, researcher
 Portfolio
 2024

I use my life as a tool to test different ways of living, creating conditions to explore the unknown & learn more about the world and the self.

From these observed actions, I develop modes of storytelling to communicate & exchange with others.

I am working towards developing practices and tools that support our reconnection with each other, our environment, and ourselves.

Ultimately, I am exploring the question:
 What is it that we really need?

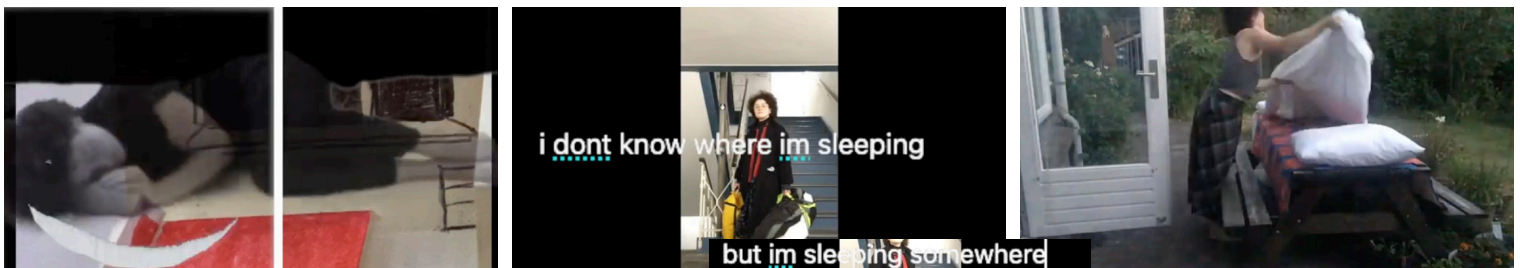




Through questioning our fundamental needs, we gain a deeper understanding of what they truly entail.



From January to June I chose to live without my own house in the city of Eindhoven on a quest to find more connected ways of living. By deliberately choosing to be houseless, I explored alternative ways of living that depend on a stronger connection to community, nature & the self. This process relied on thorough self-observation and documentation, leading to a re-evaluation of existing social and personal structures.

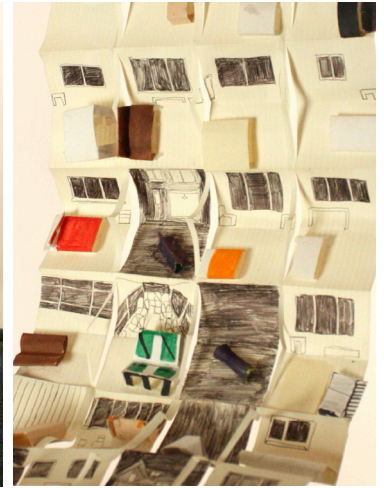


Trying to Live(film 4:48): <https://youtu.be/45yXufv4AFw>

WITHOUT A HOUSE



Home is Here: An embroidered tapestry of everywhere I slept when houseless.



Series of Blankets serving as Portable Homes, mimicking the nest I built each night. Sewn using the clothes I wore throughout the experience. The series represent the core pillars I seek: Connection to Self, Connection to Community and Connection to Nature.

Pop Up Homes, Wall Piece

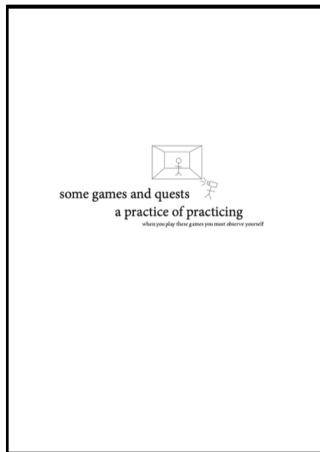


I share the story in an intimate installation, built with the traces of experience gathered throughout my journey. Including tapestry, blankets, film, drawings and photography. In sharing in this way, I am welcoming visitors into my home.

The room is tied together with a small seating area, in which I invite conversation. The intimate presentation prompts personal and meaningful conversations, allowing visitors to feel comfortable discussing their relationships to home, presence and uncertainty. The aim of this project is to spark a conversation, reflect on needs, face discomfort, and explore the question, Where is Home?

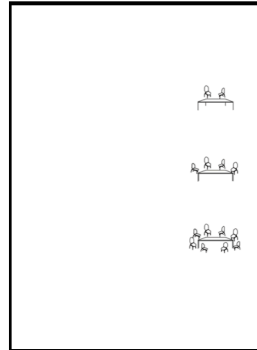
ALL I'S REPLACEABLE WITH WE'S

A Series of Books Sharing Tools for Connection



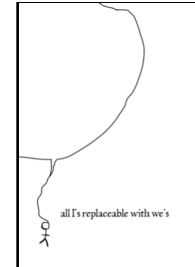
Action

the story of my practice. Sharing the sequence of actions I have taken, and the insights they have led me too.



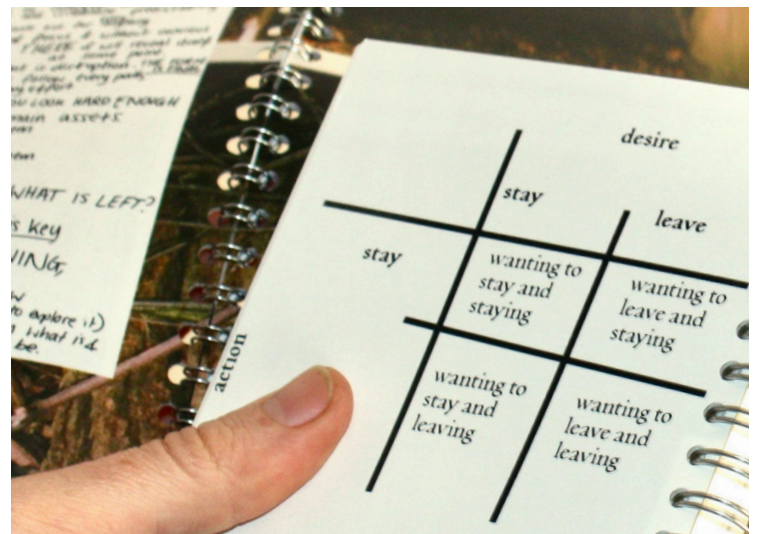
Diary

Thoughts, questions & gathered through journaling observations & experiences



Instructions

Instructions, questions & thoughts in a small portable book of tools.



Gathered through an ongoing research into the practice of meeting needs through self observation.

The Books contain a collection of tools exploring ways we may learn alternatives to our desire driven lives.

Through actively seeking conditions of discomfort and the unknown, we are faced with the task to observe and meet our needs. & while we are there, what do we really need?



A Research Project Questioning the Belief that Humans are Separate from Nature

ILLUSION OF SEPARATION

Seeking to develop experiences that reveal the interconnectedness of reality

the body as a research tool
exploring the nature within
Creating Conditions to
Hear Innate Expressions

21-06-2021
journey to sea

rules:

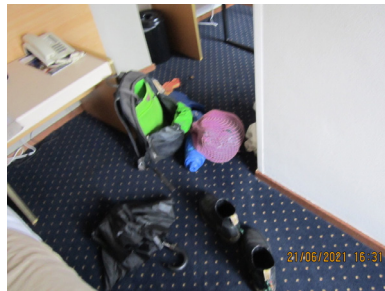
**hitch hike to the sea from eindhoven
without a phone, money, map, plan, ID and plan**

action:

2 nights 3 days
guided intuition&trust in strangers
a beautiful and difficult adventure.
eventually arrived to the sea
slept in the dunes
hitched home. happy.
absolute beauty

insight:

- fear exists mainly in stories i tell myself
- most people are kind
- i am always exactly where i need to be



3:44
3:44pm -
I was so aware of the
discomfort of my situation
that my dreams formed
alternative realities where I was
doing exactly what I was
doing in more elaborate
stages

05/2021

sleeping games

rules:

**sleep on the floor naked
with no blanket or pillow.
film the night.**

action:

i tried and repeated several times
at first i could not sleep, gradually adapted
to the discomfort,
eventually able to sleep whole night.

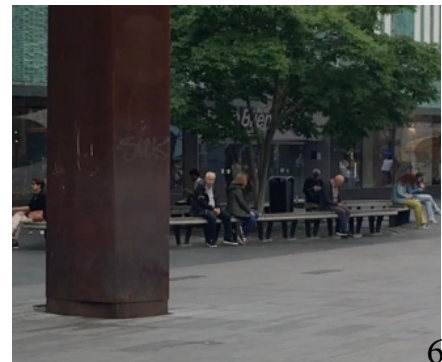
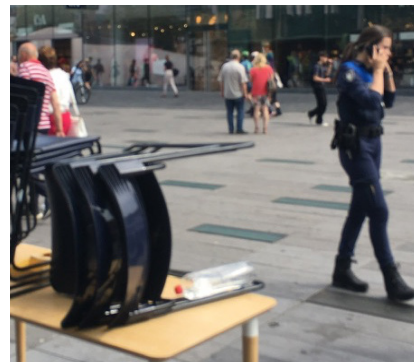
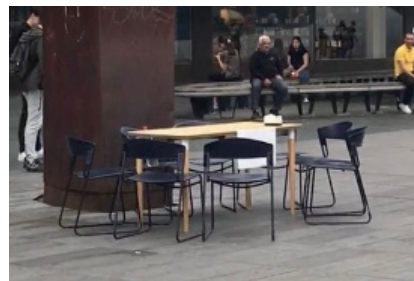
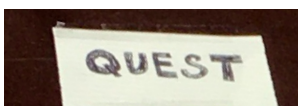
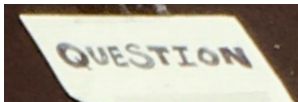
insight:

I can watch myself as i react to discomfort
-the context i sleep dictates my dreams
-there is always some comfort somewhere
in discomfort

The WEDNESDAY MARKET

The Wednesday Market was a temporary market in the city centre of Eindhoven. With a simple table and a few chairs, the usually ignored central square transformed into a place to connect with people, to share and to listen.

The market was initiated out of a desire to connect with the public and share the tools gathered through out my practice.

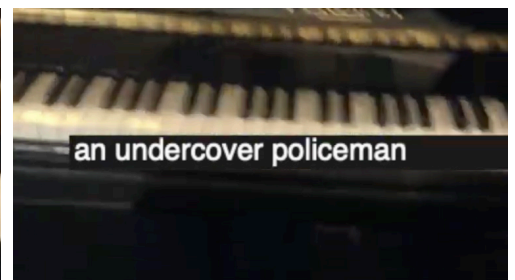
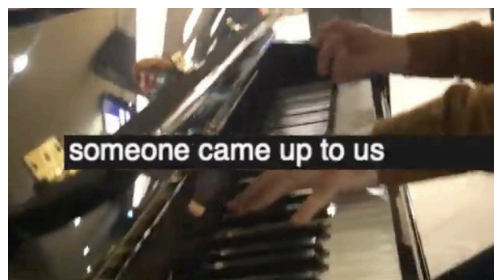
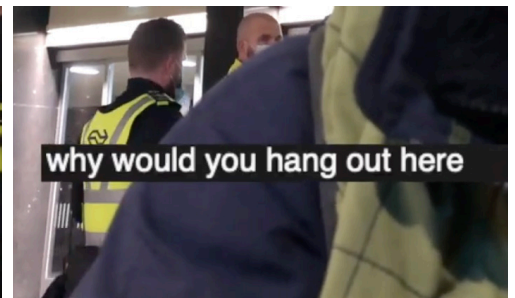
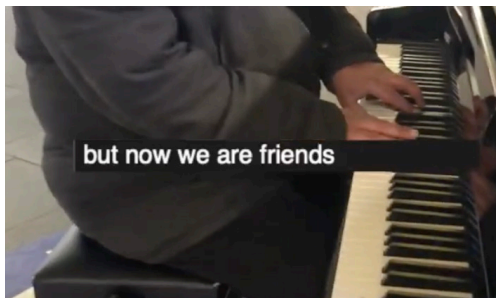
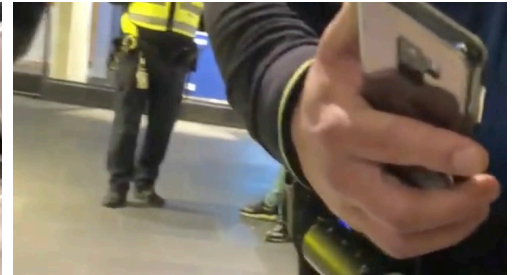
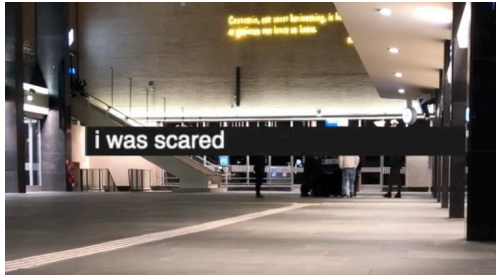


This was not a selling market, it was a community market. Simply a place of sharing. People would sit with me and talk, often initially confused as to what I was doing. I would offer them a Quest or a Question. I used this format as a way to translate the incites I have gathered into more simple, understandable actions. The tasks and questions prompted interesting stories, and discussions on topics on theme of discomfort and habit.

The market repeated each Wednesday, getting gradually bigger each time.

A community of regular visitors developed, until week 4, when the police arrived and told me to close the market.

SPEND TIME IN TRAIN STATIONS



Spend Time in Train Stations(film 6:09): <https://youtu.be/hdyn709WTiM>

What happens when we spend time in the places we usually rush through? To explore this, I visited the train station every night for two weeks, observing and befriending the unseen life within the in-between. I created a film sharing the experience, my observations and the surprising events that occurred in this period.

URBAN SURVIVAL

A series of Actions testing alternative ways to meet our needs in the city.

Food without Money

Documented action of gathering food without using money.



getting food (film 6:38)<https://youtu.be/ip3Y70ByxMQ>

Cooking without Kitchen

Using the heat of Eindhoven's Memorial Flame to cook a snack.



snack (film 0:39): <https://youtu.be/GoJKZ7QdjLM>

Living without



sea bike: (8:48): <https://youtu.be/33yw7BCya6M>

a guide to depend less:

yes its all a game and its very fun to play
so leave to see what you are inside of.

When alone, without a plan, you are in no
way in debt to your patterns.
you are not known.

Free

RULES:

- you are always exactly where you need to be
- be a hunter: respond to environment to meet needs
- Food, water, shelter, love
- have no plan, and prepare for that
- make yourself as quiet as you can to feel what you need ^{to do.}
- Ideas are always scarier than actions
- Watch your mind make plans & fears, tell it to be quiet
- don't expect anything from people
- perform to establishments, be honest with individuals
- You are not in control
- company is a currency

Tips:

- smile + listen
- Rotterdam station toilets 24hr Fri → Sun. 70€ for a nights sleep
- people will give you boiling water if you ask
- switch between scarcity + abundance
- go to places you are not meant to be + act like you're welcomed
- drink lots when near taps
- ask businesses when you want something, make friends when you need something
- use performance + honesty as tools. Separately and together
- Say yes when offered things you want
- Walk into places confidently and use their toilet
- lie when you want to
- trust, + maintain caution
- intuition is practicable gold.

How can we live without our most useful tools?

To explore this question, I spent four days without them, relying on intuition and strangers to meet my needs.

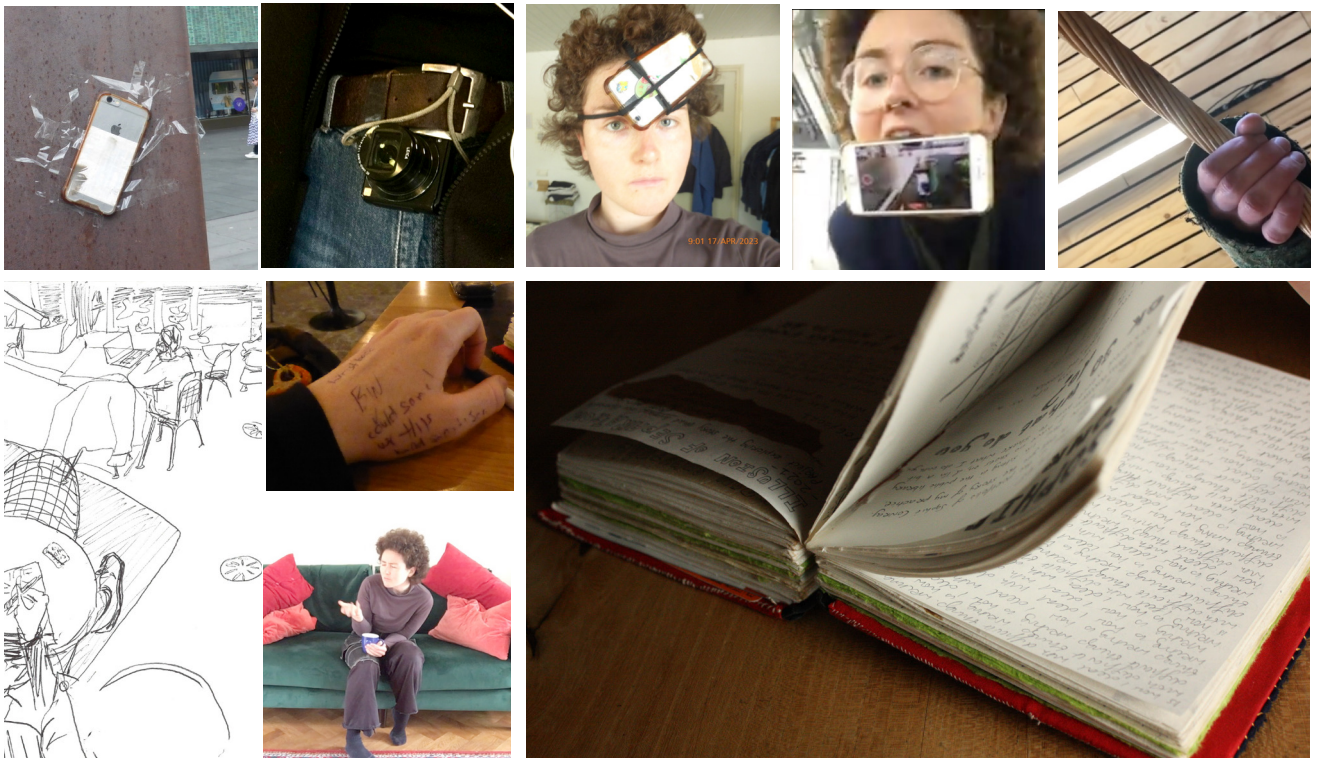
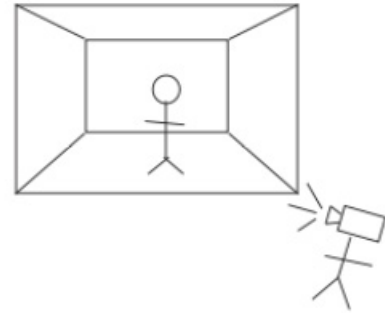
A bike journey to the sea from Eindhoven without bringing any money, food, phone, map, ID, or plan with me.

I created a guide with the knowledge acquired throughout this experience.

In sharing the story of the journey, I hope to encourage others to explore their dependence on tools, and to see what emerges when living without them.

Tools For Observation

Documentation is an essential tool in my practice, not only for story telling, but for self observation. This is especially important when conducting research in physically difficult conditions. I have observed that in moments of discomfort, it can be difficult to see clearly and my memory can be distorted. Documentation provides the opportunity to return to the situation in the future, creating the opportunity for seeing valuable insights and new perspectives. Over the course of my practice I have been exploring forms of documentation.



Link to Compilation Reel of films featured in this document (film 3:00) (https://youtu.be/bXazaPm_sHo)

In this Portfolio, I have shared some of the work and actions that have all in some way contributed to a new way of seeing and living. In sharing these stories and tools, I hope to encourage others to find their own way of engaging with themselves and the world and together work towards a society grounded in trust, connection and joy.

By observing ourselves & looking beyond what we know,
We can meet the truths we always knew, & simply had forgotten.