

## **“An experience of the here and now, beyond time”.**

I have always been searching, always been a seeker. Already as a child, I would not just accept the simple answers. I have always believed that there must be other explanations, other ways of thinking. I have been looking for what one may call the essence of life. This has been my goal, and this is what has been pushing me forward, driving my pursuits. This goal is universal.

Throughout my search, I have found the inner and outer realities to be parallel. Whatever appealed to me in my outer surroundings, reflected the processes and developments I experienced in my inner life. These reflections I have found to be confirmations of my own adventures and experiences. My inner experiences have helped me attain whatever awareness and knowledge I have about myself and my life.

This process of personal development and understanding I have come to use more and more in my creative work.

My work is intuitive.

The form develops and grows forth related not only to practical solutions and proportions, but the guiding intuition as well. I never begin with a ready - made plan; the sculpture materialises gradually, with many layers of associations for those that see.

The basis is a geometric form, built with the classical "coiling" technique. Personally, I see this method as a kind of three - dimensional embroidering.

Each and every time, I am just as much surprised when I stand back and take a look at what has happened to the form and the entire sculpture, through the small details and nuances which are created with this method.

This method demands time and patience. Also, this is important for the intuitive process to develop and to ripen. I need time for reflection and contemplation: Why is the work looking as it is, why should it be exactly like that, what is it to represent? This search is also an intuitive process. During this stage, I must be clearly focused, centering on the creative process only. Suddenly, as in a flash, I know that it is exactly right.

In order to be successful, it is of utmost importance to know myself, to trust myself: To know when "it" happens, to know when the sculpture is ready, when it is giving me the answer, making me understand that my choices have been correct.

An experience of the here and now, beyond time.

In this, the creative process, this dialogue with myself, I use meditation. Here, the intuitive "gut feeling" has been developed and transformed into a conscious tool and inspiration.

Within many meditation techniques, the concepts of mantras (sounds or phrases) and yantras (pictures, symbols) are used. They are included in the meditations not only as tools to maintain focus, but also so that we can go deeper into their universal meanings, associations and contexts. They are of a universal or archetypal character, and may give individual experiences to the meditator, depending on the situation, as well as his or her personal experiences and background.

In the meditative state, I work through a conscious dialogue with myself and my subconscious. My forms thus develop with a universal expression as well as that of my own.

The spectator also becomes part of my work, through his or her personal experience. You may want to go inside, and use my sculptures as a yantra in your meditation, thus adding another dimension to your own experience.

Perhaps, in this way, I may invite you as well into a dialogue with other parts of yourself, with unique experiences of your own, in the same way as I have worked my way through the creation and development of these works.

*By Øystein Laundal, 1999  
Art historian, journalist and  
Coordinator for National Touring Exhibitions of Norway*