

Dear friend,

in this letter I will explain what motivates me when I reach out to an audience with questions on quality of life and share with you my thoughts on how my artwork can contribute to the solution of the current global challenges through intimate performative encounters.

I am driven by an affection for a world in crisis, a world in transition, that still has a lot to give. Through the things I love; the people and the more-than-human environment, I become motivated to sustain the qualities that I enjoy, for my children and the generations to come. Love is a renewable energy-source and despite its precarious nature the energy it generates is powerful.

I have a genuine interest in creating a dialogue with my audience about quality of life, embedded and embodied in everyday actions and choices, bringing up questions about personal values. I am interested in how quality of life manifests in different ways in our daily lives. I take departure in the WHO's definition of Quality of Life being the "... individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns" (WHO 2012).

In my artistic practice I am occupied with the individual perceptions of what constitutes quality of life and how these perceptions are the basis for perspectives or even values that dictate the personal everyday choices of people in their private lives, in their homes and within their local community.

This practice serves as a point of departure for my artistic research project titled ***How Little Is Enough?*** *Sustainable Methods of Performance for Transformative Encounters*.

The project aims to develop sustainable methods of creating transformative encounters with an audience through participatory and site-specific performance, with a particular focus on how minimal and sustainable the framework for such an encounter can be. My leading

research question is: How to construct a transformative artistic encounter through the most minimal means?

The research strives to produce, through minimal means, transformative experiences that counteract consumerism and a society of hyper mediation. The project is concerned with values such as sustainability, personal responsibility and appreciation of personal experiences, vulnerability, tenderness, uncertainty, genuine exchange, and imperfection. The research aims to stimulate the important discourse on sustainability within performing arts practices and open new perspectives to the role the arts have in a possible solution to current global challenges. The research furthermore aims at bringing my artistic practice into conversation with the UN sustainability Goals with a particular focus on personal values and their effect on quality of life.

At the core of my practice lies a genuine exchange between a host and a guest. The host is an agent human or more-than-human, a person, a family, or a community that invites a guest to experience their everyday stories, actions, and rituals, through action, contemplation, and observations, in playful and poetic settings. The performances trigger a series of encounters in different temporalities and different dimensions that can affect the participants in a profound way as I unfold in my letter on affect.

The work asks its spectator what qualities they are looking for in their daily lives and what makes them belong and feel at ease with the world they live in. It is my belief that beauty exists in the lives of every being, but it needs to be revealed and cultivated. The performances are a platform for such illuminations. The work strives to create affective bond to the world and nurture love, recognising that the power of love is both existentially sustainable and ecological. In the next letter I want to talk to you about my methods and describe the work in more detail.