

Fresh from Molta

AS belonging to the ecosystem

Can inanimate objects induce change in a living form? Without dwelling on a detailed discussion, drugs are an example of transformation within a life form. Medications affect animals, thus inert substances mixed with others in the form of drugs can alter the function of a living form. The human body can be observed as a unit and as many different parts. Body parts, skeletal structure, cartilage, tendons, membranes, nervous system, brain and spinal cord system, circulatory system, internal organs, digestive system, glands, respiratory system, and sensory organs. It forms a single entity but each has its own role, moves differently, at different frequencies. The circulation is like an internal piping system. Unified and separated at once. Together they form a whole of internal flow, an external object in one place, like bacteria, can cause imbalance, disturb the peace otherwise, an infection in a finger can cause fever, to give a simple example.

Life, maintenance of an energy form, in its sustainability. But our understanding of life is that it is an organism, and we separate life from another energy form, which may be an ideational distortion. What lives is one type of conductivity; within the organism, there is an exchange of energy flow, mixing, absorption and release, and the transfer of energy forms. Our blood circulation is in fact like a densely woven energy transfer system. If one system goes down, there is a risk that the current of the entire system may fail. We feel the currents most intensely in the nervous system, which sends signals throughout the body in a complex spinal system surrounded by fluid that has its own rhythm, which is different from the pulse of the bloodstream. My understanding is that energy is inherently a spectrum with different charges, with particles that are either active or inactive. Energy is measured in strength/speed, heat, and conductivity. Energy can exist outside and inside living beings, but sustainable life includes energy transformation within its own life system. Energy is generated within the system, and in combustion, the energy is transferred outside the organism, releasing excess energy.

The phenomenon of potential energy is the forces that act between the internal units of something and their positions. These forces can be electric, magnetic, or gravitational. The internal energy is the kinetic energy associated with the movement of molecules and the potential energy related to the rotational, vibrational, and electrical energy of the atoms in the molecules. The internal energy of a system is one state of it. These definitions are within the flow of force and can possibly be extrapolated to humans.

MIRRORING BACK

Are we always connecting with each other? Within the human brain, there actually exist mirror neurons that were discovered in 1990. They are activated both when an organism observes and when it sees the same action performed by another. Thus, the nerve cell "mirrors" the behaviour of the other, as if the observer were themselves acting, performing. The function of the mirror system in humans is one of the more recent discoveries in brain function and much remains unknown. It has been demonstrated that birds can mimic sounds, and neuroscientific indications suggest that some kind of mirror system is present in nature. Some scientists speculate that mirror systems could mimic actions that are seen,

thus contributing to theories about cognitive abilities, while others link mirror neurons to language skills and play a significant role in helping humans understand, connect with one another, interpret actions and intentions of others, and govern the ability to feel empathy. It is about connecting with others, feeling together, experiencing empathy. Signals between cells become active with electrical impulses within the living human being. Life is not discussed unless it has a boundary, a beginning and an end, birth and death.

"Molta" is the title of a work that I want to reflect on in this context. The name is derived from a dying life form that binds to another form and becomes heat, energy, binding, and turns into nourishment for another life form.

My intention upon arrival was to be neutral, to experience the exhibition without comparison, to enjoy being a witness to the creation, the final pouring. I stepped in, tired and a bit hungry,

There is a familiar smell in the air, nothing exciting to my senses, but it reminds me of spring, decay, with an underlying fermentation. In the lobby, rolled-up carpets that have been torn up, now ungrounded. In the exhibition space, one enters a landfill, a continuation of carpet laying, like a rug on a new landfill on an undefined location. Entrance to a man-made world, from another, charged with mystery, yet isolated, pressing. The focus is the water and its transformation, the imagination of melting, the slow decay that fills the senses, the proximity of nature's scent. The sensation is palpable, each breath cautious but my heart beats faster, a burn at the top of my stomach and uneasy clenching lower down, I need to relax to maintain a normal gait and not fall in the grass. Over me comes fear, familiarity, towards the circumstances, as if I have been here before, I do not know how much I can tolerate. I am still adjusting to the external environment, the breakdown in nature.

I absorbed the work as an overall thought about life and ecosystems. It was awakened by the sensory impressions of how one thing touches another, how a slight touch ripples the surface and reflects within the surface of the water, and how the shades of light change with it. How the reflection of life and cohesion have different images, how forces call to each other and become something other than the particles themselves. How energy becomes something else in the cohesion of different elements.

The intangibility of nature in its interaction has countless layers; combustion and chemical reactions are visible and invisible. A cycle is marked that continues, where one thing springs from another, in another form. One thing reflected in another. The life form wants to maintain itself and seeks all ways to do so; that is common with life, though the manifestations are different. The strongest essence in this work was the breakdown. Where decay and imbalance take hold.

I felt compelled to be an observer, to sense the pressing atmosphere in the breakdown and transformation. On this day, it had been two years since my mother was buried in the soil, 23 months since mold began to seep into my nervous system and warp my perception. It was 20 months since I gave away all my possessions except for my phone and computer and closed the door to my home. It has only been 40 days since I had to leave everything behind again. I sensed that the external ecosystem had penetrated my nervous system, confusing the pathways. Am I a part of it, or is it a part of me? I am a small particle, and other particles of various kinds affect me, in a large context, and in the minutely small. Not a temporary state, AS belonging to the ecosystem. It crept in through the hearing, the skin, the smell, the

breath, and down through the stomach opening to the bottom of the spinal cord. The
surrender to the force. When this ends, there will still be weather, wounds will heal, "þegar
þessu lýkur, verða veður áfram, gróin, gróa" I break down in order to heal and grow a new.