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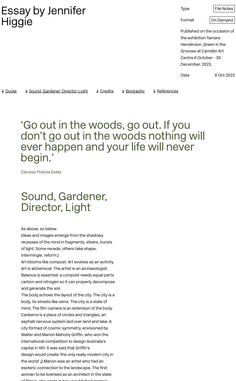
File Note 147: Tamara Henderson



Essay by Jennifer Higgie

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Date 6 Oct 2023

+ Quote + Sound, Gardener, Director, Light + Credits + Biography + References

'Go out in the woods, go out. If you don't go out in the woods nothing will ever happen and your life will never begin.'

Clarissa Pinkola Estés

Sound, Gardener, Director, Light

As above, so below:
Ideas and images emerge from the shadowy underworld in the form of fragments, slivers, bursts of light. Some recede, others take shape, (re)emerge, reform.)
Art blooms like compost. Art evolves as an activity. Art is alchemical. The artist is an archaeologist. Balance is essential: a compost needs equal parts carbon and nitrogen so it can properly decompose and generate the soil.
The body echoes the layout of the city. The city is a body, its streets are veins. The city is a state of mind. The film camera is an extension of the body. Cardiff is a place of circles and triangles, an asphalt nervous system laid over land and lake. A city formed of many symbols: Freiston(e)d by Walter and Marion Mahony Griffin, who won the international competition to design Australia's capital in 1911. It was said that Griffin's design would create the very really modern city in the world. Zebarian was an artist who had an international vision, who was interested in art that women to be licensed as an architect in the state of Victoria, who was in her unpublished memoir, Magic of Arrowroot, that the Gods have given us we are under obligation to share with humanity, with the world.
Zebarian's work, in her unpublished memoir, Magic of Arrowroot, that the Gods have given us we are under obligation to share with humanity, with the world.
Zebarian's work, in her unpublished memoir, Magic of Arrowroot, that the Gods have given us we are under obligation to share with humanity, with the world.
Gardener is: Inedible in mountainous undulations like the curve of a breast'. Its name is most likely derived from the language of the traditional owners of the land, the Nguurrawal, Nguurrawal and Ngambirepeeke 'kambien', 'meeting place'.
In Cardiene, the scissors of cockatoos heralds a new day.
The Cardiene characters are physical manifestations of materials:
The Cockatoo, The basket, Starwest, COVID, The director, The satellite, The pocket, Dr. Turtle, Figure highway, The shadows, The dragon.
Cimmerian Sounds:
Cardiene is ever-ageless and regenerative. Over time, it produces/exerts juice, a liquid gold.
Each character has a costume, dyed with plants: eucalyptus leaves, bark, mordant, marigold with indigo and more.

Each character has a costume, dyed with plants: eucalyptus leaves, bark, mordant, marigold with indigo and more.
The creative process involves an unlocking.
Decomposing is the art of disappearance as the art of renewal.
Demeter, goddess of the harvest and the fertility of the Earth, searched for her daughter, Persephone, kidnapped by Hades, God of the Dead and King of the Underworld. When she travelled to the underworld to find her, the world was plunged into famine. Zeus ordered Hades to return Persephone. Hades promised to return her if she had eaten nothing in his realm, but she had consumed pomegranate seeds.
As a result, she could only return to her mother in the underworld for half the year. Hence, the changing and entrapment of seasons – is why the ancient Greeks believed we have seasons.
The artist dips her herself in the desert to find her bones in order to put herself back together.
The creation of art is the creation of ecosystems.
There are many eyes involved in this: regular, inner and third, perception beyond ordinary sight.
In Australia, around 800 species of eucalypts of different shapes and sizes dominate the landscape, from the alps to the arid interior, and from Tasmania to the tropics.[] The first specimens were taken to London by Joseph Banks and Daniel Solander, who arrived on the continent in 1770 on Captain James Cook's expedition to observe the Transit of Venus. Eucalypts were imported to Greece in 1862 by the botanist Theodorus Georgios Orphanides. The name 'Eucalyptus' was coined by the French botanist L'Héritier, from the Greek words 'eu' (well) and 'kalyptos' (hidden or covered). The Australian writer Murray Bail wrote in his novel, Eucalyptus: 'set ponderously their leaves alive see through foliage which in turn produces a fret patterned sort of shade. If at all. Clarity, lack of darkness – these are the qualities of "eucalyptus quality".[]'
In a garden in Cardiene we rub eucalyptus leaves between our fingers and breathe in its potent aroma; it clears the airways and calms the mind.
Film flickers: images include: breath on glass, balloon, bog, bronze, blue, black, beige, brain, bee, button, banana, bean, blueberry, beet, broccoli, bury, bend, break, bounce, butterfly, ball, bubbles.
Film is experiential, like a mind, a memory, a way of showing you something about a Tuesday afternoon in the garden, without speaking.
Film is essential to the creation of ceramic sculptures, a chemical reaction that converts fuel and oxygen into carbon dioxide and water. It releases heat and light. It transforms matter. It makes ideas solid.

In art, foraging is necessary for discovery. Gardens have many functions: they're edible, hallucinogenic, psychoactive. The garden is the womb's church. The gardener is a wizard. The gardener is the director. The director is the artist. The gardener needs the light.
Tamara's mental, fertile, forest of Australian Bronze in Manly Beach,
Its energy flows through the nervous system, through the chakras, through the meridian points: grounding energy.
Growth is meditate: Literally, in the soil, and in the mind as a meditator.
Tamara's work is a fabulous concept. A reminder that reality is fluid and fluctuating.
Tamara makes incense from eucalyptus and lavender from her garden. She says: 'I go electric on that.'
Art is formed of ingredients from disparate sources: ideas, objects, energies, animals, words.
These might include jellyfish (rubber, purchased at tackle shop), jute, jasper (purchased at Dinosaur Museum), jasper sphere (purchased at Dinosaur Museum), jade, jasmine, jiggle. Kangaroo. Kiss. Knit. Knock. Key. Kitten. Kite. Knot. Knack. Kangaroo paw. Kale. Kiwi. Knee. Kidney. The light changes everything. The internal light that radiates.
The light is glass, mirror, reflections. Trataka meditation becomes a painting of the light character. You can go deep and ask: what does that light feel like? The light is connected to Ajna, the third eye chakra, the sixth chakra according to Hindu tradition – the third eye in the middle of your forehead: the pathway to perception, awareness and spiritual communication.
Language is one of light's materials and like light, it's a tool. It connects us to environment.
Look, lavender, lead, lungs, lips, leaves, lemon, lobster, lace. Love.
Art, being alchemical, is real magic.

More words: numbers, nails, nasturtium, navigate, names, notebook.
So much still to learn. Occult knowledge the knowledge that has been hidden.
Painting is the act of transforming a thought, a feeling, a meditation, into an image. But what might a plant's eye view look like?
Paintings emerge from Trataka: a yogic purification and tantric method of meditation that involves staring at a single point: an object, a flame, a dot. An image in a bowl of water, the moon, someone else's eyes, someone else's face.
Painting is a form of unveiling.
Poetry: so much can grow from a single word.
Tate Modern (Duchamp Museum Museum) from the Greek κωπάτιον or kotabba, a reference to its cry appearance. The first historical documentation of crystals originated from Ancient Sumerians (c. 4500 – 2000 BC), who used crystals in magical formulas. According to ancient Sumerian myths, quartz is a vacuum cleaner for harmful vibrations and enhances spiritual growth, wisdom and clarity. Quinoa: Goddess Ajrhodite holds the fruit in her right hand.
Quince leaves, quince tree, the inside of quince.
The presence of question marks.
When you shoot a light beam through a prism you get a rainbow.
The artist thinks of a rainbow of sounds when she sings one note.
The soil is insectivar, full of sounds: of worms and insects, of decomposition and rebirth, reforming. Of seeds pushing towards the light, it's beautiful. It never stops. Without soil – seed propagation, soil ecology, composting – humans could not survive.
A moment of reflection: observe the perfect coil of the snail.
Its connection to seashells. The beauty of the shadow: Sleep and its visions. Surrealism: a deep spiritual and energetic body and body practice connection.
The Starwest Mission: To create abundant systems of perpetual renewal, build community, teach and model productive living systems and share knowledge with the world.[]

Art is a constant act of translation, from one material, one thought, to another. To be an artist is to travel, in the mind and through the energetic body.
A trip.
A true leaf: one that can perform photosynthesis, the process that plants use to make their own food. Eating light.
More words: Violet, violation, velvet, Venus, veterian, vegetable, vegetarian, vegetable, vine, vocative, vitil, viewers, view, vase, vegetation.
Vocabulary: ever-expanding.
Worms, engineers of the underworld, entwine like questions marks. The Wizard of Oz is a book, a film, a dream, a reality, a vision, a journey. Dorothy enters another realm where she sees the characters who are present in her life, but the filters in her glasses enable her to see things beyond appearance. How do we have the capacity to do that as humans?
In early Cardiene, reality is like an explosion of scattered gold in the streets.
The writing, over time, grows as a response to itself. It asks: who, what, where, when, why?
Like X-rays: what was beneath the surface revealed.
Xylophone: xylosma (genus of flowering plants in the family of Salicaceae) wrenthiorum (genus of flowering plants in the family Asteraceae), xylem (strengthening on wood), xylarium (collection of wood).
Yo-yos, yellow film gels, yellow lens, rubber yellow (purchased at tackle shop), yolk, yarn, yard, yeast, yogis, years, yew. Zig Zag, zucchini, zinc, zinnia, Zendoia, zygote, zipper, zebra, zircon (mineral purchased at dinosaur museum), zone, zest, zucchini flowers, zinnia.
Zoo: it's 2020-years-old and has a film archive.

Credits

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Biography

Tamara Henderson (b. 1982, New Brunswick) lives and works in Canberra, Australia. Henderson's film *Lovely* (2019) was included in the group exhibition *The Botanical Mind, Art, Mysticism and The Cosmic Tree*, at Camden Art Centre in 2020 and her film Seasons End Out of Body (2018) was exhibited at Tate Modern that same year. Following three presentations, this will be Henderson's first institutional solo show in London and her work has been in national and international exhibitions, which includes solo presentations at Kunst Werke Institute for Contemporary Art, Berlin (2018), Douglas-Hyde Gallery, Dublin (2018), REDCAT, Los Angeles (2018), the ICA Philly (2015), and Grazer Kunstverein (2014), as well as inclusion in group exhibitions and festivals, such as This Skin curated by Jennifer Higgie at Monash University Museum of Art, Australia (2023), the São Paulo Biennial (2023), the Virginia Woolf exhibition at Tate St Ives, Pallant House Chichester and The Fitzwilliam Museum, Cambridge (2019), Glasgow International (2016), Vancouver Art Gallery (2016), Bonniers Konsthall, Stockholm (2016), Moderna Museet, Stockholm (2016), and dOCUMENTA (13) (2012).

References

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