

VOLL-NOVEL-OCO

Voll-Novel-Oco, 2016 |
Ceramic sculpture instalation and salt|
50cmØ each

There was once a teacher of mine who told me the story of a Buddhist monk and his apprentice, who very hastily wanted to attain a state of spiritual elevation. This story ended up marking me a lot because of the way it analyzes the learning cycle that is living - growing up.

The master invites the apprentice to tea. He starts by pouring hot water into one of the cups, very quietly, without a word. The apprentice, restless, observes. The water is pouring, the cup gets fuller and fuller and the apprentice becomes more and more impatient. The water overflows- "Can't you see you're spilling the water, master?!". "Perhaps this is the lesson you should learn: in order to fill whatever it is, you must first empty it. Such happens with our mind also."

Life is a constant process of renewal of the mental space.

As part of the collective exhibition "Young Minds Matter", held in 2016 at the EKA Palace in Lisbon, I created a ceramic installation based on this story.

Five container objects - full; half-full; empty; half empty; and overflowing with salt.

Salt appears again in my work as a symbol of incorruptibility, strength, something that remains, after the water is gone. Integrity.

Work in Progress