

PORTFOLIO

Jatun Risba

#queer

"I am not an artist, neither a man nor a woman. However, I choose to be a woman who does Performance and Intermedia Art in my quest for understanding who I am not and what is the path toward holistic health and wellbeing. I was born in Slovenia (ex-Yugoslavia) in 1986 and perhaps it is this Non-Aligned heritage that set the tone for my open-ended, peace-oriented and intercultural approach to Art. I do performative interventions in public spaces that interrupt and creatively disrupt existing conventions or set up performative events that challenge accepted ideas, notions and behaviors. My artworks are multilayered in nature and intentionally undefined so that everyone can find their individual meaning or be dazed and confused together while being alone."



#woman

#nonbinary

#courage

#multitude

Jatun Risba works as performance and intermedia artist, third theatre practitioner

and writer. She holds a BA degree with honors from NABA, Nuova Accademia di Belle Arti Milano. She is the pioneer of a context-specific approach to art named Arts of Self, where Arts are used as a tool for self-cultivation, self-empowerment and community-building. Since 2012 she's been developing a performative language called INTER-ESSE ("to be inbetween") that reveals the liminal expressions of the thinking body – movement, gesture, voice, word and contact in the functioning of the autonomic nervous system, at the level of the limbic system. Her website is

#artsofself

#visceral

#language

#authenticity

Arts of Self : KNOW THYSELF



#technology

"I've been working on the links between science, medicine, life and art for a decade, since I've encountered a serious dis-ease: MS at the age of 21. In 2012 after three relapses and a life that was falling apart, I made a quantum leap. I quit the therapy with medications and undergone an open-ended process of cultivation and liberation of the self. In a few years of optimization of my lifestyle and my thinking-body, I've transformed my diagnosis into a powerful driving force for the fulfilment of my vocation: the Arts of Self and gained holistic health, contentment and artistic recognition. Arts of Self are a serendipitous by-product of the current aspiration among (young) people for an empowering, pleasing and healthy life of numerous potentials and self-integrity."

#self

#transform

#alignment

#true

#belonging

#humanness

Arts of Self employ arts for a cross-disciplinary inquiry about the processes of human individuation. The initiative aspires to generate a qualitative expansion in the understanding of the embodied mind, as well as about the role of the collective and universal self in the individual becoming. In a world where the only constant thing is perpetual change, only knowing themselves better than the algorithms, allows humans to maintain and enhance their level of value and cultivated freedom. **Thank you** for your interest in this new paradigm of arts and health. It can contribute to further materialization of this developing body of work ...

#mind
#shifting

#together

MRI MS, 2015-17



#healthylife

"The Art project MRI MS deals with the author's détour of multiple sclerosis. MRI MS recounts my lived experience in reprogramming and freeing the thinking body using a range of different technologies: Technologies of the Self (body, mind & awareness techniques), Medical technologies, IT technologies ..."

#contagion

#neuroscience

The long-term research Art project MRI MS (2015-) is based on Jatun Risba's lived experience. It provides different insights into her détournement of Multiple Sclerosis into an exercise of Multiple Skills. With the embodiment of intermediate states of consciousness, the artist explores the transindividuality, elusiveness and plasticity of the self. Each MRI MS performance is based on the use of a particular body or interface technology by means of which the artist highlights and maps the process of psychic and collective individuation.

#bios

#alteration

#experiment

#beginning

Until the end of the project one-year incubation at Rampa Lab, Zavod Kersnikova in December 2017, the acronym MRI MS was spelled out My Regular Imagination of Multiple Self. Since 2018, when the first stage of deconstruction of the author's self was considered completed, the project's name has changed into **MRI MS. My Resting In Myself Sane**.

#developing

MRI MS _ Vanitas



"Vanitas vanitatum et omnia vanitas." (Ecclesiastes)

#motion

#situationism

"MRI MS_Vanitas.Life in motion implies an appropriation of the "art that works" (Mustapha Khayati, 1966) which is realized through the appropriation of art (and life) itself. We can muse at its futility, mull over its grandness. We can ..."

#touchme

→ SEE, PLAY WITH, DISRUPT AND APPROPRIATE (PARTS OF) THIS ASSEMBLAGE

#takeme

#abject

This mixed-media performative assemblage with various tools and things for looking at and understanding the world is considered within the art genre of vanitas: memento mori representations, which remind the viewer of the evanescence of all matter reality. The edible human brains were formed with the use of rapid prototyping techniques, while the use of ordinary, found objects ("readymades") reflects previous trends in manufacturing and artistic production. MRI MS_Vanitas is deliberately set in a transitory 'non-place' (Marc Augé, 2000) – in the entry hall of a public building. **The work underlines the complex and dynamic relations of particular objects to imagery and to the individuals and societies who both shape and are shaped by them.**

#materialism

#out

#dialectics

MRI MS Vanitas



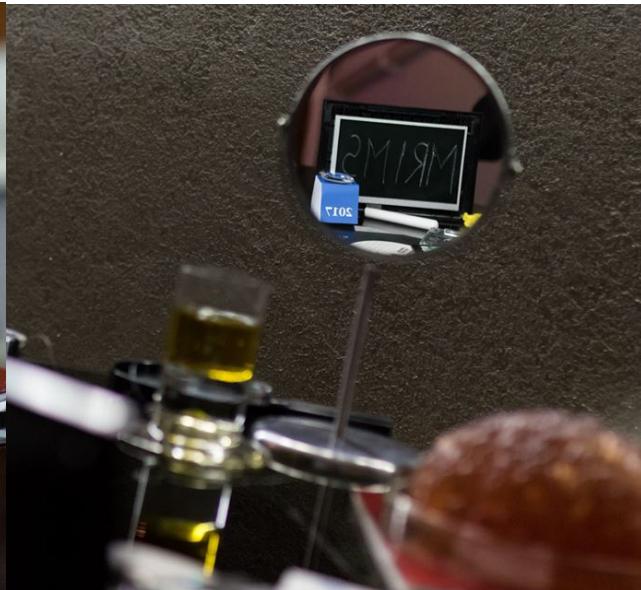
#situationism

#touchme

#abject

#out

LINKS:



#motion

#takeme

#materialism

#dialectics

MRI MS_Techno



#imagery

"the sounds of Magnetic Resonance Imaging as a techno hymn
the thinking body is shuffling

#jamming

#goodvibes

the thinking body is dancing hardstyle
trippin ...

#ravers

your pupils are so wide
and your eyes are so big
when gazing at FLOSS ...

#free

#Libre

#Open-Source

#Software

#technobody

+ – MRI MS is a body in motion for healthcare reform + –
MRI MS is
My Resting In Myself Sane"

#party

MRI MS_techno is ecstasy with electronic medical music; a variation on theme about rave parties and opensourceness; a service of bodies in a movement that liberates and connects; a collective effervescence of people who generate an electricity that transports them to an extraordinary degree of exaltation. **With a (live) DJ set by sound artist Nina Dragičević.**

#drones

#love

MRI MS_Techno



#imagery



#goodvibes

#ravers

#technobody

#party

LINKS:



#jamming

#free

#Libre

#Open-Source

#Software

#drones

#love

MRI MS _Upside down

#downup

"What happens when my vision is flipped upside down? What or who has been inverted? What occurs when I inhabit the gap between what I see and what (I think) I am? Stay there and then took a step backwards. And then another and then another ... "

#illusions

#inclusion

In this collaborative performance the participants were testing the mediating effect of inverted vision on the awareness and use of the body and mind. The artist fabricated a number of reversing goggles that inverted the wearers' vision. The bespectacled challenged themselves with wall writing and drawing inside the gallery space. Jatun Risba wrote various paradoxical thoughts about healthcare in the form of koans (questions without a rational logic). The written tags and phrases acquired meaning only with the help of the goggles. In this mode of viewing the seemingly casual lines started to form letters and words. The doors of perception opened and unsettling epigrams like **"If you cannot love yourself, what can you love?"** or **"When you encounter health, run away as fast as you can."** entered into your consciousness. The event ended up with a Dionysian subversion of cultural codes. The author was running and falling among the people who were waiting patiently (in front of Kapelica Gallery closed doors) for the inauguration of an exhibition that ended up postponed until further notice.

#inversion

#breakthrough

#riddle

#awaking

MRI MS_Upside down



#downup

#inclusion

#breakthrough

LINKS:

#illusions

#inversion

#riddle

#awaking

EXERCISES IN DYING



"My mind which lives in the past is a dead mind. How to free my thinking body of the known and live fully in the moment? How to be true to myself and embrace life unconditionally: through a process of constant dying to all the memories?"

#deathofme

#rebirth

#lifeseason

On the 1st of March 2017, from 12 to 24 o'clock, Jatun Risba held the performance Exercises in dying at Klub K4 (Zavod Kersnikova) in Ljubljana. **The performance was a challenge of physical & mental endurance and a transindividual experiment in movement, emotions, and interaction, which manifest in the process of psychological dying.**

#frontup

The event was organized as a secular rite of passage and was held on Ash Wednesday for a reason. The aim of this action was to acquire freedom from the known, from the past – cognitive and behavioral conditioning, fear and sadness – for a new rewiring of the self.

#transition

#mirroring

The durational performance was divided into **4 cycles of three hours**. At the beginning of each cycle the artist addressed a contemplative mind-baffling statement in the shape of koans to be meditated upon. The first hour was then devoted to a deconstruction of physical and the second one of vocal actions. The conclusive hour was dedicated to basic performative actions with glass tubes. During the entire event the artist was embodying the Inter-esse state of being.

#release

#wilderness

#barebody

EXERCISES IN DYING



#deathofme



#lifesseason



#frontup

#rebirth

#mirroring

#transition

LINKS:

#release

#barebody

RETURN

#go(o)d

"Who is the wo/man in me? Where does the Almighty reside in everyone? How do I return to my authentic self?"

#basta

On the 6th of January 2017 Jatun Risba performed Return (Vračanje), an art intervention that took place in front of the Cathedral in Ljubljana, Slovenia. **The performance embodies the return of “the outlaw”: those who our society and culture consider to be worthless or refuse to fully acknowledge and validate.** The action claims the need to reconnect to our carnality as the ascent toward self-love and mindfulness cannot begin elsewhere than in our viscera (the number of neurons in the visceral support system exceeds the number of neurons in the spinal cord and brain stem) and in the process of non-binary sexual individuation. **The author re-enacts the biblical narrative of the Via Crucis and presents the archetype patterns she has been navigating and making peace with throughout her life.** By openly sharing her vulnerability in meaningful public places, she aspires to generate a wormhole that embraces what and who was left out, in different universes and in different points in time, for an alchemical process of healing.

#gutbrain

#outcasts

#archetypes

#pansexual

#alchemy

#fragilebody

#toheal

RETURN

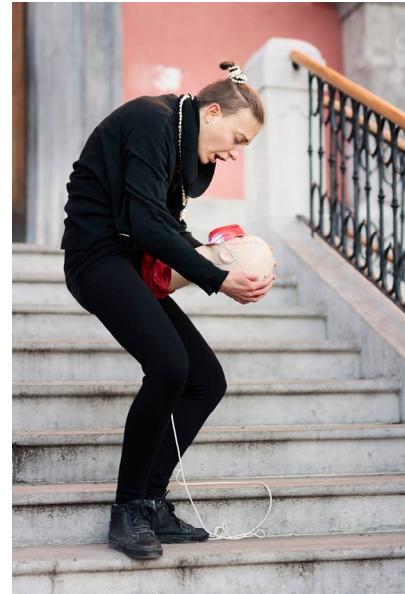
#go(o)d



#basta



#gutbrain



#outcasts

#archetypes

#pansexual

#alchemy

#fragilebody

LINKS:

#toheal

KNOW THYSELF



#madicine

"Here comes the time, when people will behave like madmen, and if they see anybody who does not behave like that, they will rebel against her or him and say: 'You are mad', — because s/he is not like them." (Anthony the Great)

#prank

#prodiversity

"There is no empowerment if not within the power structure of society. There is no embracing of diversity if not from within yourself first."

#selflove

#Atman

STRASBOURG, FR, – May 21, 2016 – **Art intervention Know thyself occurs in the Hemicycle of the EU Parliament on World Diversity Day.** During the Closing Plenary Session of the European Youth Event (EYE 2016), Artist of Self Jatun Risba carried out a performative action of Intere-esse **claiming the necessity for a more embracing, supportive and compassionate society founded on the awareness of the Interconnectedness of All Life.** (...) Know Thyself manifests the desire of EU youth to live a free, informed, healthy, active and respectful life, while recognizing the crucial need of being part of a sane society in order to fully achieve it. This is why Know Thyself supports the claims of the march against Monsanto for the boycott of genetically modified organisms (GMOs) and all harmful agro-chemicals as **there is no cure if not within the society itself.** (extract from the press release)

#umatter

#wilderness

#belonging

KNOW THYSELF



#madicine



#prank

#prodiversity



#selflove

#Atman

#umatter

#wilderness

#belonging

LINKS:

BRAINS



#possession

"What happens when spirits take over and ride their horses? Or are they emotions, connected to phylogenetically older parts of the brain? Or might they be some sort of illusions or oversstructures acquired through years of exposure to society's mores and dictates? What and who is riding my self?"

#logos

#ignore

#freeriding

#invasion

Brains (Možgani) is a performative action by Jatun Risba that happened during the 13th Brain Awareness Week in Ljubljana with the title Spectrums of Normality.

The intervention occurred at SAZU (Research Centre of the Slovenian Academy of Sciences and Arts) on the 17th of March 2016. At this point of her artistic research, the author used the expression "Forma Viva" to describe her practice to access the extra-ordinary areas and functions of the limbic system, a set of brain structures primarily responsible for our emotional life and the formation of memories. The limbic brain is also involved in rational thought and decision making. Neurobiologically it is not possible for us to entirely separate our brain's logical and emotional functionality. And, because of limits to rationality, that's a good thing. **How to distinguish between normality and normativity?**

#scienceart

#aliveness

#liminality

#ratio

#mindnull

#careofself

BRAINS



#possession



#ignore



#invasion



#aliveness



#ratio



#careofself

LINKS:

#logos

#freeriding

#scienceart

#liminality

#mindnull

INTER-ESSE, 2015

#iamnot

"The Inter-esse performance can be seen as the dance of the "homo sacer"[2], as it encompasses both the sense of the "hallowed" (the Inter-esse practitioner is someone who operates outside the fiction of autobiographical self and their social status) and that of "cursed" (the boundaryless self has been expelled from (post-) industrial societies through the modern concepts of insanity as mental illness and of health and self as personal properties)."

#homosacer

#lessismore

#inbetween

Inter-esse practice researches the conditions:

1. In-between consciousness and non-consciousness: Spontaneous rhythmic breathing & repetitive movements bring a state of full awareness in motion.

#mirroring

2. In-between human subjects: The main focus is the synchronization of people through movements and breath.

3. In-between life and death: Inter-esse is a meditation on death in motion intended as a key to better living. It makes disciples aware of the constructed and hence illusory nature of personal identity. Through the shedding of individual self, Inter-esse promotes metacognitive awareness which arises from a holistic experience of humanness.

#homodeus

#shedding

INTER-ESSE, 2015



#iamnot



#homosacer

#inbetween



#lessismore

#shedding



#madmed

LINKS:

#homodeus