

49 NORD 6 EST



GUIDE BOOKLET

THE LEAST OF THE WORLD

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07 OCT 11 – 08 JAN 12

ARTISTS /

Marina Abramović, Susanna Fritscher, Craigie Horsfield, Ann Veronica Janssens,
Tania Mouraud, Yazid Dulab, Ian Wilson
& Charles Curtis, Jean-Claude Eloy, Morton Feldman, Henry Flynt,
Catherine Christer Hennix, Éliane Radigue

TOUR



WITHIN MANY RELIGIOUS, SPIRITUAL, AND MEDICAL PRACTICES, MEDITATION PROVIDES ACCESS TO AN ALTERNATIVE STATE OF CONSCIOUSNESS. RECENT SCIENTIFIC RESEARCH HAS FOCUSED ON MEDITATION'S ABILITY TO STIMULATE THE BRAIN'S "PLASTICITY", ITS CAPACITY TO REORGANIZE NEURAL CONNECTIONS. LEARNING TO MEDITATE THUS ENABLES ONE TO CHANGE THE WORLD. ACCOMPANIED BY MUSIC FROM THE "ROOF OF THE WORLD", THE WORKS SELECTED FOR THE EXHIBITION INVITE YOU TO TAKE A MEDITATIVE BREAK, TO WITHDRAW, AND TO DISCOVER INVISIBLE REALITIES.

LET YOURSELF BE CARRIED AWAY ON AN EXPLORATION OF INNER SENSATIONS BY MEANS OF RETINAL AND AUDITORY WAVES AND VIBRATIONS.

IAN WILSON

Born in 1940. Works in Woodridge, NY (US)

Circle on the floor, 1968

A 183 cm diameter circle in white chalk
On loan from Jan Mot, Brussels

Circle on the floor shows the here and now. Through this exploration of "being" in the present, the work transports us into an immutable reality where everything becomes eternal recurrence. The idea of cyclical time is further reinforced by the emblematic figure of the circle which evokes perfection, natural cycles, and infinity. Situated at the exhibition entrance, *Circle on the floor* encourages us to focus on ourselves, in the present moment.

ANN VERONICA JANSSENS

Born in 1956 in Folkestone (UK). Works in Brussels (BE)

Phosphenes, 1997

Being (momentarily) deprived of sight in order to gain vision : a trivial physical gesture conjures up a singular and ephemeral, moving and luminous landscape. The artist invites us to invent our own inner space in order to facilitate our immersion in ourselves. Distributed as flyers in public spaces, *Phosphenes* appears as a sort of "user's manual", inviting us to appropriate a simple, yet astonishing sensory experience and to transmit it beyond the exhibition space.

MARINA ABRAMOVIĆ

Born in 1946 in Belgrade (ex-YU). Works in New York (NY)

Stromboli, 2002

19'33", B&W sound film transferred onto DVD
Serge Le Borgne Collection, Paris

Marina Abramović's body has always been the site of her artistic research. Nevertheless, in 2002, she set aside her experiments with strictly bodily resistance in order to turn to her mental endurance. Lying in water by the sea shore on the Sicilian island of Stromboli, at the foot of one of the world's oldest active volcanoes, Marina Abramović is immersed for a long stretch of time in a mental experience of the volcanic activity in the entrails of the earth. The rhythms and the energy of nature seem to penetrate her body and her mind with the cool water, the Aeolian winds, the warm sunshine, and the trembling earth.

1ST FLOOR

YAZID OULAB

Born in 1958 in Constantine (AL). Works in Marseille (FR)

Resonance, 2006

Ink on Canson paper, 40 x 29.6 cm each
On loan from the Centre national des arts plastiques, Paris

Searching for "resonances" of the past in the present, Yazid Oulab creates figures of contemporary hermits scattered throughout the urban landscape. At the top of ephemeral architectonic structures, tiny, meditating characters evoke Stylites—Middle Eastern ascetics who used to retreat to the tops of columns in order to better contemplate God's work. Yazid Oulab draws his inspiration from Sufi mysticism linked to his Algerian roots, and reveals its poetic dimension. He examines the vestiges of their spiritual quest in an extremely materialist world.

CRAIGIE HORSFIELD

Born in 1949 in Cambridge (UK). Works in London (UK) and Brussels (BE)

The Score for the Second York Soundwork, 1970-71

10 drawings on millimeter paper in charcoal
pencil and China ink, 76 x 54 cm each
49 Nord 6 Est - FRAC Lorraine Collection

At the end of the 1960's, artists sought to do away with boundaries separating the arts. In that vein, Craigie Horsfield, using a variety of colored markings, composed graphic scores destined to be performed on various instruments, such as the organ, percussion, looped tape, etc. The juxtaposition of sound and visual elements brings to mind the neurological phenomenon of synesthesia, from the Greek "union of sensations." Horsfield's drawings awaken the inner potential of our mind to see sound and hear color.

TANIA MOURAUD

Born in 1942 in France (FR). Works in Paris (FR)

Initiation Rooms, 1969-73 (2010)

13 drawings, 7 scale models, and 3 photographs
On loan from the artist

Fascinated with the mysteries of perception, in the early 1970's Tania Mouraud created a series of environments called *Initiation Rooms*, which are presented here in the form of original sketches, recent prints, and scale models. These extremely bare, white, and luminous spaces were designed in conjunction with sounds that produce the soothing effect of a "high." In creating these featureless spaces, Tania Mouraud wanted to gain access to new audio-perceptive experiences and discover the ideal conditions for meditation. The results of her experiments, conducted entirely intuitively at the time, have been today partly confirmed by neuroscientific research : sound and optical waves have been proven to have a real effect upon our brain waves, and thus on our mood.

SUSANNA FRITSCHER

Born in 1960 in Vienna (AUT). Works in Montreuil-sous-Bois (FR)

Spektren 1-3, 2010

Films

With the support of ZKM - Karlsruhe (DE)

In *Spektren 1-3*, the wall interacts with light in a constant play of vanishing and reappearance unfolding by turns at the edges and towards the center of the projections. Artificial light, which we are accustomed to seeing as stationary, produces here the effect of a perpetual, invisible refocusing. The eye, all-powerful in its apprehension of space, is confronted with its own functioning and, baffled, gets disoriented. A flood of other sensations surges forth in order to create a new sensory universe. The rules of understanding the world are no longer cognitive but sensible.

The installation is accompanied by the recordings of musical pieces inspired by Eastern philosophy and music. The sound waves enter in resonance with the pulses of light, opening us onto a more comprehensive sensory experience.

>>> LIST OF RECORDINGS:

From 06 to 16 Oct.: Charles Curtis, extract from *Ultra White Violet Light*, 2000
 From 18 to 30 Oct.: Henry Flynt, extract from *Glissando no. 1*, 1979
 From 01 to 13 Nov.: Jean-Claude Eloy, extract from *Shânti*, 1974
 From 15 to 27 Nov.: Ann Veronica Janssens & Michel François, *Descente infinie*, 2009
 From 29 Nov. to 11 Dec.: C.C. Hennix, extract from *The Electric Harpsichord*, 1976
 From 13 to 25 Dec.: Éliane Radigue, extract from *Trilogie de la mort*, 1988
 From 27 Dec. to 08 Jan.: Morton Feldman, extract from *the Music for Piano and Strings*, 1982

THE ART OF MEDITATION

“Be the change you want to see in the world”

Ghandi

As an echo of the exhibition, we present two documentaries testifying to the beneficial effects of meditation.

In *The Mystical Brain* (I. Raynauld, 2006), several scientific research programs aim to show the effects of meditation among Carmelite and Buddhist monks. The results of these analyses reveal significant reorganization in the brain which contributes to the development of such qualities as attention span, emotional equilibrium, altruism, and inner peace.

The documentary *Doing Time, Doing Vipassana* (A. Menahemi, 1997) takes us to one of the harshest Indian prisons. The introduction of the Vipassana (lit. “clear-sighteness”) meditation program, followed on voluntary basis, has led to a considerable drop in violence and depressive tendencies among the prisoners, as well as a decrease in recidivism after their release.



FOR FURTHER EXPLORATIONS INTO THE THEMES OF THE EXHIBITION



SELECTED FILMS

Le Cerveau mystique (The Mystical Brain)

Dir. Isabelle Raynauld, 2006, France
Documentary, 52 min,
in the English with French subtitles

Die große Stille (Into Great Silence)

Dir. Philip Gröning, 2006, Germany
Documentary, 162 min,
in German with French subtitles

Wheel of Time

Dir. Werner Herzog, 2003, Germany
Documentary, 81 min,
in German with different subtitles

Doing Time, Doing Vipassana

Dir. Ayelet Menahemi, 1997, India
Documentary, 52 min,
in Hindi and English with French subtitles

Cabeza de vaca

Dir. Nicolás Echevarría, 1990, Mexico
Historical drama, 112 min,
in Spanish with French subtitles

Meetings with Remarkable Men

Dir. Peter Brook, 1979, United-Kingdom
Adventure, 105 mn,
in English with French subtitles

The Holy Mountain

Dir. Alejandro Jodorowsky, 1973, Mexico/U.S.
Fantasy/Adventure, 114 min,
in English with French subtitles



FOR FURTHER EXPLORATIONS INTO THE THEMES OF THE EXHIBITION



RECOMMENDED READING

Catherine CLÉMENT, *L'Appel de la transe*

Stock, 2011

Rick HANSON, *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

New Harbinger, 2009

Aldous HUXLEY, *The Doors of Perception*

Harper, 1954

Catherine MALABOU, *La Chambre du milieu. De Hegel aux neurosciences*

Hermann Éditeurs, 2009

Philippe MEYER, *L'Œil et le cerveau*

Éditions Odile Jacob, 1997

Roger MUNIER, *Le Moins du monde*

Gallimard, 1982

Matthieu RICARD, *L'Art de la méditation*

Nil Éditions, 2008



Tania Mouraud, *Initiation Room no.5, 1969/1992.*
© the artist & Dominique Fiat Gallery. ADAGP, Paris 2011

ALL FILMS ARE AVAILABLE AT THE FRAC. PLEASE DON'T HESITATE TO ASK FOR THEM AT THE RECEPTION DESK.

ALL BOOKS ARE AVAILABLE AT THE FRAC. PLEASE DON'T HESITATE TO ASK FOR THEM AT THE RECEPTION DESK.

PARALLEL GLANCES

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A series of events related to the exhibition invite you to take a meditative pause...

CONCERTS

- > 13 OCTOBER, 8 PM, FRAC Lorraine
Continuums
Antez
- > 18 NOVEMBER, 8 PM, FRAC Lorraine
Orbes
E. Holterbach, S. Durand
- > 22 NOVEMBER, 8 PM, FRAC Lorraine
SypOLFidMo, Improvisation #1122
T. Mouraud aka DJ T Mour
- > 12 DECEMBER, 8 PM, FRAC Lorraine
Naldjorlak
E. Radigue, C. Curtis

CONFERENCES / LECTURES

- > 03 NOVEMBER, 8:30 PM, FRAC Lorraine
ABC OF PSYCHOANALYSIS
M as in Minus, or a Pecha Kucha Night Without Pictures
Association "À Propos"
- > 08 NOVEMBER, 6:30 PM, FRAC Lorraine
SCIENCE CAFÉ
Can You Boost Your Own Brain ?
Service Culture Scientifique et Technique, Université de Lorraine
- > 16 NOVEMBER, 6:30 PM, FRAC Lorraine
DIVINE CAFÉ
Another Gaze: Contemplation
P. Lefebvre

All lectures and conferences are conducted in French



Charles Curtis © DR



© Brian Ulrich

TO FIND OUT MORE ABOUT OUR PROGRAMMING, PLEASE DON'T HESITATE TO ASK AT THE RECEPTION DESK, PICK UP OUR NEWSLETTER, OR VISIT OUR WEBSITE: WWW.FRACLORRAINE.ORG (TAB: EXPLORE)

IF YOU WOULD LIKE TO SUBSCRIBE TO OUR NEWSLETTER, PLEASE SIGN UP AT THE RECEPTION DESK OR ON OUR WEBSITE

WHAT IS 49 NORD 6 EST – FRAC LORRAINE ?

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49 Nord 6 Est – Fonds régional d'art contemporain de Lorraine is both an exhibition space and an art collection made available regionally. In support of the notion that art is multisensory, the FRAC frequently presents works that may be experienced through hearing, touch, or smell, and invite the audience to perceive the world differently. The FRAC also hosts a series of events, including meetings, performances, conferences, film screenings, and concerts which offer alternative approaches to the exhibition themes.

It is the FRAC's mission to :

- develop a body of works representative of contemporary creativity in the broad sense of the term (video, installation, dance, music, film, performance, literature). The FRAC currently houses over 700 artworks.

→ Discover our collection at : <http://collection.fraclorraine.org/?lang=en>

- disseminate our collection throughout the region and beyond (Sarrel, Luxembourg, Europe), namely through a system of deposits, temporary loans, and thematic traveling exhibitions.

→ To learn more about our regional cultural programming, visit : <http://www.fraclorraine.org/en/voyagez/region/>

- reach out to a diverse audience. The FRAC, with numerous partners (schools, universities, art schools, Institut régional du travail social (IRTS), multimedia libraries, associations, Institut Médico Educatif (IME), detention centers...), explores new targeted approaches to foster access to art.

→ To learn more about the projects, visit :

<http://www.fraclorraine.org/en/visitez/scolaires>

PRACTICAL INFORMATION

EXHIBITION / TUE – FRI: 2-7 PM & SAT – SUN: 11 AM-7 PM / FREE ADMISSION

- > Free guided tours : every weekend at 5 PM (in French)
Live concerts! Certain Saturdays, following a guided tour, students from the Metz Conservatory will perform pieces they have selected in response to the exhibition.
- > Discovery workshops : for children 7 years old and up (free, no reservation required), Sundays 2:30 to 4 PM (in French)
- > Free guided tours in French Sign Language : Sundays of October 23, November 13, and December 4 at 3PM. Reservation required : mediation@fraclorraine.org
- > Tours are available in English, Italian, and German upon request.

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Contact :

49 Nord 6 Est - FRAC Lorraine / lbis rue des Trinitaires, F-57000 Metz
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Tania Mouraud, *Initiation Room no.5*, 1969/1992. © the artist & Dominique Fiat Gallery. ADAGP, Paris 2011