

I have always been a PERFORMANCE ARTIST.

I like performance-art because of its IMMATERIALITY.

I understand it like an exchange of ENERGY between audience and the artist.

All my performance pieces are intended as a SELF-PORTRAIT, even if it is not officially declared in the title.

I am totally involved in the piece emotionally, psychologically, conceptually but I not always have the need to be on stage.

Actually, I try to avoid it, if it was not urgent or necessary for the piece.

When I ask people to perform for me, it is because they have special skills I do not possess. I like team-working with other people, that makes me feel good.

Sometimes I have the need to try out new things with my own body, and in this case I am also physically involved in the performing act.

In the past I have been working with photography and video as well as installation and drawing: I like to experiment and I don't think I should limit myself only to one specific medium.

Experimenting is a part of my everchanging need of development, as an artist and as a human being.

I feel my heart belongs to live-art.

I need people and energy in my pieces, so that I can feel alive.

In the last few years I had a very long research process which culminated in a performance-experiment under HYPNOSIS.

This new consciousness (or unconsciousness, should I say?) changed my attitude to life and art.

I have been experimenting since 4 years now. Milton Erickson was then my mentor and still is my guide (1).

I am developing new performance-works which have to be carried out though the use of hypnosis.

I tried it myself in the piece dedicated to Kaspar Hauser (see following pages).

Now I am experimenting with other performers, other bodies "on stage" and under hypnosis.

My new goal is to guide different performers with my voice into a trance-like state, so that they can indirectly bring the audience into a trance experience too.

This is at the moment what performance-art means to me:

A COLLECTIVE EXPERIENCE WHICH BRINGS AUDIENCE AND PERFORMERS INTO ANOTHER WORLD.

We have to break thought the wall and see things as they really are, INFINITE (2).

Thank you very much for reading,

Elenia Depedro

1) Milton Erickson (1901-1980) was a doctor and a psychiatrist and is considered the father of modern hypnosis. See for example: Erickson, M.H.; Rossi, E.L.: *Hypnotherapie: Structure - examples - research*. Pfeiffer, Munich, 1999. and M. Erickson, Rossi, E. L., *My voice will go with you*, Norton, 1982.
or <http://www.erickson-foundation.org>

2) I am very grateful to William Blake and I would like to quote him entirely: "If the doors of perception were cleansed, everything will appear to man as it is, infinite".

See also Aldous Huxley "The Doors of Perception", HarpersCollins publisher, 1977.