

LANGUAGE OF THE BODY

by Shelley Lake





- I INTENTION
- II BREATHING
- III WALKING
- IV INTEGRATION



*The machine and I are one,
we partner as a creative force in the digital domain*



*I have developed a body of work
inspired by the language of the body*

*Virtual anatomy satisfies my aesthetic sensibility
and provides a framework for intellectual,
emotional and spiritual curiosity*



*I explore the human condition
through a window
into the mysterious realm
of artificial life*





*My holistic approach to art making combines aesthetics, computer science and **bioenergetics***

I strive to create compelling figures that awaken the senses

I am intrigued by the simplest gesture, an intimate embrace, the influence of gravity

My focus is on balance, alignment and integration



BREATHING

In the rule of threes, we can live without food for three weeks, we can live without water for three days and we can live without air for three minutes. The time-sensitivity of our breathing apparatus makes clear the primacy of our shared airspace.

Global atmosphere and human respiration play an increasingly important role in the survival of our planet, our species and every living organism. Although our autonomic nervous system drives our unconscious respiratory behavior, with increased awareness, we can begin to breathe consciously.

BREATHE SLOW

*Slow your breath down, so slowly that your nasal hairs do not move
Take comfortable sized breaths*

BREATHE LOW

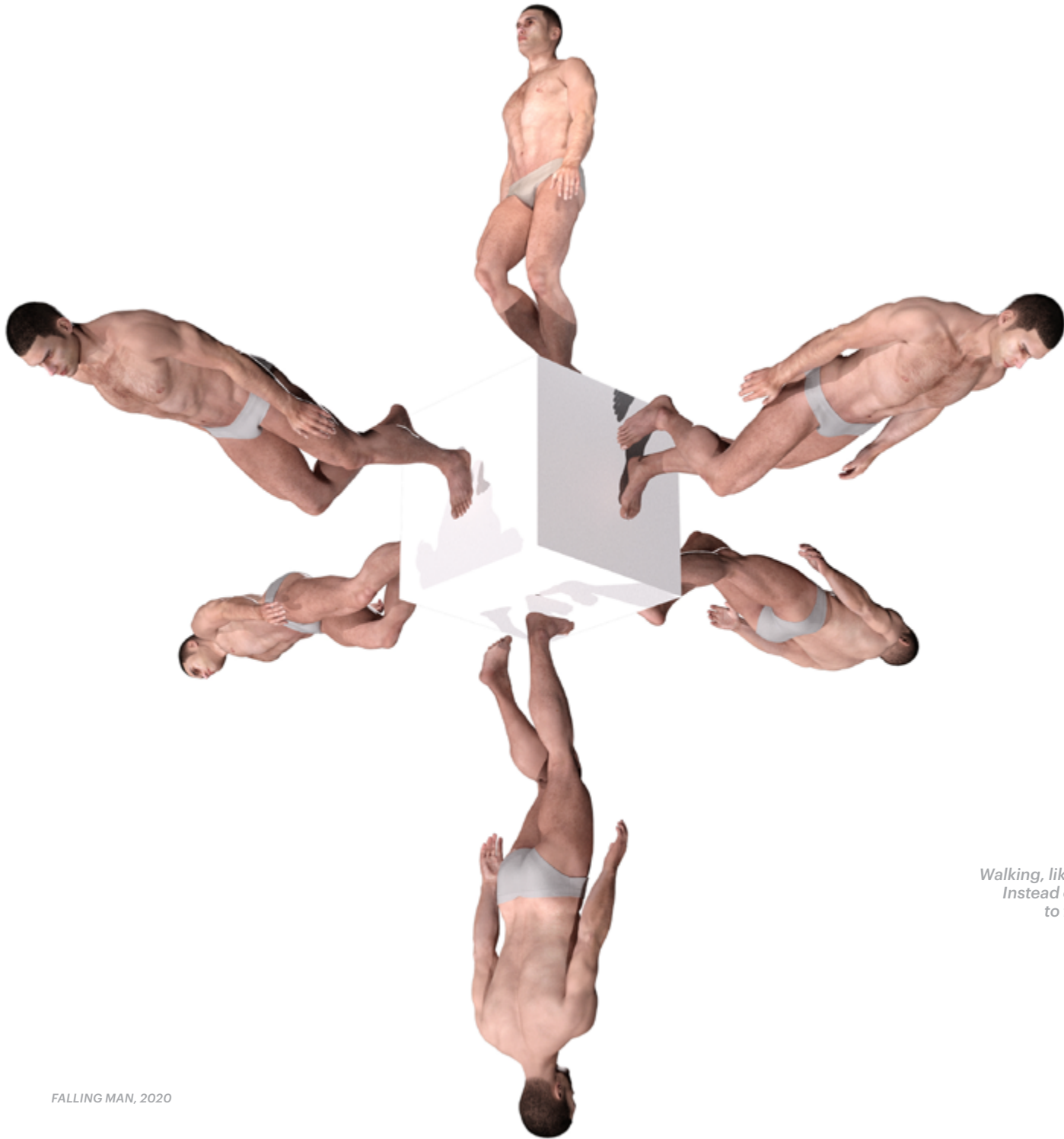
*Keep your breath out of your neck and shoulders
Shift inhalation from your chest down into your abdomen
Do not breathe deep
Be gentle, do not rush into the next inhalation*

NASAL BREATHE

*Inhalation and exhalation must take place through the nose
Nasal breathing increases oxygen intake by ten to twenty percent
Nasal breathing warms and humidifies incoming air
Nasal breathing removes a significant amount of germs and bacteria
Nasal breathing educes overbreathing, hyperventilation and air hunger*

*We can optimize this often overlooked act of primal significance.
Every breath holds the potential for a balanced exchange of nourishment and elimination. With improved vital capacity, we can become more connected in body, mind and spirit.*

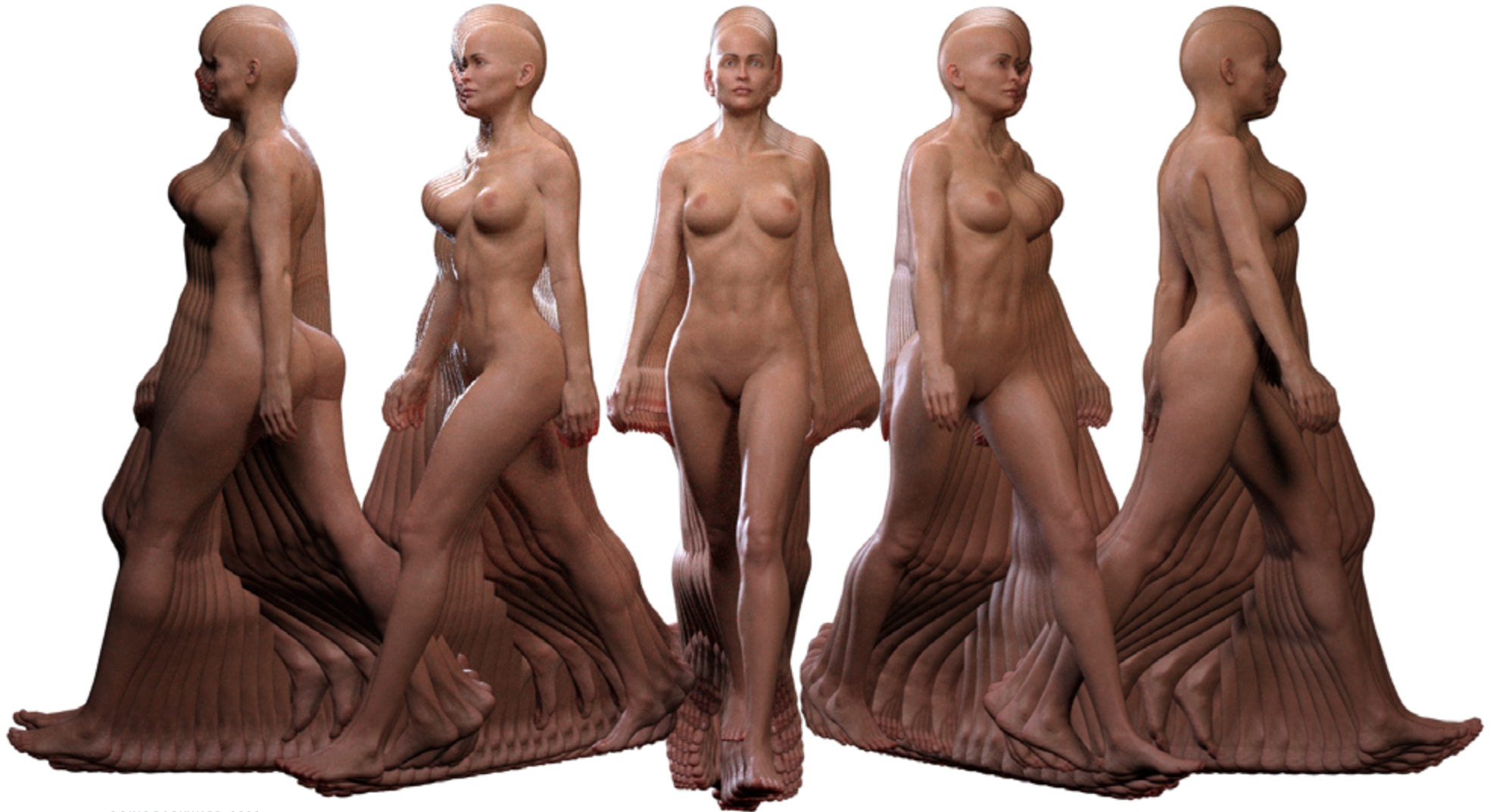
*Our life force, our spirit is enhanced by conscious breathing.
Breathing fuels our energetic body, provides the cellular sustenance for the tissue beds and ultimately can become a vehicle for communion with the universal.*



WALKING

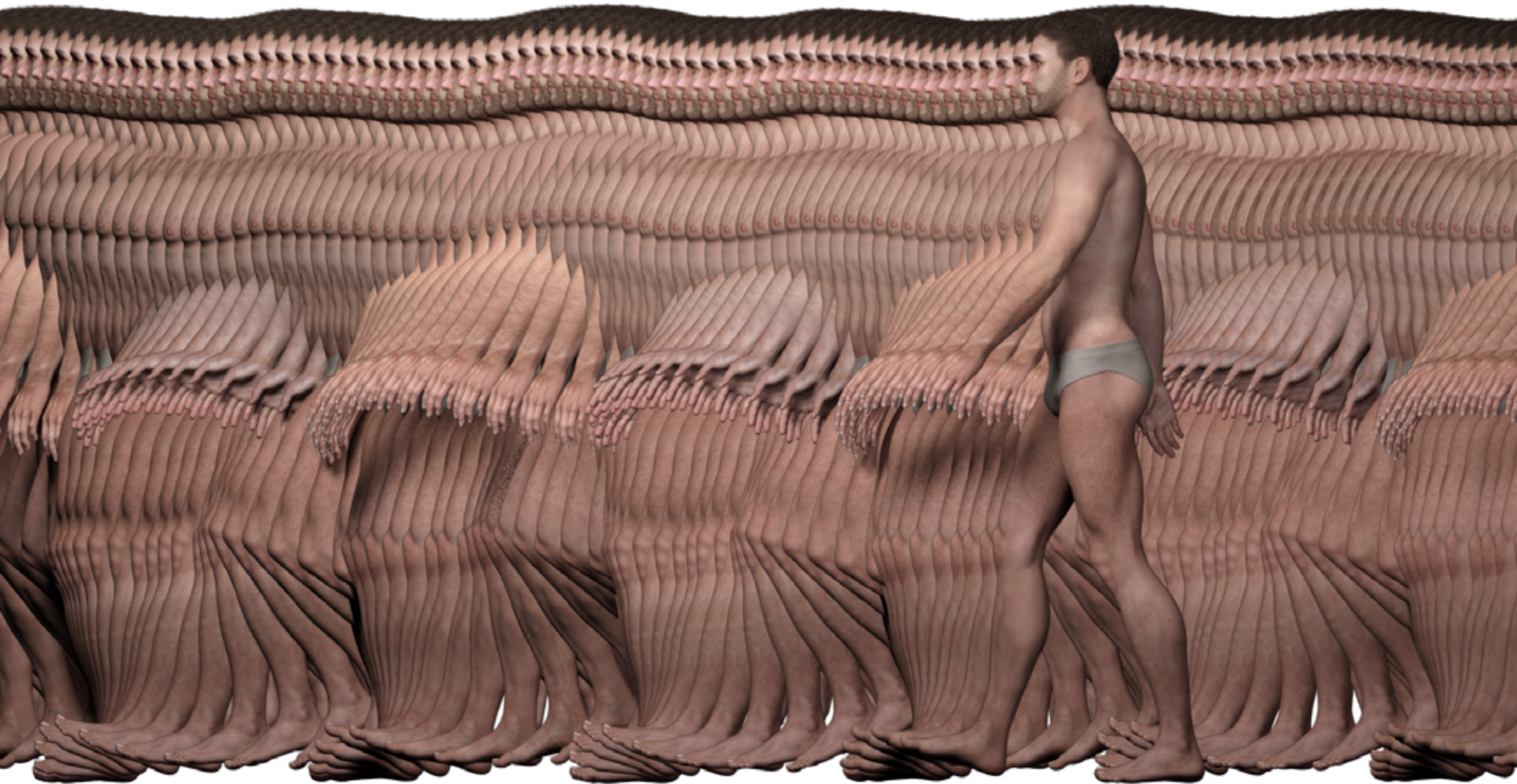
*Walking, like breathing, is profoundly important.
Instead of passively waiting for someone else
to fulfill our desires, walking symbolizes
the ability to go after what you want.*

Walking energizes. Walking facilitates the calf pump, a pump comparable to the heart as an advocate for the circulatory system. Walking engages the respiratory apparatus, forcing the diaphragm to communicate with the chest and abdomen—unifying the upper and lower body.



GOING BACKWARD, 2020

Oppositional cross crawling movements of each arm builds a neurological bridge between the right and left hemispheres of the brain. Locomotion in the gravity field strengthens the musculoskeletal system and helps restore balance, alignment and immunity.





INTEGRATION

*Art and science intersect on a virtual stage
where I build, choreograph and light characters*

*Integration takes place at the intersection
of diverse modalities*

*Integration takes place in the individual
and in the relationship between individuals*

*Integration awakens the spirit
to unleash our innate intelligence
and infinite wisdom*

*At the heart of chiropractic philosophy
is a system that allows the body to heal itself—
seeking harmony between mind, body and spirit*

*When the mind and body are in balance,
the spirit will follow*

