

## Artist's statement

Emese Erzsébet Uzonyi

This video installation reflects the tired soul that wants to escape the overstimulation of urban life. The journey of finding peace and harmony in the quiet music of nature serves as a reminder to slow down and take care of our needs. The piece and the artist encourage audiences to take some time to reconnect with nature, do nothing, feel the world within synchronize with the world outside. The idea was inspired by the Japanese philosophy of 'Shinrin-yoku' or Forest Bathing and its regular practice for long-term wellbeing.

My work usually focuses on the connections between humans, nature, and the cosmos on various levels. I am amazed by the recurring shapes and patterns on different scales in the universe and this fractalness inspires me to find similarities inside and around us. My art is about exploring the ways in which we are all connected to the Earth and each other, and to advocate for the importance of living in harmony with nature. The point of my work is to prove we are not living in the Universe, but we are one with it.