



BORIS+NATASCHA, *Meditations #3* (2007) production still  
Courtesy of the artists

# **MEDITATIONS**

## **BORIS + NATASCHA**

**(GER/AUST)**

### **MEDITATIONS**

A series of five guided visualisations, *Meditations* is a twisted re-imagining of self-help videos that play with western society's obsession with fear, albeit with a slightly more sinister bent. While works of this kind usually lead the viewer into the 'light', *Meditations* welcomes us into a darker realm of fear, anxiety, paranoia and panic attacks. Shrouded in darkness and wearing headphones, the viewer is placed in a secluded field of meta-narratives, then lulled through a series of relaxation techniques to end up in a worst case scenario. It remains ambiguous whether the narrations are speaking to character or stemming from their internal voice. This is anti-relaxation for tough times.

**BORIS + NATASCHA (GER/AUS)** produce twisted conceptual works that explore the human condition using photography, video, mixed media and text. Born during the war of Not-So-Nice-Land vs. the world, Boris learned fast to have an evil plan. Although he never imagined one day to meet his evil twin: Natascha, daughter of communist immigrants, born in Convict Country. After two lifetimes as solo artists – throwing bombs in places like Deichtorhallen, Hamburg; Künstlerhaus Bethanien, Berlin; Videonale Bonn; European Media Art Festival, Osnabrück; The Australian Centre for the Moving Image (ACMI), Melbourne; The Australian Centre for Photography, Sydney; The Australian Centre of Contemporary Art, Melbourne; The Next Wave Festival, Melbourne and the Edinburgh, Taiwan and Hannover International Film Festivals – they started collaborating in 2003. In between their dark pranks, BORIS + NATASCHA maintain university teaching positions in Pottsylvania and Mainz.

BORIS + NATASCHA are represented by Strychnin Gallery New York/Berlin  
[www.borisandnatascha.com](http://www.borisandnatascha.com)

**Opening: Wednesday 12 September, 6pm**

**Exhibition: 13 September – 21 October, 2007**

**Free Artists Floortalk: Thursday 13 September, 1pm**

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Further information, interviews and print quality images are available on request.

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