UNEARTH YOUR HOME ANEW

A Series Of Rituals



Collated by Rachel Kurdynowska













A Body of Parts -

Get on your hands and knees, bend your head low, and ease yourself down into the dark...You'll want to go slowly; it's wet and slippery. Crawl down for two or three metres, and you'll find yourself in a small opening, a kind of entrance porch to the cave.

...Turn left, then, into a small opening through which nothing but black can be seen. The faint beam of your torch will be inadequate to penetrate this shadow; trust that there is a place to go. Wiggle on your back-side down a low, narrow, slippery passageway which descends steeply for about ten metres over crumbling uneven stone. As the passageway opens up above you, stand now and look up at the rock. Your torch will pick out myriad tiny crystals shining on the wet, muddy yellow-brown walls. Taste them: they're salty. 1

Start by

shaping

1 cup of plain flour / 1/2 cup of table salt / 1/2 cup of water Preheat the oven to its lowest setting Mix flour & salt, adding water to combine. Sculpt the dough on a floured surface, using water as a glue for parts. Place works onto a parchment lined baking tray. Bake for 3 hours / until solid

a torso

with Salt dough

We feel a powerful pulse in their pots: a rhythm that seems at its most emphatic just below the glazed surface. This is also a characteristic of natural forms logs; boulders that have been washed by the sea; or even in the human figure, where the structural form is below the surface of the flesh - the bone is under the muscle. 2

Pour	Water Remedy	Soak
Warm	.,	Hands
Water		For
Onto		10
Rosemary		Soak
Bicarbonate of soda		Feet
Salt		For
In a large shallow bowl		20

Anti-clock wise from top left

Button Moulds, Lucie Rie (1902-1995), 1941-48, plaster, h. 82 x diam. 170 mm, acquired 2004, UEA 1274c

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Ring with spouted bowl. Eastern Mediterranean, Greece, the Cyclades. Early Cycladic II (c. 2700-2400 BC). Marble. h 5.4 cm. Acquired 1958. Robert and Lisa Sainsbury Collection. UEA 357

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Part of a replica tutu, 1986 - 1987 UEA 2a

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Legs of a large figure. Attributed to Goulandris Master. Eastern Mediterranean, Greece, the Cyclades. Early Cycladic II, Spedos variety (c. 2700-2400 BC.). Marble. h. 11.5 cm. Acquired 1970. Robert and Lisa Sainsbury Collection. UEA 410

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Kuba cloth. Africa, Democratic Republic of Congo: Kuba. 20th Century. Textile. h. 382 cm. Acquired 2001.Robert and Lisa Sainsbury Collection. S.107

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Disc bracelet. Thailand, Ban Chiang. Marble. diam. 13.1 cm. Acquired 1990. Robert and Lisa Sainsbury Collection. UEA 1032

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1 Sharon Blackie, *If Women Rose Rooted* (Denmark, September Publishing), p. 109.

2

Patrick Heron, 'Submerged Rhythms', *The Changing Forms of Art* (London, Routledge & K, Paul, 1955), p. 64.

SAINSBURY CENTRE

One hand washes the other - Old English proverb