

## **Consciousness-expanding Journey**

From Chaos to Wisdom, symbolizes the inner journey a person must take to move from the chaos of the unconscious to a state of consciousness and wisdom. The essentiality of the elements allows each of us to make the sculpture ours, on the basis of our lives, experiences and emotional states.

We invite you to embark on this philosophical journey, explore the depths of your consciousness, and ask those vital questions that expand awareness and help us reflect on our place in the world. Everyone is invited to follow the path shown by the 7 elements, as the path itself is the key to a better future: as Gandhi once said, we need to “Be the change you want to see in the world”, and then everything within and around us will shift.

### **Chaos**

*“Where I am in my life's journey, both internally and externally?”*

Everything originates from chaos. Chaos offers infinite opportunities, it is the very essential state that allows anything to rise, develop and evolve. Let's think about the moment of childbirth: it is a chaotic state that holds a life-worth of possibilities. Chaos will be different for each of us, nevertheless, being conscious of it and recognizing its essentiality is the very first, and most important step we can take towards self-discovery and, eventually, the elevation of our state of consciousness.

### **Crossing the Ordeal**

In this second element of the sculpture, we see what happens once we become conscious of the chaos. The structures that once were disorganized and overwhelming the individual in the Chaos element, are arranged in order. Perched on one of the structures, the individual can now see all the pieces that are available in the definition of his/her journey. The question is: *“How can I embrace change and uncertainty as opportunities for growth and transformation?”*

### **Hide and Seek**

In this third element of the sculpture, we are prompted to ask ourselves: *“What is my purpose in life, and how can I align my daily actions with this purpose?”*. In answering this question, we start wondering in one direction; perhaps we decide to change it, and then choose to retrace our steps, or perhaps to take a step or two back. It is like playing a game with our emotions, beliefs, fears, and aspirations.

### **A Forest**

In this fourth element of the sculpture, we become an integral part of the process. We look at ourselves in relation to the environment that surrounds us. The forest has always been a landscape associated with many meanings: it is a land ruled by nature, where majestic trees tower above everything else. It echoes adventure, disorientation, mystery, and silence. This element reminds us of the relationships we establish between nature, humanity and ourselves. The question shifts to *“Who am I at the core of my being? How can I cultivate deeper, more authentic connections with others and the world around me?”*.

## **Introspection**

In this fifth element of the sculpture, the individual initiates the climb towards itself. Like a diamond in the rough, we are encouraged to work on ourselves. On basis of what was evaluated in the previous stages, we can liberate and harness our unique potential and talents. We take one step at a time and we move ahead. Sometimes we might need to stop and evaluate once again to find the strength and courage to take one more step. Other times, we might feel eager to progress, to jump two steps at a time. We are working on our path, making it unique. The question is: *"How can I cultivate more self-awareness and self-compassion to better understand and accept myself?"*.

## **The Doors of Freedom**

In this sixth element of the sculpture, we are called to envision the life we want to achieve. The structures are well-organized in the environment and in relation to the individual: they align so that we can see the path, and that everything we have been working towards is fulfilling the purpose we have chosen, leading us to peace. The question is: *"In what ways can I align my actions and decisions with my chosen purpose, leading me towards inner peace?"*.

## **Wisdom**

In the seventh element of the sculpture, we find the only sinuous structure of the artwork: a circle, that universally has been associated with notions of wholeness, perfection and of Self, amongst others. It symbolizes the end of the process of individuation, a place where we find peace and we acquire purity. Our vital energy is so powerful at this stage, that it goes beyond our body, and it infuses with pure energy also the people and the environment around us. On a closer look, we notice that the circle is not complete, neither it is perfect, suggesting that the result of our path does not equal perfection, nor the definite end of our journey. The opening of the circle serves as a slide, which transports us back to previous phases so that we can revisit them with a different level of wisdom. We have the opportunity to level up our consciousness, love, and wisdom in a perpetual journey of investigation, from chaos to harmony. Our path is what allows us to be indeed whole and complete.

The question is: *"How can I foster a sense of harmony within myself and with the universe, embracing the interconnectedness of all things?"*.