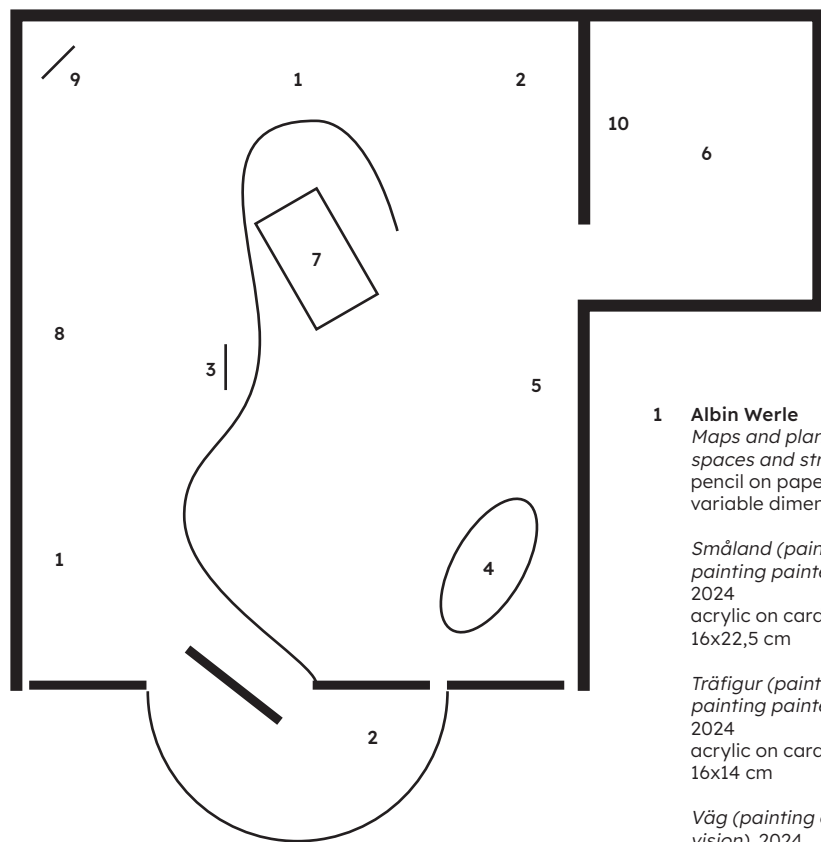




- Albin Werle**
Maps and plans of dreamed spaces and structures, 2012
pencil on paper, tape
variable dimensions

Småland (painting of a painting painted in a dream), 2024
acrylic on cardboard
16x22,5 cm

Träfigur (painting of a painting painted in a dream), 2024
acrylic on cardboard
16x14 cm

Väg (painting of a dream vision), 2024
acrylic on cardboard
10,5x12 cm

Lemon still life (painted in my bedroom), 2024
acrylic on cardboard
16x24,5cm

Teapot still life (painted in my bedroom), 2024
acrylic on cardboard
24,5x31cm
- Alquimias da Lua**
Harmonias, 2024
installation, sprays and diffusers, scents of rosemary, lemon, lemongrass, lavender, sandalwood, vanilla, orange, sweet orange, cloves, cinnamon and eucalyptus

Manifesta, 2024
installation, earth, water, shells, wood, leaves, moss, feathers, candles
variable dimensions
- April Lin 林森**
R: Rest, 2019
video, 12''45'
- Beatriz Brum**
Here we are, under the stars, 2024
video, 17''
editing: Nuno Francisco
mapping: Marco Machado
- Carlos Carreiro**
Sete Bispos descobrem a ilha das Sete Cidades, 2015
acrylic on canvas
1,03x0,83 m
- Gil Ferrão**
While we wait, 2024
installation, plaster, enamel, spray paint, iron, plastic, wood, carpet
variable dimensions
- Lendl Barcelos**
Saliva, 2018/2024
sound, 5 channels
infinite duration
Ainhoa Hernández, Andrea Rodrigo

4 variants for invariants four in variants foreign variance (of an identified haptic event), 2015–2024
sound massage bed, 4 channels
João Miguel Ferreira, Arvo Pärt, Marco Paulo
- Sandra Rocha**
Love Stream #4 e #15, 2007
inkjet on Epson Archival Gloss
- Thomas Smith & Jon Watts**
Waking Life: The Dreamwork Model
video, 17''38'
- Tomaz Borba Vieira**
Nós nas traves do sótão, 2020
ink and watercolor drawings
37x27 cm

14 jun — 07 sep

EXHIBITION

Dêtxate

On the necessity of rest

Albin Werle, Alquimias da Lua, April Lin 林森, Beatriz Brum, Carlos Carreiro, Gil Ferrão, Lendl Barcelos, Sandra Rocha, Thomas Smith & Jon Watts, Tomaz Borba Vieira

Curated by vaga

WHAT IF WE RESTED MORE?

The expression *dêtxate* (lay down) in Micaelense¹ slang means rest and pause, whether due to mental or physical exhaustion, laziness, need for idleness, or regeneration. It is a word that is as much a verb, defining a gesture and action, as an adjective and state of mind that seeks liberation, healing, and dream. It calls for regeneration. Dêtxate is an offer and invitation from the team at vaga to explore, with the whole body, the cultural, social, and political implications of rest, arguing that this is, in contemporary times, an act of resistance against extractivist systems that can lead to a lack of self-care and the exhaustion of the ecosystems we are part.

~ In a world of stimuli-ideas-confusion, I propose that you take your shoes off, feel your feet enter the earth, and clear your mind ² -

The exhibition-experience begins in an antechamber, where Alquimias da Lua proposes a ritual, *Harmonias*, to disconnect from the paraphernalia of everyday life and get us closer to the beauty of nothingness. *Visualize what you want to release or what (self-)cares you need to reinforce*³. From here, we feel different fragrances merging in space and with us, preparing us for the composition *Manifesta*, which alludes to the four elements essential to life (water, air, fire, and earth) as a provocation to manifest/encounter them through ourselves.

Tricia Hersey⁴, artist, curator, and sleep activist, seeks to bring forward rest as a revolutionary practice and form of resistance against the demands of capitalism and the frenetic pace of modern society. Researchers have identified a *sleep gap* or *rest gap* where racialized, immigrant, or lower-income communities are more likely to fall ill due to lack of sleep or rest. In the manifesto *Rest as Resistance*⁵, she explores the idea that taking time to rest is an individual need and a way of resisting social structures that often value excessive productivity over personal and collective well-being.

*~ Here; come, restore, replenish, relax. Crafting a better world is not an easy adventure. Rest with me.*⁶ ~

R: Rest, de April Lin 林森, is an experimental documentary that explores the meanings of rest: political, spiritual, in relation to work, and associated with guilt. It warns us about rest as a need that is structurally denied, a muscle worth training, and an essential strategy in the process of liberation for all people.

Waking Life: The Dreamwork Model by Thomas Smith & Jon Watts is an experimental science fiction film that imagines a future where sleep is eliminated through a combination of genetic therapy and pharmaceutical optimization, where dreaming is incorporated into the media industry. The story explores

A PROJECT

Anda & Fala v a g a
ASSOCIAÇÃO CULTURAL ESPAÇO DE ARTE E CONHECIMENTO

STRUCTURE FUNDED BY



SPECIAL THANKS

Galeria Fonseca Macedo
Teresa Almeida Lima
Tomaz Borba Vieira

¹ from São Miguel
² Descriptive memory *Harmonias*
³ Descriptive memory *Harmonias*
⁴ Hersey founded the *Ministry of Naps* project, where she explores the liberating power of naps and their importance as a space for repair and healing
⁵ *Tricia Hersey on Rest as Resistance* / 185. For the Wild. June 2020. Podcast
⁶ Memória descritiva *R: Rest*

the speculative concept of *automated dream work*⁷, attempting to imagine how dreaming, essential to many physical and psychological processes, might look, sound, and feel in a society without sleep.

Sidarta Ribeiro, neuroscientist and biologist, and Ailton Krenak, thinker, environmentalist and one of Brazil’s leading voices of indigenous knowledge, speak of dreaming as a place for expanding perceptions. They understand it as language and knowledge and claim the magic and sensibility provided by the dream, which has been losing prominence in Western cultures as a social practice - mainly because subjectivity is also not recognized in the construction of the collective. Ancestral and traditional forest knowledge sees dreams as a place of poetry, where revelations are taken as guides for routines, a kind of map and program for the multiple planes on which we exist (conscious, subconscious). In this sense, investigating, unearthing, and interpreting dreams as if they were artifacts or fossils can reveal deep human and animal unconscious layers.

Dream Archaeology is a set of drawings by Albin Werle that tries to understand how the sleeping mind creates spaces for exploration. What are these spaces, and how are they made? Every morning for several months, Werle recorded his dreams through notes and drawings that attempt to describe and map these places, trying to identify the objects in his dreams. Recently, Werle has started painting the canvases he sees himself painting in such dreams, bringing those images and landscapes into this reality.

Love Stream is a photo series by Sandra Rocha and *presumable documents from a personal wandering through physical and emotional spaces*⁸. These images exist in limbo, moving between social narratives and those that are fictionalized, more dreamlike, and abstract. The melancholic quality that permeates them allows us to dive into the depths of the gesture, static or fleeting. Introspective. Contemplative. Are we dreaming? Where does the dream happen?

Many writers and artists use dreams as inspiration to create surreal worlds and complex narratives. Works such as Lewis Carroll’s *Alice in Wonderland*

and Franz Kafka’s *Metamorphosis* exemplify how dreams can be used to explore profound and universal themes.

Carlos Carreiro’s paintings map these irrational places using symbols and visual metaphors to explore complex themes such as identity, memory, and the relationship between humanity and nature. In a detailed way, he juxtaposes the particular with the universal, creating works that celebrate his Azorean heritage and explore the great questions of the cosmos. In *Sete Bispos descobrem a ilha das Sete Cidades*, Carreiro imagines this moment of arrival and adds new mythologies and speculative fantasies that go beyond the legends of Atlantis.

Several scientific studies support the importance of sleep in processing emotions, consolidating emotional memories, and regulating mood. Writers, poets, and activists Audre Lorde and Sonya Renee Taylor have expressed the profound truth that *no one can meaningfully build social change if they’re exhausted*⁹, underlining the crucial importance of self-care and personal well-being as foundations for effectiveness in the struggle for justice and equality. Lorde believed that activism and the fight for social change require continuous effort, dedication, and energy. Yet, exhaustion can undermine the ability of communities and individuals to engage in transformative action effectively. Hence the importance of stopping and noticing¹⁰, not only as an active practice of recognition and attention, but above all as a symbolic act of care and responsibility. A way of recognizing and correcting mistakes, promoting the sustainability of the body and the ecosystems of which we are a part, and strengthening community and collective ties.

*~ Caring for myself is not self-indulgence. It is self-preservation, an act of political warfare*¹¹. ~

Lendl Barcelos presents two pieces. *Saliva* is a multichannel soundscape composed to be in constant change, juxtaposing sounds of varying densities and qualities that enter and leave the space, occupying its time. It’s a composition that requires attention and reveals itself in meditative intensity. *Polyphonic sounds are an age-old recipe for connecting people*¹². On a bed, we find 4 *variants / for invariants / four in*

variants / foreign variance (of an identified haptic event), where we are challenged to lie down and listen without our ears.

Here we are, under the stars, by Beatriz Brum, invites us to explore the sky as a landscape, the image of a dream that comes to us without sleeping. Brum argues that looking at the starry sky, expanding our relationship with restful time, can create space for dreaming and bring us closer to our deepest desires, even if only for a brief moment.

Just like dreaming, playing can ‘distort’ the dimensions of space and time, the structures and protocols that regulate societies, blurring the boundaries of reality to give way to imagination and spontaneity. In the realm of play, rules can be changed and rewritten, and hierarchies can be temporarily suspended, fostering empathy, solidarity, and a sense of community; it creates spaces of encounter that challenge norms and expands ways of seeing the world.

Gil Ferrão thinks of his works as social experiences. They are games played on other planes of perception, where the rules are defined in the freedom of experience between the conscious and the subconscious. *While we wait is a set of bodies-sculptures* that are in the limbo of movement, between action and observation. They ask us for an attentive look and a careful touch or push. And why not?

The ink drawings by Tomaz Borba Vieira, *Nós nas traves do sofá*, materialized during a period of recovery from illness. Looking up at the beams of his bedroom ceiling, anthropomorphic figures - monkeys and mermaids, interact and play. Life is imagined and continues to happen.

It is necessary to broaden our vocabulary around rest and dreaming, not just so that we can reconfigure our understanding and relationship with taking time, the idea of laziness, and producing less, reconciling ourselves to what is *enough*. *Dêtxate* was conceived as a space for reflection and, at the same time, a place for rest. The exhibition presents new creations by Alquimias da Lua, Beatriz Brum, Gil Ferrão, and Lendl Barcelos, which, in dialog with each other, search for different, softer rhythms and create environments that can induce this meditative state and sense of deceleration. The works of Albin Werle, April Lin 林森, Carlos Carreiro, Sandra Rocha, Thomas Smith & Jon Watts, and Tomaz Borba Vieira are different points of entry for the discussion that seeks to

transform routine rest into a routine of rest. The exhibition is an invitation to be among, with, or in the works, reclaiming rest and imagining a world in which leisure, inaction, and quality sleep are available to everyone.

Curated by vaga

7 Descriptive memory *Waking Life: The Dreamwork Model*
8 Excerpt from exhibition text *Love Stream*. Delfim Sardo, 2009
9 Taylor, Sonya Renee. *The Body Is Not an Apology: The Power of Radical Self-Love*. 2021
10 Eugénio, Fernanda. *Caixa-Livro AND*. 2019
11 Lorde, Audre. *A Burst of Light: Essays*. 1988
12 Jordi Savall is a Catalan gambist, conductor and composer who specializes in early music