

Dark Matter

18/05/2025, 2-5pm

voice session by Helena Dietrich

Helena Dietrich (she/they) is a transdisciplinary artist and independent researcher, whose practice is situated at the intersection of performing arts, experiential soundscapes, experimental pedagogy, and immersive installation. Their work is influenced by feminist, post-colonial theory, the study of body-experiences and their political and societal implications. They investigate magical realism, through (science-) fictional narratives in immersive and sensual settings. Their artistic approach seeks to engage the audience in a shared platform of listening, sensing and dreaming, challenging preconceived relations of self and other.

This session invites participants to descend into the shadow realms of neglected emotions such as fury, rage, anger, fear, sadness and grief. We seek to invite those intimate sounds branded as ugly, undesirable, or shameful... Through guided somatic practice, participants will deploy voice as sonar, mapping internal physical and imaginary topographies. Through soft tracing, accompaniment and guidance of the voice we might encounter stories and emergent qualities carried by these compositions of moans, cries, screams, howls and in the process become a polyphonic shadow choir.

This process is a descend into the depths and the dark embrace of our earth mother body. Like mycorrhizal networks beneath forest floors, we trace connections to our earthen origins, to the dark uterine spaces from which we all emerged. This is not metaphorical but metabolic work—recognizing that we are of the soil, made of decomposition and regeneration. Meeting our darkness can therefore open a path to connect with our ancestors, unknown potential, origin of dreams and the life-giving soil or life-force within ourselves. This might be called compostable creation—transforming our lowest frequencies into emergent possibilities, like the lotus that grows from dark soil.