

WETTERLING GALLERY

Dina Isæus-Berlin

The Spirit Manual – A Master Exhibition

Yield and overcome; bend and be straight.

Empty out and be full; wear out and be renewed.

Have little and gain; have much and be confused.

Tao Te Ching, chapter 22. McCarroll translation

No matter where I try to enter, it seems like there is only one way in. That gate is the action. All words and descriptions fall short. The action is a spiritual practice. I have given it other names, but in the end, that's what it is.

The core of the action is yielding to what is. To yield is not to compromise integrity – it is about melting the inner resistance to the undeniable. It is the exercise of no-self, of no-action. That is the line I'm trying to stay on. When I do that, unexpected things happen.

Every day in the studio, I yield over and over. I set up obstacles and I yield to them. That is the meaning of the paintings. When I'm done there is nothing left of me. I am see-through.

This daily spiritual exercise of applying paint, has taught me what as others put into writing over two thousand years ago. I go to the texts only to see that the paintings are right.

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