

# Artist Statement

Interactive Sculpture Exhibition is the media I choose to show my artistic work, where form, scale and senses merges. The connection between concepts is a strong ingredient in it that unites what seems separate. My research goes around Social Law and the Animal, Mineral and Plant Kingdoms, these silent Masters that shape our physical reality.



# Biography

Eliana Veronica Hernandez was born in Venezuela, raised in the Canary Islands and nowadays based in Oslo, Norway.

She is a sculptor and an interior designer who has been working for more than a decade with interior and urban spaces. Throughout her career and professional experience she has studied various artistic disciplines, geometry, product design, science and poetry, which flow freely within her artwork. Working this way, she enjoys the opportunity to explore the potential around the subject. Her interdisciplinary work includes art installations, murals, recycling sculpture, photography and restoration. This results in an interesting portfolio that brings together knowledge and imagination.

*I move frequently, this fact stimulates my curiosity and opens my mind to learn the secrets of nature. I studied science, but chose art to understand the alchemy of materials. I moved from my home in the mountains of La Gomera in order to achieve greater understanding of art and culture, willing to work as a bridge between cultures.*





‘30 Seeds’

'30 seeds' is an Interactive Sculpture Exhibition that merges two known concepts  
'The Universal Declaration of Human Rights' & 'Phytotherapy or Herbal Medicine'.

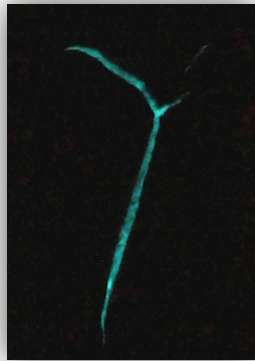
The target is to open the dialog between cultures about law and alternative medicine by giving the visitors an organic approach to their human senses that will evoke ancestral memories, recognizing from the bottom of their hearts that humankind is strongly united to creativity.

The concept is really simple ☺

### 1^ The Exhibition\_ Introduction

- \* The experience begins when I ask the visitors if they can please take off their shoes before they come into the dark room where the pieces shine, this room is also aromatized with a touch of lavender. Nowadays this pedagogical method of 'shoes off' is used in Finland's primary schools and they affirm that this simple action relaxes the body, making kids and teachers feeling at home. Some visitors at the first exhibition told me, "*I felt more humble after I took off my shoes*"...
- \* After a brief introduction into the dark room, the narrator will explain the heart of this exhibition/experiment and then s/he will turn on the lights that would reveal the form. The unusual part starts when I explain that this is a sculpture exhibition where the seeds can be touched. The petals and leaves at the bottom of the nest evoke the Autumn, when seeds repose.

Size: The largest seed is around 48cm and the smallest 12cm. Here are some artistic examples of how they look like.



*\* Each Seed Contains Life.* A photo-luminescent pigment (non-toxic) made from crystals that absorb natural or artificial light and after dark they release energy in the form of a long-lasting glow. The pigment is located inside the natural cracks, so symbolically speaking, this phenomenon represents 'The potential of life that all seeds have on them'. Many visitors already told me about Leonard Cohen lyrics, *"There is a crack in everything, that's how the Light gets in"...*

\* Two seeds join the group of 30, I call them +1 and +2. These new seeds are talking about changes, and they say: The Universal Declaration of Human Rights is a document that can be improved and developed through the new times and real needs.

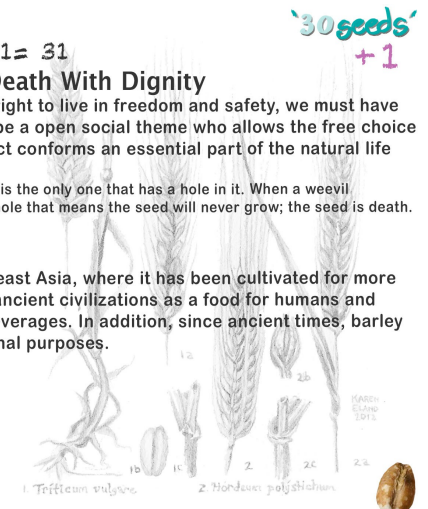
**'30 seeds'**  
+1

^ **'Human Rights' Article 30+1= 31**  
**Everyone has The Right to Death With Dignity**  
 In the same way that Humans have the right to live in freedom and safety, we must have the right to a dignified death. It should be a open social theme who allows the free choice in terminal patients, because this subject conforms an essential part of the natural life cycle.

This seed is related to death because is the only one that has a hole in it. When a weevil (*Sitophilus granarius*) eats a seed and make a hole that means the seed will never grow; the seed is death.

^ **'Health Benefits'**  
 Barley originated in Ethiopia and Southeast Asia, where it has been cultivated for more than 10,000 years. Barley was used by ancient civilizations as a food for humans and animals, as well as to make alcoholic beverages. In addition, since ancient times, barley water has been used for various medicinal purposes.

- . High Source of Fiber
- . Provides Antioxidants
- . Prevents Heart Disease
- . Protects Against Cancer
- . High in Vitamins and Minerals
- . Helps Lower High Cholesterol
- . Helps Control Blood Sugar Levels



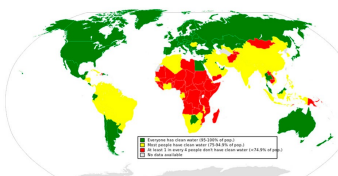
1. *Triticum vulgare*      2. *Hordeum vulgare*      KARCH-ELAND-TORTI

HORDEUM VULGARE \* BARLEY \* ORGE \* BYGG



**'30 seeds'**  
+2

^ **'Human Rights' Article 30+2= 32**  
**Everyone has The Right to Free Access to Potable Water**




GLOBAL WATER AVAILABILITY

Access to safe drinking water has improved over the last decades in almost every part of the world, but approximately one billion people still lack access to safe water. A 2006 United Nations report stated that "there is enough water for everyone", but that access to it is hampered by mismanagement and corruption.

Water is vital for all known forms of life, covers 71% of the Earth's surface and the human body contains 78%.

^ **'Health Benefits'**  
 Naturally diuretic, birch water stimulates the cleansing systems of the body, kidney and liver functions, and helps to eliminate the toxins in the body. It contains micro-nutrients unique to the birch tree which are said to help strengthen the immune system, lower cholesterol and assist with weight loss.

\* **Special Precautions:** Pregnancy and breast-feeding. There is not enough reliable information about the safety of taking birch if you are pregnant or breast-feeding. Stay on the safe side and avoid use.



BETULA \* BIRCH \* BOULEAUX \* BJØRK



## 2^ The Seeds

*Rye* Art.29\_ Responsibility

*Heart* Art.1\_ We Are All Born  
Free & Equal

*Tamarind* Art.27\_ Copyright

*Lentil* Art.20\_ Public Assembly

*Coffee* Art.15\_ Right to Nationality



*Bean* Art.5\_ No Torture

*Seedbox* Art.14\_ Right to Seek a  
Safe Place to Live

*Date* Art.9\_ No Unfair Detainment

*Sunflower* Art.28\_ A Fair and Free World

*Buckwheat* Art.25\_ Food and Shelter for All



*Cherry* Art.13\_ Freedom to Move

*Cocoa* Art.12\_ Right to Privacy

*Lotus* Art.24\_ The Right to Play

*Rice* Art.10\_ The Right to Trial



\* The way to present the information still in a Beta phase, where the Rights and the Body parts would be shown in a digital format. At the moment each seed have an explanation card:

Front Side

**'30seeds'**

^ Which 'Human Right' does this seed bring to mind?

^ Do you know any 'Health Benefits' related to this wonderful creation from the Plant Kingdom?

SECALE CEREALE \* RYE \* SEIGLE \* DYRKET RUG

**PLANT NAME and SEEDS NAME IN LATIN, ENGLISH, FRENCH AND NORWEGIAN.**

**INSTITUTION THAT PROMOTE THE PROJECT**

WOODEN SEED

REAL SEED

Sensorial Exhibition  
By Eliana Vero

To get a complete picture in our mind, you can find on each card a Botanical Drawing who shows how the real plant looks like.

**'30seeds'**

^ 'Human Rights' Article 29  
**Responsibility**  
We have a duty to other people, and we should protect their rights and freedoms.

^ 'Health Benefits'  
All of the health benefits commonly attributed to adding rye to your diet are the result of the nutrients, minerals, vitamins, and organic compounds that can be found within rye. Some of these key components include manganese, copper, magnesium, phosphorous, B-complex vitamins, dietary fiber, and phenolic antioxidant compounds.

- . Respiratory Health
- . Weight Loss Efforts
- . Metabolic Performance
- . Helps Prevent Gallstones
- . Lower Type 2 Diabetes Risk
- . Promotes Gastrointestinal Health
- . Benefits for Postmenopausal Women

\* *Special Precautions:* If you are a sufferer of Celiac's disease or you are trying to eliminate gluten to test your theory, then rye might not be that much of an improvement.

SECALE CEREALE \* RYE \* SEIGLE \* DYRKET RUG

Back Side





*Corn* Art.30\_No One Can Take Away  
Your Human Rights

*Avocado* Art.16\_Marriage and Family

*Rheedii* Art.18\_Freedom of Thought

*Flamboyant* Art.11\_We 're Always  
Innocent Till Proven Guilty

*Mustard* Art.23\_Worker's Right

*Apple* Art.3\_The Right to Life

*Chickpea* Art.21\_The Right to  
Democracy

*Watermelon* Art.26\_The Right to  
Education

*Lemon* Art.8\_Your Human Rights  
Are Protected by Law

*Passion fruit* Art.6\_You Have the  
Rights No Matter Where You Go



*Melon* Art.7\_We're All Equal Before  
the Law

*Annatto* Art.19\_Freedom of Expression

*Pomegranate* Art.22\_Social Security

*Maple* Art.2\_Don't Discriminate

*Echinacea* Art.4\_No Slavery

*Ayoyote* Art.17\_ The Right to  
Your Own Things

## FUNDAMENTALS

In a fast developing world, the consequences of forgetting our cultural knowledge and connection with the kingdoms (plants, animals and minerals) is leading us into inner conflicts. Globalization treats the law and the medicine as a business and not as a harmonious service, prioritizing money before life when the healthiest path is the other way around.

'The Universal Declaration of Human Rights' A document written after World War II, signed on December 10, 1948. I'm using the Human Rights Declaration as an educational tool of universal values because the true core of these rights is to create an ethnic world beyond financial/private interests. One thing is true, knowing these rights will not guarantee that we learn the great message behind the words, but we must try to make them come true. The book called 'Human rights and social justice' written by Joseph Wronka (Professor of Social Work at Springfield Collage, U.S.), helps me to consider widely the rights for this project when he said: "Human rights instruments can serve as tools to "till the soil" and create a foundation from which human needs can flourish" (Wronka 2008, 36).

'Phytotherapy or Herbal Medicine' Grandma's remedy.

Preventive medicine is not entirely recognized by modern medicine, even though their fundamentals are based on it. Ayurveda for example, is an alternative medicine that comes from India and is based in phytotherapy. Ayurvedic considers diet and patient's lifestyle, their psycho-physical state and recognizes that the ultimate cause of all diseases is violating the laws of nature. It seeks to balance and rejuvenate the body through "Simple life and Higher thoughts", increasing longevity using herbs. It has been called "the mother of all cures" as it's considered the most completed

preventive medicine in the world who embraces science, philosophy and body health. With Phytotherapy, a doctor will only need the knowledge about emotions and the secrets from nature.

From the 17th to 19th centuries doctors were deeply rationalists and came to the conclusion that the human body is like a mechanical machine, leads to the conclusion that out there is not a disease, only ill bodies. In the 20th century, medicine was boosted by science and technology, giving rise scientific medicine, based on evidence that uses the fundamentals of biology and chemistry to produce synthetic drugs. However, after years of use, the drugs don't work as well as they should, developing serious side effects in patients who only went to the doctor for a small issue.

Beauty awakens the soul to act .Dante Alighieri.

'30 Seeds' was exhibited for the first time in Gamlebyen Fredrikstad 2016, Norway.

The whole concept grows up in Norway and it was produced with wood from the islands of Hvaler, except 3 seeds made in Mahagoni. I used: Prunus cerasus (Kirsebær), Prunus avium (Morell), Prunus domestica L. (Plomme) og Swietenia mahagoni (Mahogni).

This sensorial project is inspired by my ancestors who were the indigenous people from Canary Islands and by self-sufficient emergent communities around the planet. *“To find balance and hope we must collaborate and promote new creative paradigms suitable to local and global real needs”*

