

"If we dig precious things from the land, we will invite disaster: Near the Day of Purification, there will be cobwebs spun back and forth in the sky. A gourd of ashes might one day be thrown from the sky, which could burn the land and boil the oceans."

White Feather

21,000–17,000 years ago during *The Ice Age* Homo sapiens entered *North America* by crossing the ice from the *European* continent. Later between 16,500–13,000 years ago, when the *Bering Land Bridge* formed more Homo sapiens, animals and plants dispersed into *North America* from *Siberia* and the surrounding land mass. When Homo sapiens from the *European* continent reentered *North America* in 1492 Indigenous *Native Americans* numbered approximately 15,000,000. By 1890 there was a 98% reduction in the Indigenous population.

On December 29th 1890 300 *Oglala Lakota Sioux* children, woman and unarmed men were massacred by the *7th Cavalry* at *Wounded Knee* on the *Pine Ridge Reservation* located in the *Badlands of South Dakota*. In 1973 members of *Oglala Lakota Sioux* and *AIM (The American Indian Movement)* on *Pine Ridge Reservation*, at *Wounded Knee* staged a Civil Rights protest and violent 71-day standoff with the *FBI*. 2 people were killed and 15 were injured.

Currently in 2016 on *Pine Ridge Reservation* conditions are the poorest in *North America*, life expectancy is 49; the lowest in the *Western Hemisphere* aside from *Haiti*. 1/3 of people don't have access to clean drinking water, indoor plumbing or electricity. The unemployment rate is over 80%, high school drop-out rates are up to 70%, only one of every 100 children will graduate from University, 50% of the population is aged 17 or younger. *Pine Ridge Reservation* and the surrounding *Sioux* reservations have been, and are, the omphalos for *AIM* activist actions. And therefore, because of the history, as prime example of activism, the omphalos for the World's activist actions.

Currently in September 2016 the *Oceti Sakowin— The Seven Council Fires—The Lakota, Nakota and Dakota Sioux, Native American* protectors and activists from around the World are protesting the *Bakken Pipeline* aka the *Dakota Access Pipeline* near *The Standing Rock Sioux Reservation*. The protestors have been camped outside *Cannon Ball*, a town in *South Central North Dakota* near the *South Dakota* border. The activists, their supporters and journalists are encamped in a field belonging to the *United States Army Corps of Engineers*. Thousands of Indigenous and non-Indigenous supporters have joined the peaceful protest. *The Dakota Access Pipeline* will run from *North Dakota* through to *South Dakota, Iowa and Illinois*. The project became public in 2014, but has stepped up in international recognition this month through social media, media, eco/ activist groups and governments. On September 3rd, with the oil company hiring a private security company who attacked peaceful protestors, who refer to themselves as protectors, with dogs. 6 people were bitten, including 1 child. 30 people were sprayed in the face with pepper-spray before the private security company retreated to their vehicles. *The Dakota Access Pipeline* is a 3.8 U.S. billion dollar project. The 1170 mile underground pipeline would move 470,000 barrels of hydrofracked, highly flammable, sweet crude oil per day from *North Dakota*. The pipeline travels only half a mile north of *The Standing Rock Sioux Reservation* and is designed to pass underneath the *Missouri River* and upstream of the reservation, causing valid concerns over the tribe's drinking water safety, environmental protection, and harmful impacts on culture.

The Pipeline will go through/ invade culturally important *Sioux, Arikara, Northern Cheyenne* and *Mandan* burial, prayer and historic ancestor trading sites. 380 archaeological sites face desecration along the entire pipeline route. Notifying the affected tribes, and land owners, across 4 states was improperly organised. The affected people were not properly informed. Pipeline permissions were gained illegally, braking Treaties. The pipeline threatens the water supplies from *The Missouri River* to 8,000 *Yanktonai Dakota* and *Hunkpapa Lakota Standing Rock Sioux* and millions of others. The pipeline would cross right under the *Missouri River* at *Lake Oabe*,—the reservation's main source of drinking water— The protectors also worry about catastrophic environmental damage if the pipeline were to break near where it crosses under the *Missouri River*: A leak or oil spill could prove disastrous. The pipeline violates the 1851 and 1868 Treaties the federal government made with the *Oceti Sakowin— The Seven Council Fires—* In these treaties the land was set aside for their "*absolute and undisturbed use and occupation*." #NoDapl #MniWiconi #WaterIsLife

On the 1st of May 2015 a historic name change happened. *Shannon County* (founded 1875) was officially renamed *Oglala Lakota County*. On August 11th 2016 *Harney Peak* was renamed *Black Elk Peak*. *Hinhan Kaga* to the *Oglala Lakota Sioux*.

Bison, for millennia were the driving ecological force in *North America's* ecosystem. Between 1800 and 1890 the Bison population was completely decimated from an estimated 50,000,000 to 50 by the *European* colonists 'Manifest Destiny'. Manifest Destiny was the racist phrase used by *John L. O'Sullivan* in 1845 to speak of the white mans right to the land and resources of the *Americas'* and the white mans right to massacre *Native Americans*. He said, "It is the fulfilment of our manifest destiny to overspread the continent allotted by providence".

Tatanka is the *Oglala Lakota Sioux* word for Bison. *Tanka Bars* are a modern version of *Pimikán* (*Pemmican*). They are manufactured on the *Pine Ridge Reservation* in *South Dakota*. Home to the *Oglala Lakota Sioux*.

Pemmican is from *The First Nations Cree- Nèbiraw* word *Pimikánis/ Pemmican* is the original survival food. It is a concentrated mixture of meat-based protein with fat and berries that is then used as the most nutritious food. The word *Pemmican* itself is derived from the *Cree* word *Pimi*, fat, grease. Any lean ungulate meat can be used. The meat traditionally used is Bison, Moose, Elk and Deer.

Pimikánis/ Pemmican Recipe

1 large rock

Large piece of fine canvas cloth

50% lean red ungulate meat such as Bison, Elk, Moose, Deer, Caribou- Game.

40% twice rendered tallow that was rendered from the fat of grass fed ungulate.

10% berries of choice- June Berries (also called pemmican berry because it was frequently used in that manner), Blueberries, Chokeberries, Choke Cherry, Cherries, Saskatoon, Service Berries, Cranberries, Manzanita, Juniper berries, Currants, etc.

A small amount of honey and nuts can be added, to taste.

A drying rack is made from wood that has had the bark stripped off and been seared over a fire. The drying rack is placed over a fire of hot coals. Clean all visible fat and connective tissue from the Bison meat, cut the Bison in strips as thin as possible, preferably across the grain (dries faster) and place on the drying rack in full sunlight. Dry for a week or until the Bison meat is hard and brittle and all the moisture has been leached out. The berries are to be dried in this same manner by placing a cloth over the drying rack. Place the dried Bison meat on your canvas cloth and on the rock pulverize into a fine consistency of meat dust. Add the dried berries to the dry meat and pound fine again. Sieve into a bowl. Keep pounding and sieving until all the meat and berries are a fine powder. Melt the grass fed animal tallow. Add the meat/berry mix at 60% meat/berry to tallow 40%. Stir, when cool shape into blocks or bars. The Pemmican will keep for years stored at room temperature wrapped in wax paper or animal hide. It can be eaten raw, used in stew, or fried. Pemmican is a complete food and no other nutrients or supplements are necessary to completely meet all human nutritional requirements. No other single food is as calorie dense or nutritionally complete.

From trauma can come hope for amelioration. Themes recurrent in my practice are trauma, remembrance/ awareness, spirituality, activism and injustice. When my works shine a spotlight on historical *American* perpetrated trauma it is usually concerning death caused by religious intolerance, such as *Waco*. Or death caused by racism, such as at *Wounded Knee* in 1890 and 1973. Or death/ disease caused by ecology pillages of/ or desecration of sacred *Native American* holy sites, such as in *The Colorado Plateau*.

When, as an artist, appropriating religion or culture, it is important that negative instances of cultural appropriation are thoroughly considered. One must consider the possible offence to people of that culture and the ramifications of using a cultural concept that does not belong to your own culture. Is an idea stolen? Does this idea belong to someone else? Is it too sacred to talk/ write/ make art about? Am I doing this culture a service or a dis-service by sharing this information? Am I subverting this idea in such a way that elders of this culture would not approve of? Am I engaging with this culture on a purely aesthetic level? Is my audience small/ isolated or could many people be influenced by/ see this work? Could I find a way to turn this into a cultural exchange or creative collaboration; not to take but instead to share? Am I perpetrating systemic oppression or negative cultural stereotypes in my work?

What kinds of privilege do I personally come from? How am I looking to profit from my privileged experiences? How can I positively add to the growing body of human knowledge? How do I accumulate a depth of understanding? How do I use this accumulated knowledge as material? What responsibilities do I have towards that culture? What can I do to protect their cultural heritage? What can I do to promote their cultural heritage? What can I do to benefit the Indigenous people of that culture who are living today? What can I do to benefit their descendants? What historical trauma can I highlight? What activism can I highlight? What activism steps can I personally take? How can I share an Indigenous activism message? It is of paramount importance that the cultural appreciation or appropriation does not deprive Indigenous insiders of their culture and that the art works do not hurt members of that culture. Art works must not perpetuate or worsen harmful cultural stereotypes. I think it's important to recognise what you are doing with your works, and how you are appreciating or appropriating culture or ideas—as I have done in this poster/essay— But to also not be frightened away from a learning experience— if and only if it does not hurt or deprive others of their culture—I am grateful there is current debate regarding cultural appropriation. I do not claim to be an expert in this field, but I try to read as much as I can from people that do, and people of differing opinions/ backgrounds/ heritages. The fact that these issues are being highlighted in contemporary art discourse is important, and is promising for hopes of equality in the future for all marginalised people in art and its related industries. Artists must explicitly reject racism. Artists must find a way to protest.

"It's one life to live, so live it the best you can. Hey Victor, what about your Dad?" Supaman

In the exhibition and 140 page publication I co-curated in July of 2015, to collaborate with other 'eco-artists', (and to test out installation ideas for my 2016 Masters Research Portfolio works entitled *The Exegesis of Dominique Nicolau or The Cult of The Crystal*), ambiguously called *food*, the concept of food was addressed in divergent methods by the 29 contributing artists, philosophers, children and essayists. In the foyer of the gallery I had playing the first, original *Soylent* (an open-source meal replacement powder/ drink/ bar/ food) promotional video.

Owner and creator of *Soylent's* Rob Reinhardt: *"If we're going to improve food, we're going to have to be open to a change in the production system that scales very well but has very minimal impact of the environment. Food that takes longer to spoil, is easy to transport, and that's what Soylent is"*



Two and a half months later the curators *Hans Ulrich Obrist*, *Christian Boltanski* and *Chiara Parisi* curated a group show in *Paris* from the 16th September to the 8th November 2015 called *"Take Me (I'm Yours)"* at the *Monnaie (The Paris Mint)*. With works from forty-three artists including *'Be Quiet'* by *James Lee Byars* and a *Soylent* work by *Sean Raspet*. In *Raspet's* edible artwork *"Technical Food"* and *"Technical Milk"* the audience could taste samples of the special edition two *Soylent* flavors or buy one of a limited edition of 100 containers of *Pantone 14-1120. Apricot Illusion* coloured containers of powdered *Soylent* to own. The curators were interested in current themes in contemporary art of sharing and exchange to encourage questioning in regards to the exchange value of art. By the end of

the exhibition much of the art would be gone. Consumed.

This year I am seeing an influx in the amount of *Soylent* based art writings. *Rasperts'* 2016 work at the booth of *Societe at Frieze New York Art Fair* was a (to most critics) conceptual, weird, and aesthetic success. For this work he had silver industrial refrigerators full of *Soylent 2.0* (*Soylent 2.0* differs from *Soylent* in that it comes pre-mixed in long-life single serving bottles), and a new algae based *Soylent* prototype of *Rob Reinhardt's* design in the style of a commercial trade show. *Raspert* commissioned *Nhu Duong*, *Berlin* based fashion designer to design 'Soylent staff uniforms' The post- fashion bland gray, self-cleaning micro-fiber, adjustable unisex uniforms were the perfect aesthetic accompaniment for the plain post- modern, post- food *Soylent 2.0* packaging.

Soylent now comes in a powdered, drink, coffee and bar form.

Rob Reinhardt's torturous journey into post- food smart- foods, beginning in 2013 was well documented in his Blog *Mostly Harmless*, in an evolving article called *How I stopped Eating Food*. *Rob Reinhardt* and *Soylent* encapsulate my dream for what educated minds of the World can achieve. It's logical ideas like this, thinking outside this prescribed societal box of how things have to be, that has been forced upon all by the egesta of Western *baby boomer*, *silent generation* and *greatest generation* elders, that give the human race a chance at survival. *Reinhardt* and the team at *Soylent* make their recipe publicly known. They foster a community website dedicated to experimenters sharing their own 'DIY *Soylent*' recipes. A part of the *Soylent* ethos is that the company want to make the product cheap, and basic. They are pro GMO. *Soylent* uses a lot of chemicals, and is made up of basic, necessary nutritional elements. They are not concerned with organics and taste. Apparently, according to most taste testers, *Soylent* tastes very much how it looks, like bland, raw cookie dough or cereal milk. Very beige. *Reinhardt* hopes that eventually *Soylent* will be utilised as *Ready-to-use Therapeutic Food* for Third-World countries. *Soylent* is not currently available outside of the *USA* and *Canada*. No international orders.

We need to feed the World, and stop hoarding our knowledge and make education free for all. If we feed and provide the means to educate those living in poverty, people— with their bodies and minds feed— will one day have the capacity to produce life changing ideas of their own.. 12.9 percent of the World's population is undernourished. 795 million people Worldwide do not have enough food to eat. Thats 1 in 9 people. 66 million primary school-age children attend school hungry.

"Food is the fossil fuel of human energy. It is an enormous market full of waste, regulation, and biased allocation with serious geo-political implications. And we're deeply dependent on it. In some countries people are dying of obesity, others starvation. In my own life I resented the time, money, and effort the purchase, preparation, consumption, and clean-up of food was consuming... I hypothesised that the body doesn't need food itself, merely the chemicals and elements it contains... What if I consumed only the raw ingredients the body uses for energy? Would I be healthier or do we need all the other stuff that's in traditional food? If it does work, what would it feel like to have a perfectly balanced diet?" Rob Reinhardt

We Homo sapiens are conditioned to need food. But what our bodies truly need is nutrients. An balanced, exact amount of them. If simple products can be produced that can deliver those nutrients to the body in a simple ways, and it if can be produced cheaply, then we can take a big step towards ending World hunger. You can't learn/ absorb education when you are hungry.

Food production/consumption cannot keep up with Homo- sapien over-population. If we as a race do not embrace sustainable populations for all, a World population of 10 billion is imminent, expected by 2050. With a population increase of that size meat production would have to more than double between now and then. A 73% growth in meat would be needed by 2050. Vegetarian mono-crops are decimating the planet, destroying the topsoil. Experts predict that the Planet *Earth* has less than 60 years of topsoil left.

I have been experimenting with post-food/ smart-food since February 2015. I have been traving with surviving on smart-food/ food replacement smoothies and pills. I was ingesting predominantly this 'Thickie' of my own design called *'nicofood'*. I ate nothing but this *nicofood* for 12 weeks. I'm slurping it right now; it's fibrous, slimy, grainy, green, gross and delicious.

When drunk straight away it is a smoothie, when put into the fridge it comes out as more a thick pudding consistency, a Thickie. In February of 2016 I did find myself experiencing jaw pain/ problems due to prolonged lack of chewing. This was mostly solved by using *TMJ Temporomandibular Joint Disorder Exercises* and adding a further 400mgs of *Magnesium* and 1500mgs of *Glucosamine* and *Chondroitin* to my diet. I do a lot of faux chewing and it looks very strange. There have been many missteps and lack of essential nutrients along the way while I perfected my *nicofood Thickie*. People often ask me how I feel? I think what they really mean is how would they feel? I think they would feel great.

nicofood is booshic. Its organic and unaffordable, its not going to effect World hunger, but it is a gateway conceptual food into future-food. nicofood is a smart-food that nourishes, meaning physical equilibrium is achieved so the mind can function at optimal learning capability, without the bodily distraction of hunger. It's traditional food alternatives like synthetic food, in-vitro/ cultured meat and food replacement liquid/ powders that are soon going to be making historic changes in the way we think about food. In the future these synthetic 'foods' will be the norm.



After ingesting/ surviving predominately on this *nicofood Thickie* and a multitude of vitamins and supplements for several months I came across a term for what I had been doing, by the preeminent expert on longevity and Transhumanism *Ray Kurzweil*. He calls it *Bridging*. There are three *Bridges to Immortality* and what I have been doing is known as *Bridge One*. In *Bridge One* you live as long as you possibly can by having a low-calorie healthy diet and exercise regime, taking as many supplements as your body needs. *Kurzweil* famously takes over 150 per day. The purpose of *Bridge One* is to keep you, for as long as possible, at the age you were when you began *Bridging*. In order that you will be alive when *Bridge Two* happens, hopefully not too long after the *Technological Singularity*.

Bridge Two is the nanotechnology, the biotech revolution and gene therapy; moving human into h+ aka Transhuman.

Bridge Three is when Artificial Intelligence and nanobots can make us *Homo sapiens* nearly 'immortal'. Repairing tissue damage, re-writing genetic code and programming our bodies. Characteristics, personality and memories will be fully downloadable and able to be uploaded into a non-biological substrate.

"Transhumanism... promotes an interdisciplinary approach to understanding... the opportunities for enhancing the human condition and the human organism opened up by the advancement of technology. Attention is given to both present technologies... and anticipated future ones, such as molecular nanotechnology and artificial intelligence. The enhancement options being discussed include radical extension of human health-span, eradication of disease, elimination of unnecessary suffering, and augmentation of human intellectual, physical, and emotional capacities. Other transhumanist themes include space colonization and the possibility of creating superintelligent machines... The ambit is not limited to gadgets and medicine, but encompasses also economic, social, institutional designs, cultural development, psychological skills and techniques. Transhumanists view human nature as a work-in-progress, a half-baked beginning that we can... remould... Current humanity need not be the endpoint of evolution. Transhumanists hope that by responsible use of science, technology... we shall eventually manage to become posthuman, beings with vastly greater capacities than present human beings have. Some transhumanists take active steps to increase the probability that they personally will survive long enough to become posthuman, for example by choosing a healthy lifestyle or by making provisions for having themselves cryonically suspended in case of de-animation... the transhumanist view is guided by an evolving vision to take a more proactive approach to technology policy... to create the opportunity to live much longer and healthier lives, to enhance our memory and other intellectual faculties, to refine our emotional experiences and increase our subjective sense of well-being. ... This affirmation of human potential is offered as an alternative to customary injunctions against playing God, messing with nature, tampering with our human essence, or displaying punishable hubris." Nick Bostrom

In the beginning they left.

All forty-four-thousand souls aboard watched, in near silence they bore witness to humanities farewell to its birthplace. They traveled aboard a Star-Arc to a far distant galaxy that their decedents would not see for over thirteen generations.

The Star-Arc, The Arc Atlantean, was powered by The Great Crystal. The Great Crystal had been revealed to all of humanity by Her; She who shall never be known.

A woman, on Planet Earth, the Sophia, the Kokyangwuti comes to the awakening; discovers one night, far in the future, that she is Ennoia; First Thought of Tetragramaton, emanation of Taiowa, Spider Grandmother; The Demiurge; creator of all things earthly and material. Her name is Teodora.

She remembers where lays forgotten the submerged Atlantis Great Crystal. The Great Crystal is located at Sipapuni- the Place of Emergence, under a Kiva in Northeastern Arizona, at the confluence of the Colorado and the Little Colorado rivers in The Grand Canyon. Where it has remained hidden, protected by the Anu Simom since Atlantis, Lumeria and Mu fell in prehistory.

The Planet Earth is decimated. Post-apocalyptic. Unliveable for Human, Animal and Gods alike.

The Kokyangwuti, Teodora, now with all the knowledge of the eons, Gnosis of all and everything, contacts all of humanity, b+ and artificial intelligence. She enters the consciousness of all homo sapien, transhuman, gynandromorph and artificial intelligence at one time, imparts the message that they are to go, to leave Earth. She directs them to a new home. She imparts the knowledge on them of how to create a Golden Star-Arc to take the remnants of Earth, animal, vegetable, mineral; humanity, post- humanity, gynandromorph and artificial intelligence to a new Planet, a new Home. In the Orion Galaxy near the Sun Pi3 Orions.

The people on board did not eat food as we know it. They swallowed synthetic food tabs six times a day that contained all the nutrients their bodies needed. As well as a chewing gum to mimic the necessary masticating benefits of chewing food. They also daily swallow a synthetic fibre substance made predominantly of self-lubricating polycaprolactone in the form of a transuding small ball, to massage the internal gastroenterological systems. This is excreted daily, sanitised, re-filled and re-used. The socialisation of mealtime was no longer an activity that homo sapien, b+ henceforth partook of. All the people on board were lean and toned.

Adapting to the food tabs was difficult for the 1st Generation. They all understood the necessity but they missed nothing as much as the missed the comfort of the sustenance of Earth food.

I am interested in symbolic substances that emphasise the link between ancient myths and contemporary thoughts of the future. Out of my narrative my artworks are distilled. The multidisciplinary works I make in my practice are tangential to one another.

I identify with/ relate to, art/ art-writing that asks/ implies questions or leaves one questioning rather than art that gives answers. Much like James Lee Byars in his 1969 performance 'The World Question Center' in witch he asked, "Could you offer us a question that you feel is pertinent in regards to your own evolution of knowledge?"

My ambition is that my works will one day have others asking questions themselves, conducting their own research. Sharing their 'evolution of knowledge' questions. I aspire to influence the evolution of knowledge in others. For myself, my life's purpose is my own evolution of knowledge. My interest is in the dissemination of knowledge.

Art exists outside of formal language understanding. Artists are Shamans. Artists interpret for the inanimate.

"Survival is the ability to swim in strange water" Bene Gesserit apophthegm

nicofood

smart-food/ food replacement Thickie recipe

1 scoop of brown rice protein
1 scoop of yellow pea protein
1 really heaped teaspoon of Hawaiian spirulina
1 heaped teaspoon of pure ground psyllium husks
1 tablespoon of high quality blueberry powder
1 tablespoon of high quality cranberry powder
1 heaped teaspoon of high quality concentrate acerola powder
5 heaped teaspoons of LSB (linseed, sunflower seeds and brazil nuts- ground)
5 heaped teaspoons of ground almonds
4 teaspoons of chia seeds
5 heaped teaspoons of buffalo yogurt
2 tablespoons of almond oil
1/8 teaspoon of vitamin E oil
2 tablespoons of extra virgin cold pressed olive oil
4 free range egg whites and 2 free range egg yolks
(or 4 tablespoons of egg white protein powder)
1/4 teaspoon of amintogen powder
2 large handfuls of spinach or greens
2 frozen bananas
1 avocado
the juice of 1 lemon or lime
1 teaspoon of cinnamon
1 half teaspoon of nutmeg
2 teaspoons of turmeric
1 teaspoon of fresh or powdered ginger root
1/2 can of pineapple in juice (optional)
several mint leaves/ preferred herbs
1/4 teaspoon pink Himalayan salt
touch of stevia to taste, if desired
almond milk or water

Put all in a blender, cover ingredients with almond milk. Blend well to a thick consistency. Eat.

“The human body requires food, or more precisely it requires nutrients. Food continues to be a source of great geo- and bio-political conflict – an issue to which Dominique Nicolau’s research and practice remains deeply attuned. Her latest work brings together the future of a post-food, post-human society, with her ongoing interest in science fiction, anticolonial critiques and ecological activism. Central to this project is the eponymous *nicofood Thickie*, nico’s very own nutrient-rich liquid meal replacement -- engineered to efficiently provide all your nutritional requirements. Following an event at Artspace where the *nicofood Thickie* will be served and consumed, an open-source recipe will remain as an index. With the do-it-yourself ethos of a Fluxus event score, *nicofood* becomes a gateway smart-food that nourishes, completely and efficiently for optimal brain function.” John Mutambu

nicofood- its not meant to taste good, its meant to be good