

## *The Sirens' Ball by Anastasia d'Avalon*



*Credit : Emilie Pesavento*

*The Sirens' Ball is a collection of audiovisual paintings accompanied by a booklet depicting a poetical invitation to dive into the enchanted and mysterious world of the divine feminine nature. The material was shot in Alsace, France from November 2019 to Spring 2021. The collection was initiated in 2020 during the first lockdown period. I at first wanted to create a live performance with dance, poetry & sounds. But as the lockdown began in 2020, the format changed into short videos produced in a collaborative way with different layers of artistic contribution.*

*With this work I wish to share a new vision of the Mermaid archetype which has been in a way hijacked by our patriarchal society. The meaning of the word Mermaid is literally the Servant of the Sea, actually the Maiden of Mary, as Mary is strongly associated with the colour blue, the Sea, the Sky and Divine Mother Nature. The Mermaid is both a divine creature and a guardian and protector of the Ocean. She also suffers from difficult relationships with men and mankind in general. In fact, she is a very feminine figure connected to the deep Feminine, Aphrodite and the Goddess of the Sea and should be remembered, honoured, respected and loved as we should*

*respect and honour Water. We are part Water and our Planet should be called Planet Water as there is physically speaking more water than earth on it. In my creative process I let ways of feeling emerge naturally without holding predetermined ideas. I was guided by what I felt and the aesthetic I felt happy with. It is also very important for me to have a strong heart connection with the people I create with. This intimacy is part of the creative process. The inspiration then comes naturally once these conditions are satisfied.*

*With this film, I wish to awaken people towards more love and respect for themselves and, as a consequence, for Nature. This exploration of the Mermaid also evokes the Inner Marriage, one of the great journeys we go through as humans to reconnect and merge our extreme polarities.*

*In this way, I feel that my work is a stepping stone towards the building of a new paradigm based on a balance between feminine and masculine values in our society. I feel that it's the right time to reawaken our goddess energies which are also the natural world's energies. Then we can live in harmony and co-create with the intelligence of Nature. I am very inspired by Celtic mythology and feel deeply connected to the idea of Avalon, this sacred Island, this harmonious and magical land which has always had a strong message for me. Through my work I invite others to find the path that can also bring them to that special place in their heart.*

### *LINKS*

*Le Bal des Sirènes : <https://vimeo.com/568333508>*

*Credits: Artistic Director : Anastasia D'Avalon. Camera : Emilie Pesavento & Anastasia D'Avalon. Video Montage : Christobald*

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