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**meditations iii**

**R 3,500.00**



*Meditations iii* is part of an exploratory body of work by the same title, that involves the kneading and moulding of freshly made bread dough on a fabric surface. The act of kneading is both challenging and satisfying. It invites me back into my body, helping me to be present. Kneading dough and making fresh

bread for others is a labour of love; it is my way of partaking in this simple meal, despite a gluten intolerance that has rendered me unable to eat it. The series *Meditations* is a gentle work; it is about the process. It is also about creating with organic matter that will have its own life cycle, that will change and shift with time, temperature, and location. It is my way of attuning to the rhythms of aesthesis, of learning to embody what Sylvia Wynter so acutely calls 'autopoietic being'. May you find joy in bearing witness to an artwork that will age as you do.

Frame	None
Medium	rye bread dough kneaded on linen (rye flour, wholemeal flour, white flour, salt, caraway seeds, water, yeast, sugar, molasses), rye flour for dusting.
Location	Johannesburg, South Africa
Height	48.50 cm
Width	37.50 cm
Artist	Camilla Pontiggia
Year	2025

