

TRANSITION INSTITUTE

# MENSTRUATION PROJECT

*artists + works*

2021

*menstruation-project.com*

STIFTUNGKUNSTFONDS

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# MENSTRUATION PROJECT

## *curatorial statement*

The Menstruation Project raises awareness about beyond-gender menstruation as a gynecene phenomenon through artistic explorations of social, cultural and political layers of the period (or absence thereof) as well as the cycle as a whole – with the mission to educate and empower!

Every month, from menarche to menopause, approximately half of the world's population goes through a menstrual cycle and yet it remains veiled by discrimination and taboo. This needs to change!

The experimental digital exhibition aims to offer diverse perspectives on this important subject matter that is so central to our existence: as a feminist, speculative and critical-ironic extension of the Anthropocene, especially with regard to the human body, its processes and rhythms.

The artists and art works selected within the framework of the Menstruation Project explore the definition and shape of yet unknown menstrualities, for non-binary, queer and intersectional positions on body, gender and evolution in the (post-)digital, posthuman, and cognitive-capitalist age, for the intrinsic connection between pleasure, resistance, and disgust, for post-pornographic sex and body positivity, and for alliances, friendships, and kinships beyond conventional motherhood.

The exhibition thus furthermore holistically explores structures of patriarchy and how these relate to the biological, corporeal, cultural and symbolically powerful phenomena of menstruation. Bringing together ecofeminism, contemporary witchcraft, ancient wisdoms, social media activism and xenofeminism, this project positions itself – both through its actual content and design experience – in a unique intersection point that seeks to revolutionize the discourse and visual representations around the cycle.

The Menstruation Project calls for the formation of new diversified and inherently inclusive cultures around the menstrual cycle!

With love,  
Claire & Halea

MENSTRUATION PROJECT  
[www.menstruation-project.com](http://www.menstruation-project.com)

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## Aliche SBRB

[www.alichesbrb.com](http://www.alichesbrb.com)

@aliche\_sbrb

Alice but with an extra H.  
One green and one blue eye, Libra.  
Aliche spends life communicating; drawings, words, videos and photos.  
And she couldn't do otherwise.

### Bother (2021)

Aliche Sbrb in collaboration with Lucyferass  
Video (0:30 min)

We are constantly exposed to violence and hypersexualization, yet it is only recently that ads for tampons have allowed blood to appear in red instead of blue.

Ironic, isn't it?

The video shows the archive of images accumulated over the years to record my menstrual process that I often could not publish, because it was banned from social media. This time I did not want to miss the opportunity.

The projection of the images makes them less impactful and this is a limit but also a metaphor to symbolize the extreme modesty in the face of the menstrual cycle.

Bother?

They ask us not to show it, not to show it when you go to the bathroom with a tampon, not to say it out loud and not to talk about it. And so, to feed their annoyance, we gave it back to them with sound.



## Angelika Marciszewska

[www.czulanaswiatlo.com](http://www.czulanaswiatlo.com)

@czulanaswiatlo

In her work, the artist tries to direct 'tenderness' to every being. When telling their stories and reaching for the beauty of photography, she knows how to build trust between her and the person who stands on the other side of the lens. In her life, taking photos is not only an expression of passion, but also of empathy – allowing her to speak both with her own voice as well as that of the one she is portraying.

### Krwawie - I bleed (2020)

Angelika Marciszewska

Photography (35mm)

[ Model: Klaudia Lewandowska @lewaluk ]

Polish photographer Angelika Marciszewska dedicates her works to body positivity in relation to the female body. This image is from the #krwawie (bleed) series which was created for the initiative Akcja Menstruacja (Menstruation Action), the first foundation in Poland to combat menstrual poverty and actively dismantles the period taboo. Her raw images destigmatize and call for self-love, in which body shapes and sizes are represented in the context of the period, far from the heteronormative view.



## Anish Kapoor

[www.anishkapoor.com](http://www.anishkapoor.com)

@anishkapoor

[ His work 'Destierro' created the inspirational foundation for the Volcano Room Ante-Chamber, designed by Kelly Diepenbrock & the Menstruation Project ]

Anish Kapoor's majestic sculptures gracefully fuse clear structure with organic form, creating monumental works that deeply trigger the viewer to reflect upon the world's constitution in manifold ways.

Coupled here with the vision of the Menstruation Project and designer Kelly Diepenbrock a fascinating landscape for a new menstrual social imaginary is born.

### Volcanic (2021)

Inspired by Anish Kapoor's **Destierro** (2017)

3D Motion Design for the Volcano Ante-Chamber

[ by Kelly Diepenbrock & the Menstruation Project ]

Anish Kapoor's room-filling installation 'Destierro' explores the sense of borders brought about by the refugee crisis. The red earth raises questions of those left without a piece of ground to call theirs now.

The installation inspired us to create the volcanic prelude room, as it is both aesthetically as well as conceptually the epitome of what the VOLCANO ante-chamber addresses: the unjust treatment of our Mother Earth, may it be environmentally or politically, in terms of its division into

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artificial states through borders that are disseminated in accordance with the prevalent hegemony.

But beneath it all, Gaia's unconquered might is dormant, ever-present, putting all historical and cultural developments in perspective of her supreme being. Let us enter her inner world and pay her the respect she deserves!

## Anita Diamant

[www.anitadiamant.com](http://www.anitadiamant.com)

@anita.diamant.33

Anita Diamant is an American novelist, journalist, essayist, and the author of numerous bestselling novels including *The Red Tent*, which tells both the story of the concept of place of shelter where women gather, bleed for new moon and give birth.

The novel inspired this project to come into being, after it was given to our foundress by her mother.

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### **The Red Tent** (1997)

Anita Diamant

Novel

The *Red Tent* shares insights into ancient practices and presents the red tent as a safe space where the tribe's women come together. It symbolizes the power of womanhood, with its culture of support and sisterhood; a cocoon of wisdom and guidance that is an intergenerational space for sharing and care.



## Beth Mari Madeley

[www.bethmadeley.com](http://www.bethmadeley.com)

@helloiambethm

Oslo-based Beth Madeley is a 23 year old animator and draw-er who specialises in the dying (or reviving) art of hand-drawn pencil-on-paper animation. They are interested in shedding light on the less discussed aspects of identity politics, especially in relation to medical history.

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### **What We're Made Of** (2018)

Beth Madeley

Animation (0:55 min)

A collaborative exploration with Eiril Linge that investigates the literal contents of our bodies as well as the trauma that informs our behaviours. This analogue animation piece embarks on an impressive meta-journey through historical and cultural domains.



## Charlotte J Ward

[www.charlottejward.com](http://www.charlottejward.com)

@charlottejward

Greatly influenced by the art of shamanic rituals, Yoga, and more recently the practice of 'Menstrual Cycle Awareness', the French-British artist of both Russian and Kabyle descent, currently specialises in the practice of self-portraiture as a means to explore the interrelatedness between the human body and the Earth body, as well as life cycles of the death and rebirth, with a particular interest in the menstrual cycle.

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### **MOON BLOOD** (2020 - ongoing)

Charlotte J Ward

Photography

'MOON BLOOD' is an ongoing journey into the wildly powerful realms of the Menstrual Cycle through the means of photography, self-portraiture, embodied performance, menstrual blood paintings and explorations. The four photographs represent the four seasons of the cycle:

#### **Inner Winter** [ menstruation ]

Surrendering to the wisdom within. Shedding the old skin.

#### **Inner Spring** [ follicular phase ]

Gently blooming like a new born flower. Preparing to enter the world once more.

#### **Inner Summer** [ ovulation ]

Celebrating life in all its juicy abundance of creation.

#### **Inner Autumn** [ luteal phase ]

Setting boundaries with clarity and focus as my allies.

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### **MOON BLOOD** (2021)

Charlotte J Ward

Mixed Media

Menstrual blood on bamboo photo paper. Part of an ongoing body of work entitled 'Moon Blood'. In this series delving into the mystically powerful realms of menstruation.

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### **Irina Clavel** (2020)

Charlotte J Ward

Photography

Portrait of a young girl in her first menstruating years. She has passed the threshold of menarche.

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## Claire McIntyre

[www.claire-mcintyre-uk.com](http://www.claire-mcintyre-uk.com)  
@clairemccintyre

Claire McIntyre is the co-creator and co-curator of the Menstruation Project.

As an artist and creative producer, she works collaboratively within Marie Jayne Chanel, challenging normativity and social constructs, through a visual diary of daily accounts and conversations.



## Chris Phillips

[www.pornceptual.com](http://www.pornceptual.com)  
@herr\_phillips

Chris Phillips is a Brazilian artist based in Berlin and the founder of Pornceptual. His photography work is based on his research as an anthropologist. It documents different elements of urban cultures and examines interactions between people while exploring the relationship between themselves and their sexual identities.

### Bunny Egg (2021)

Chris Phillips  
Digital Photography

Bunny Egg is a satirical series that mocks traditional Easter elements. It displays them ironically as fertility symbols being used in combination with a naked male body, transfusing binary bodily designations. With his striking photographic work Brazilian artist and Pornceptual founder Chris Phillips engages in contemporary semiotics while creating a sex positive culture.



## Dani Coyle

[www.interse.xyz](http://www.interse.xyz)  
@inter\_sexy

Dani Coyle is an intersex artist and activist from the UK. She adopts different mediums and platforms with the aim of exploring and advocating for intersex and othered identities in order to raise awareness, encourage understanding, and inspire other intersex people to live openly and freely.

### Sex 3.0 (2019)

Dani Coyle  
Video (2:01 min)

This extraordinary animation by intersex activist and digital artist Dani Coyle depicts the metamorphosis of a sexual organ. Sex 3.0 explores the point in which the spectrum of biological sex becomes too ambiguous to be socially acceptable.

Intersex rights are often brushed under the carpet, even under the broader umbrella of LGBTQIA+ activism. Despite shocking statistics on the prevalence of depression, suicide and violence against the intersex community, the general public is barely aware of the existence of intersex people, let alone the issues the intersex community faces. This erasure, due to stigma and secrecy, reinforces toxic (and false!) cultural belief in binary genders.

## Das Periodensystem e.V.

[www.perioden-system.com](http://www.perioden-system.com)  
@perioden.system

The non-profit organization Periodensystem e.V. pursues the mission of providing equal rights as well as low-threshold assistance and education on period poverty and menstruation. Since 2016, the diverse team has been collecting donations via betterplace.org to provide menstrual and hygiene products to those in need. They work closely with homeless shelters and social institutions which guarantees that the donations arrive exactly where they are needed. In addition, Periodensystem e.V. works with artists, gynaecologists, schools, companies and civil society actors to raise awareness and visibility.

Das Periodensystem e.V.

### "Mythen rund um die Menstruation in Gebärdensprache vorstellen und auflösen" (2021)

In collaboration with Sexfee Conny  
Music by Jeff Kaale  
Video (3:41 min)

In this informative video sex educator and activist @sexfee.conny addresses the grand myths around menstruation and the cycle. Conveyed in sign language and subtitled in German, the creators furthermore address often neglected issues around accessibility and communication within the fields of activism, education and media representation.

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## Dasa Hink

[www.hadashinkis.com](http://www.hadashinkis.com)

@dasa\_hink

Dasa Hink is a multidisciplinary artist and performer, working with video, music, and design.

Her work takes inspiration from years of working as a professional dominatrix, and the aesthetics as well as the culture of human sexuality are her main topics of interest.

### **Circles and Lines** (2015)

Dasa Hink

Video (excerpt: 1:13 min / original 5:34 min)

Circles and Lines is a video and sound piece, playing with light and shadow as the perpetual cycle of hiding and revealing oneself, for self discovery.

### **MA'IM** (2016)

Dasa Hink

Music Piece (used in Meta-View)

Ma'im, meaning water in Hebrew, is a song written for a dance performance by Tal Porat. The original music video (not included this exhibition, but can be watched here <https://www.youtube.com/watch?v=INBf-163dzRM>) is directed by Dasa Hink and shot by the Dead Sea in Israel, as an extension of the live show Halleluya, a celebration of the resilience of life.



## Ellebasi Gebhardt

@\_\_ellebasi\_\_

Berlin-based nurse-turned-artist Ellebasi Gebhardt works interdisciplinary at the intersection of science and art, with a strong focus on performative and participatory spatial installations exploring corporeality, sexuality and gender. The lack of knowledge around our body's anatomy within our society fuels her mission to create and educate through masterly all-in sculptural work and performance.

### **Cervix Journey** (2019)

Ellebasi Gebhardt in collaboration with Oliver Holyoake

Video (3:36 min)

This video was recorded during a performance at a festival where a group of women gathered in a sheltered circle and, guided by artist Ellebasi Gebhardt, explored their vaginas by inserting a small camera that was connected to a live projection of the recording. Through this process the artist calls for a playful approach to public self-exploration, embedded in a supportive context of sisterhood. Creating high-spirited safe spaces for artistic enquiry of the body lies at the core of her immersive performance practice.

What you see here is one of the recordings of a journey towards the cervix of a woman who had given birth only a few months before.

### **Plazenta Baum** (2018)

Ellebasi Gebhardt

Sculpture (20x20cm, placenta in)

Plazenta Baum (placenta tree) is a skillfully processed and preserved placenta that celebrates the miraculous beauty of life-giving and life itself. With her vision of making it resemble a tree, Ellebasi Gebhardt worked on the uterus organ straight after a close friend's birth, in order to avoid drying out processes or having to freeze it, which could have easily made the intricate nourishing body break. Carefully tainting its veins and arteries in different coloured epoxy resin to show the inner flow to and from the fetus, the piece breathes the divine rhythm of life.



## Elsa van Damke

[www.ohshtfilm.com](http://www.ohshtfilm.com)

@elsavandamke

Elsa van Damke is a young filmmaker from Berlin. She is the person you want to sit next to at dinner. She has a knack for telling stories and the vision to make them come to life. Though she already knew of her storytelling power before her first period, her cycle has played a big part in the growth of her fearless, feminist voice, from her online activism to her films.

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## OH SH\*T! (2020)

Elsa van Damke  
Short Film (7:41 min)

'OH SH\*T!' is a short film that wants to unfuck the taboo around menstruation.

The viewer follows 27 year old Maggie on a date at her crush's apartment. When she suddenly gets her period, she rushes to the bathroom – where she finds herself confronted with a monster that's been living in her head for far too long.



## Halea Isabelle Kala

[www.haleaisabellekala.com](http://www.haleaisabellekala.com)  
@haleaisabellekala

Halea is an artist, curator and director from Berlin and is the 'Mama' of the Menstruation Project, as well as the foundress of the Transition Institute that is holding the space for the project to evolve. The vision to bring this project to life emerged over the past years, as her curiosity towards her own body's cyclic functions and the cultural significations associated with them in the context of society was growing steadily.

She is about to give birth to her first child, as the Menstruation Project is born, which has been (and is making) the process of creating this project indescribably profound and powerful.

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## Life Bearing (2021)

Halea Isabelle Kala  
Digital Triptych

The portrait of the artist and Menstruation Project Mama's pregnant belly (depicted here in her 8th month, in April 2021) shows the life that she is carrying under her heart. Bearing the life that is growing in the warmly sheltered womb inside of her.

Now, being in transition into motherhood with her first child's birth approaching in a weeks, she feels a rush of gratitude and humility for the teachings and teachers in my life, as especially for her own mother's boundless love. The mother is handing over the scepter for her daughter, in a sacred embrace, bowing to the inexpressible responsibility of caring for life.



## Harriet Davey

@harriet.blend

Harriet Davey is a 3D Artist, Graphic Designer, and AR creator based across London and Berlin. Obsessed with questioning what it means to be fluid and human in a digital world, her work examines and interrogates the ugly and the beautiful; the maximum and the minimum; the online and the offline.

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## Untitled (2019)

Harriet Davey in collaboration with Imogen Davey  
CGI Animation (1:02 min)

In this collaborative piece, the sisters Harriet (visuals) and Imogen Davey (sound) join forces to address the excruciating dichotomy revolving around abortion. For in most countries, a fetus has more autonomy than the body it is being carried within.

Their video piece depicts this chasm from a refreshingly fluxional angle, questioning the preposterous pillars of many societies today.

## Imogen Davey

[www.soundcloud.com/imogen-davey-346935731](http://www.soundcloud.com/imogen-davey-346935731)  
@imogenndavey

Based in London as a classically trained flautist, with a particular interest in contemporary flute repertoire, Imogen Davey's compositions focus heavily on music for flute and live electronics as well as experimental sounds. Her compositions encourage the audience to question the boundary of electronic and acoustic sound. Her work deals with contrasts between processed and unprocessed material, and human and machine collaboration.

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## Criant & Diadrome (2020)

Music Tracks (in Cycles & Thresholds)

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## Untitled (2019)

Sound for video piece in collaboration with her sister Harriet Davey (in Leaking Bodies)

An ethereal, shimmering, processed sound which gradually unfolds over time, yet loops infinitely. Creating new perceptions of texture and sound, the piece forms a sonic landscape.

## Iva Samina

[www.ivasamina.com](http://www.ivasamina.com)  
@ivasamina

Berlin-based sexologist and somatic bodyworker draws on her wealth of experience as a body curious naturopath, coach, hypnotherapist, HypnoBirthing-birth practitioner, sexuality researcher and young mother of three daughters.

A primary focus of her work is the consideration of the "feminine principle", away from the dominance of rational thinking and towards deeper forms of understanding that allow for softness, intuition and slowness.

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## Jennifer Adler / Frau Rabe

[www.fraurabefotografiert.de](http://www.fraurabefotografiert.de)  
@mrs.rabe\_takes\_pictures

Jennifer Adler is a Berlin based photographer whose work deals with the omnipresence of discrimination on the one hand and the self-empowerment of the female and diverse genders on the other. Her main sources of inspiration are everyday discrimination and the reproduction of patriarchal structures in the media and the cultural landscape.

### Feel the Flow (2019)

Iva Samina & Frau Rabe  
Photography

In art and visual communication blood is mostly replaced by something else – may it be red paint, fabric, woolen threads, petals or other materials. That's exactly what the artists explicitly didn't want with this project: no metaphor, stylization or aestheticization, as they believe that menstruation as the prerequisite for giving life is aesthetic enough.

Feel the Flow aims to break the taboo around actual depiction of menstrual blood in order to deconstruct its associations tainted with shame.



## Jeanie Finlay

[www.jeaniefinlay.com](http://www.jeaniefinlay.com)  
@jeaniefinlay

Jeanie Finlay is a British artist and filmmaker. Her documentary work explores unconventional lifestyles, telling intimate stories to international audiences.

### Seahorse (2019)

Jeanie Finlay  
Film stills from documentary film (89 min)

One trans man's pioneering quest to fulfil an age-old desire: to start his own family. This is the story of the dad who gave birth.

## Jonas Urvat

[www.jonasurbat.de](http://www.jonasurbat.de)  
@intubawild

Jonas Urvat is a musician, artist, sound designer and producer from Germany. Combining his rich classic musical background with the constantly evolving possibilities of electronic sounds and technics, Jonas records spaces to tell their stories.

To experience the world as an artist, Jonas meets musicians of diverse origins and genres across Europe with his mobile studio-van as "InTu-baWild" to produce music and record conversations with them as an ongoing artistic enquiry.

### Tapefields (2020)

Jonas Urvat  
Sound Piece (in the Red Tent)

### The Diversity Of Rains (2021)

Jonas Urvat  
Sound Piece (in Anatomy)



## Justyna Green

[www.justynagreen.com](http://www.justynagreen.com)  
@justynagreen

The London-based illustrator's works are bold and full of life, presenting themes of wellbeing and health, nature and spirituality. Justyna Green's distinctive style combines organic patterns with an uplifting colour palette, and tells stories through an intricate lens that takes the viewer's eye on compelling journeys.

### Plant Medicine Period Stories (2021)

Justyna Green  
Digital Illustration

This vivid illustration portrays the feeling and contents of the artist's psychedelic visions under the influence of Ayahuasca plant medicine.

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Justyna Green has suffered with severe period pain for years before receiving her endometriosis diagnosis and came on her period, in severe pain, in the middle of her first Ayahuasca ceremony.

Being on her period whilst drinking the medicine, brought her psychedelic visions to all centre around the themes of the womb, blood loss, conceiving and miscarriage. Add to that severe pain, and you're in for an intense experience.



## Kasia Strek

[www.kasiastrek.com](http://www.kasiastrek.com)  
@kasia\_strek

Kasia Strek is a Polish photojournalist based in Paris and Warsaw. Her practice focuses on subjects related to social inequalities, environmental issues and women's rights. Before concentrating on the subject of women's reproductive health, she was documenting the impact of human activities on underprivileged communities related to fuel poverty in Poland and the Philippines.

She divides her impressive body of work between assignments for press, NGOs and the development of long-term personal projects.

### The Price of Choice (2017 - 2021)

Kasia Strek  
Documentary Photography

Around the world more than 160 lives are lost daily to unsafe and illegal abortions. While 90% occur in developing countries, Eastern Europe or the USA account for the missing 10%. In this work Kasia Strek focuses on the reasons behind such high death counts.



## Kelly Diepenbrock

[www.memscape94.world](http://www.memscape94.world)  
@kellydiepenbrock

Kelly Diepenbrock is a Digital Artist and Graphic/Motion Designer who created the visuals and identity for the Menstruation Project. Her work is often defined by a love for typography, vivid color, and whimsically abstract landscapes.

### Reflections on Seasons (2021)

Kelly and Tita Diepenbrock  
Video and Sound Collage (9:18 min)

'Reflections on Seasons' was inspired by and made specifically for the Menstruation Project, weaving together snippets of a Zoom conversation between grandmother and granddaughter on the seasons and cycles of a woman's life.



## Lotte Meret

[www.lottemeret.com](http://www.lottemeret.com)  
@lottemeret

Lotte Meret analyzes the effects of digital media and new technology on our identity, articulating the interference of society and economy and its consequences on individual emotions and self understanding. In our time of technological change, affecting our physical, sensory and social experiences, Lotte Meret wants to establish an understanding of identity as a hybrid phenomenon, often engaged in collaborations and projects which range from video, installation, text, performance to publications and exhibitions.

### Power Myth Monster (2021)

Lotte Meret  
Digital Collage

The poster illustration negotiates stigmatizations about menstruation and playfully twists sexist stereotypical advertising and consumer language. Text excerpts refer to the book 'The Hormone Myth' by Robyn Stein DeLuca.

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## Lucyferass

[www.lerckerlucia.wixsite.com/lucyferass](http://www.lerckerlucia.wixsite.com/lucyferass)

@lucyferass

Lucyferass is a self-proclaimed not-creative semio-anthropologist schizo-witch who comes directly from the depths of the abyss. In fact, they love to define themselves as swimming in the ocean of expressive possibilities.

### Tremble, tremble! (2021)

Lucyferass

Video (0:29 min)

"Tremble, tremble!" is a simultaneous announcement and call for action: the menstruating witches are back! To Italian artist and "schizo-witch" Lucyferass, menstruating means being expressive, releasing emotions and unleashing desires.

"Our blood is no longer repressed and secreted, as well as our desires, our emotions and our freedom!"



## Maayan Sophia Weisstub

[www.weisstub.com](http://www.weisstub.com)

@weisstub

Maayan Sophia Weisstub is a visual artist. Her work is often marked by glitch-like cheekiness and questions the feeling and ideas behind mundane human experience. She challenges the banal with sensitivity, vulnerability, and audacity.

### Cheers + Bloody Joint + Red Carpet (2019)

Maayan Sophia Weisstub

Digital Collages

Maayan Sophia Weisstub showcases a new way of looking at the menstrual cycle, an integral part of the female experience. Shedding light on what is so often hidden, she creates a connection between the repressed and forbidden pubic blood to positive, sensual experiences; a glass of wine, a sought-after red carpet event.

Thus the outcast becomes a visible and positive experience, something one doesn't need to be ashamed of – something to accept with love.



## Marisa Carnesky

[www.carnesky.com](http://www.carnesky.com)

@marisacarneskyproductions

Marisa Carnesky is an award winning artist and show woman. She uses spectacular entertainment forms, including fairground devices and stage illusion to explore themes of contemporary ritual, women in entertainment history, feminism and cultural identity. She furthermore runs Carnesky's Radical Cabaret School – an alternative stage school for emerging artists.

### Dr Carnesky's Incredible Bleeding Woman (2017)

Marisa Carnesky

Live Art / Theater / Cabaret Show

[ Photo by Sarah Ainslie & Excerpt of Video by Tom Cottey ]

1970s horror meets 2020 feminist activism as Dr Carnesky's Incredible Bleeding Woman paints the country red...

Putting the magic back into menstruation, show woman and artist Marisa Carnesky reinvents menstrual rituals for a new era, drawing on the hidden power of a forgotten matriarchal past. Referencing representations of women and blood from ancient mythology to classic horror movies, menstruation takes centre stage in a profound exploration of what it means to be 'female'. Issues around fertility, body shame, taboo and lost ancient herstories are scrutinised, politicised and reclaimed.

## Niklas Ibach / Subspace

@niklasibach

@subspace\_0000

Niklas Ibach belongs to a new school of producers and DJs currently turning heads everywhere across Europe. The Stuttgart-born multi-instrumentalist, who lives in Berlin today, looks back on fourteen years of playing the piano and offers a broad musical range thanks to his mother,

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who kindled his interest for jazz, opera, and classical music since he was a child.

Ever eloquent, emotional, and with a smile on his face – while nailing electronic music's zeitgeist with his productions.

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## Menstrual Myriads (2021)

Niklas Ibach  
Sound Piece (in the Volcano)



## Nina Doll

[www.nina-doll.com](http://www.nina-doll.com)  
@dollushka

Nina Doll is a digital artist and fashion designer based in Berlin. Her background in analogue fashion tailoring gave rise to the exploration of combining textile and design based craftsmanship in the realm of digital visualization, taking her work far beyond fashion and into alternative modes of mythological storytelling.

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## Lilith (2020)

Nina Doll  
Digital Sculpture (1:09 min) with music by Tai's Bean

The Goddess, the demon, freed herself to a life of freedom and empowerment. Ruler of the female cosmic energy with spirits floating around her.



## Nolwen Cifuentes

[www.nolwencifuentes.com](http://www.nolwencifuentes.com)  
@nolwencif

Nolwen Cifuentes is a first generation Colombian-French photographer and director, born and raised in the desert of Southern California. As a mixed race queer woman, her identity plays an active role in the type of narratives she is drawn to.

Exploring portraiture within the landscape of American culture, Nolwen's photographs deal with vulnerability and gaze between both subject and viewer. She approaches each portrait with openness and curiosity. Leaning into the energy of her subjects, she evokes a sense of authenticity and compassion.

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## Period in Love (2016)

Nolwen Cifuentes  
Photography (35mm)

This series explores queer love and intimacy while bleeding. It portrays the bond that these women have by trusting and loving each other during this time of the cycle that is generally experienced as a private, more secluded time. Colombian-French photographer and director Nolwen Cifuentes gently captures the tender space in which trust adds a sacred layer to loving union.

## Oliver Holyoake

[www.holyoak-music.com](http://www.holyoak-music.com)  
@holyoakmusic00

Oliver Holyoake is an Australian musician, producer and performer living and working in Berlin. His work ranges widely from the electronic-pop project "Holyoak", to experimental sound design scoring for animation and the production of music for other recording artists in a range of genres. In his work, Oliver often focuses on pulling a listener emotionally into constructed and foreign spaces.

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## Cervix Journey (2019)

Ellebasi Gebhardt in collaboration with Oliver Holyoake  
Video (3:36 min)

Oliver was commissioned by the Menstruation Project to create the sound scape for Cervix Journey, which mind-blowingly extends and complements its blatant visuality.

## Sabrina Rücker

[www.ruetosab.com](http://www.ruetosab.com)  
@ruetosab

Sabrina Rücker is a film editor and producer from Hessen, Germany. Her work focuses on queer identities and provincial narratives. She questions traditional role concepts in her search for a deconstructed notion of home.

Sabrina supported the creation of videos for the art works to be embedded in the Menstruation Project digital landscapes.

# MENSTRUATION PROJECT

artists + works

Ne, sorry.

## Social Period eV

[www.socialperiod.org](http://www.socialperiod.org)

@socialperiod

Social Period e.V. is a Berlin-based initiative fighting period poverty, by raising awareness around the topic and making it easier for homeless women to access menstrual products.

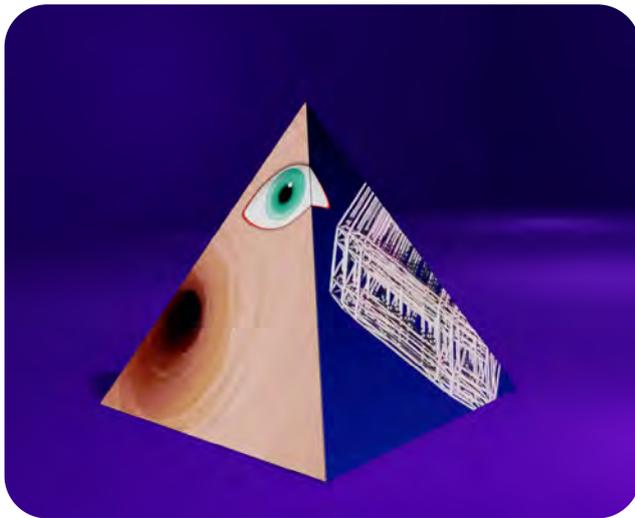
Niki is a committed member of the Social Period e.V. and her work is based on a qualitative approach to telling stories through a social lens, with an emphasis on aesthetics and accessibility.

### Social Period (2021)

Niki Pielsticker & Laura Hartmann

Video (0:52 min)

What if you don't have access to things that make you feel clean and good during your period? Social Period aims to shed a light on marginalized bleeding within our fast paced society.



## Tabita Rezaire

[www.tabitarezaire.com](http://www.tabitarezaire.com)

Tabita Rezaire's cross-dimensional practice as an artist-healer-seeker envisions network sciences - organic, electronic and spiritual - as healing technologies to serve the shift towards heart consciousness against the matrix of coloniality. She is based in Cayenne, French Guiana.

### ULTRA WET – RECAPITULATION (2017)

Tabita Rezaire

Installation (11:18 min)

The pyramid of ULTRA WET – RECAPITULATION harnesses healing energy from its tip, while its four faces retell vital stories of feminine-masculine alignments.

This pyramidal site/sight excavates the spiritual and technological understandings of pre-colonial Africa and ancient indigenous ways of life regarding energetic polarities. As our Westernized global world reveres and enforces duality, its binary ideology is omnipresent in our collective consciousness. It is an ode to the fertile ground we have been and can still be.



## Taïs Bean

[www.beantais.com](http://www.beantais.com)

@taisbean

After graduating in Fine Art from Central Saint Martins in 2015, Taïs Bean has since been working as an artist and curator across Europe and North Africa. Her work explores modes of relating to nature, one another, and ourselves, in particular looking at vulnerability and symbolic death as means to birth love and new life.

She uses various mediums and styles as a means to let different, and sometimes seemingly opposing stories and voices, express themselves. The different mediums "choose themselves" depending on their way of delivering a story.

Her practice is informed by alchemy, art therapy, mythology and holistic herbalism - and embodies an investigation into our inner worlds as well as the connection to the hidden in the outer world.

### I Bare Seasons (2021)

Taïs Bean

Animation (1:23min)

I Bare Seasons is based on a song from a series of improvised chants created daily. It stands as an audio visual prayer to the wisdom imparted by our cyclical nature.

### The Jolly Reaper (2020)

Taïs Bean

Drawing, ink, 30x42cm

The Jolly Reaper holds both the deaths and gifts of life. He is the fear but also the wisdom of our wounds. He waters new stems with fresh blood. He eats life for life, with both violence and graceful reverence. He is whole and holy.

# MENSTRUATION PROJECT

## Artists & Works

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### The Shit Song (2021)

Tais Bean  
Video (3:16min)

The Shit Song was created as part of a daily creation of improvised chants. The song was recorded and improvised in one shot, and then dubbed on video in one first shot. The Shit Song was created on an uninspired day and was forced out by means of surrender to utter frustration and discontent, and profound sense of meaningless uselessness. Just another premenstrual day.



### Vulvaversity Kollektiv

[www.vulvaversity.de](http://www.vulvaversity.de)  
@vulvaversity

Vulvaversity is an artist collective that aims to make the vulva visible in all its diversity by publishing a vulva day calendar with 365 photos of vulvas. One vulva for each day of the year. A project for ending shame by taking a kind look at what has not been looked at in hundreds of years of patriarchy.

They stand for an informed and empowering culture of body positivity.

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### Vulvaversity Kollektiv (2019 - ongoing)

Awareness Initiative  
Photography

Vulvaversity is dedicated to demystifying the vulva, making it visible and celebrating its diversity. The project clears up ideas of norms and wants to encourage people to throw overboard the shame regarding vulvas that has developed over many centuries. Vulvaversity wants to dispel the myth of the invisible, hairless and girlish vulva, as it is idealized in pornography in particular. The motto is: take a really close look! And the goal: to show how the vulva really is, diverse and varied, in all its colors and shapes.

### IMPRINT

Menstruation Project  
[www.menstruation-project.com](http://www.menstruation-project.com)

Follow us on [INSTAGRAM](#) and [FACEBOOK](#)

The Menstruation Project would like to express a heartfelt THANK YOU to its marvellous team, all contributing artists and creators, as well as the muses & supporters of various forms!

Creative Direction: Halea Isabelle Kala  
Curation: Claire McIntyre & Halea Isabelle Kala  
Curatorial Research: Ulrike Gerhardt  
Curatorial Partner: Laetitia Duveau / Curated by Girls  
Art Direction: Meta Mata Studio  
Identity & Experience Design: Kelly Diepenbrock  
Project Manager: Claire McIntyre  
Social Media Magic: Miriam Woodburn  
Production Assistance: Paula Dickmann

Editor:  
Halea Isabelle Kala  
[halea@menstruation-project.com](mailto:halea@menstruation-project.com)

Address:  
Am Krögel 2  
10179 Berlin  
Germany

The digital exhibition is funded by:  
Neustartkultur & Stiftung Kunstfonds

STIFTUNGKUNSTFONDS



The Menstruation Project is a project by:  
Transition Institute [www.transition-institute.org](http://www.transition-institute.org)  
It is dedicated to developing unseen forms of art, culture and event formats to raise awareness about new potential realities and social imaginaries.

### TRANSITION INSTITUTE

Partners:  
Exchange and collaboration lie at the core of the Menstruation Project's intention and longterm vision. Our continuously evolving community of sister projects, aligned activists and co-creators include a variety of organisations, initiatives and individuals with whom we intend to make realise artistic commissions, special projects, artistic exchanges, come to life. At this moment in time, we would especially like to thank a few partners that have been central to the particularly supportive in the process so far:

Curated by Girls, Das Periodensystem e.V., Einhorn.Period, Menstrual Health Hub, PERIOD. The Menstrual Movement, Red School, Social Period e.V. & Viva Con Agua.

Curated by **GIRLS**

VIVA CON AGUA  
ARTS

**PERIOD.**  
THE MENSTRUAL MOVEMENT