



"WHAT ABOUT ME?"

## Manifesto

We want to put our own selves into the work.

We want to create a movement of introspection and self inquiry where the viewer becomes the subject of the piece

It's about you.

If we dare to show ourselves in all our raw glory, really express what's going on in the chaos and the shadows then we have a chance to connect to something real in our audience.

Because when I talk about me, you'll hear about you.

When we collectively admit that we're not fine, we're not confident and balanced and good, that we turn up to work every day pretending we're not neurotic and obsessed and insatiable and full of doubt.

And we waste so much energy keeping up this mutual pretence for each other because we think if people saw the truth, if people really knew what was going on in our heads, all the crazy truth of our dark appetites and self loathing, then we'd get rejected.

But in fact, the opposite is true. It's when we dare to reveal the truth that we unwittingly give everyone else permission to do the same. To be here, present, vulnerable and authentic.

We're on a mission to make self-reflection hip for just a moment, just long enough to save us.

If we can all collectively acknowledge our insanity, shrug and roll our eyes at each other at how nuts it is being a human, let alone having to pretend every day that we're 'normal'. The amount of energy we'll inherit that has been wasted on the mask will be enough to creatively solve any global crisis.

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