



Ingela Hageman

"Stockholm Tantras"

In February "White Swans" received a Gold Statuette at "International Festival on Short films on Culture", taking place in Jaipur, India—for Best Experimental film. This was truly a life experience of joy and inspiration for the swedish spiritual film-maker and computerartist Ingela Hageman.

In "Stockholm Tantras" she has worked very playful and spontaneous--and filmed in places she find inspiring and beautiful in Stockholm.

These five films are from a Collection of films "Stockholm Tantras" originally created for a art-exhibition at the Cultural House of Stockholm taking place for three months summer -06. The 264 artisits were invited to work on the theme "Stockholm" The exhibition was visited by approximately 30.000 people.

"Stockholm Tantras"--consists of five films--but is also part of a bigger collection "Tantras of Time"---altogether 11 films—a combination of "Swedish Tantras" and "Stockholm Tantras" that was shown at "Time"--a major exhibition at Edsviks Arthall. (described in a separate paper.)

1. White Swans

An Art Initiation into the secret to life's all pervading Mystery.

Stockholm is a city build on lakes and one can see a lot of swans there—but probably the public has never seen swans like Ingela Hageman saw them throught her camera-lens this warm summerday.

The Swan is a symbol of Purity, Discrimination, Strength and Poetic Beauty.

In Indian mythology—which Ingela is very inspired by--Swans have played an important role--just like the Great Paramahamsas of India.

The Artist have had the privilege to have a Paramahamsa as Spiritual teacher so this film is also a dedication to these Spiritual Masters of Light.

To see these swans move so slow, sensitive and magnificently--so aware of eachother's movement--is a true experience of wonder....

The music **Cygnets Symphony** is specially composed for this film by Niklas Rundkvist. Just to listen to this music gives a deep experience by itself.

2. Red Angel

A spontaneous and sensious dans with Angels in a very beautiful place.

Filmed at Millesgården—a word-famous sculptural park made by the international wellknown sculpturer Carl Milles. The Park is a masterpiece of beauty--

and it was also Carl Milles home--and was given to the Swedish People at his death.

Lotta Walfridsson is performing a spontaneous dans with the Angels in her own very beautiful and sensious way. She becomes a "Red Angel"--symbol of the Fire of Purgatory. It was filmed and inspired by the Festival of Walborg--when the Swedish People make big bonfires to Burn the Old and Celebrate the comming of Spring.

It's also an old Yogic practise to use Fire for Purification.

The music is very beautifully and delicately composed by Niklas Rundkvist.

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3. Blue Dragon

Kalejdrosopic Tai Chi at the City Hall of Stockholm

Filmed at the City Hall--an old symbol of the City of Stockholm--that is so very beautifully built on water. The film is a quite free artistic interpretation of this place--that is both serious and humorous, cosmlal and playful. Hans Landefors is making Tai Chi with impressive concentration and presence, at the same time emanating a strong spiritual Male energy. Completely independently of what is going on around him, He is becomming One with the Movements, in the evocation in the element Air and Water.

The music is an interesting modern composition by Niklas Rundkvist.

4. Pink Lotus

Lotus Flowers never seen before

The Lotus flower is a symbol of Spiritual Development, Enfoldment and Enlightenment expressing Sacred, Celestial and Devine beauty.

This is an experimental film that create new and unexpected organic forms inspired by this ancient mythological flower.

It's filmed at one of Stockholm's most beautiful places--the Garden of Bergianska--a Natur's Paradise--and an ever-changing mysterious place with high spiritual vibrations.

Ambience music by Niklas Rundkvist.

5. Green Warrior

Tai Chi in the Japanese Garden

When walking in the Bergianska Botanical Gardens one beautiful summer evening my eyes suddenly discovered Hans Landefors making Tai Chi in the Japanese Garden.

First falling into a spontaneous trance by seeing his graceful movements--secondly grasping the chance of the "Here and Now" by asking if I could film his practise....

Had it not been that my musician Niklas Rundkvist a few days earlier had delivered a piece of music with the words "I see someone moving very slowly like in Tai Chi"--maybe I wouldn't have been so brave.

This film is the result of this interesting synchronisation.

Ambience music and nature sounds by Niklas Rundkvist.



Digital - and Electronical Medias, Video-Art, Slide-shows, Multimedia, Installations, Sound, Graphic Design, Computer Graphics, Experimental Film and Photography, Visionary Art, etc.

