



Ingela Hageman

"Tantras of Time"

"Tantras of Time" DVD consists of two different parts
Film 1-6 from the collection "Swedish Tantras"
film 7-11 from "Stockholm Tantras"

From "Swedish Tantras" part I and II

1. Where is Now?

This is a good question! One can see it as a both playful and serious Koan--a tool to search into, investigate and bring into focus the always so present moment of "Here and Now". To live more and more in the Now is--in most spiritual traditions--looked upon as a Golden Key to more Joy and Freedom.

2. "Playing with Water"

Meditation on the beach.

Filmed in a Very beautiful Nature Reserve in the south of Sweden in a little seaside town named Skanör.

Music composed by Kjell Eidendal.

3. "Playing in Air"

Partly filmed in Space--from an airplane. Made into Yantric Formations combined with a Cosmic Female form--Homage to the Goddess of Light--and also to Magritte who painted a picture with a woman dressed in clouds.

Music composed by Kjell Eidendal.

4. "Playing with fire"

Filmed at The Festival of Valborg--a very special day--where one makes big Bonfires all over Sweden to celebrate Spring's appearance and burn up old things.

Flames of Fire made into new formations--sometimes together with water.

Mixed with Gitar music played very spontaneously by Walle Bergström.

5. "Initiation"

A Video-poem dedicated to the Female Energy of Tantric Initiation. Meditative Ambience film inspired by Tantric and Buddhistic Rituals and Meditations. Invoking the power of the Elements by looking at the Magic of Nature's Beauty in a Sensual and Devotional way.

Filmed completely spontaneously in Goa and Egypt--and at Sweden's only stupa situated in Fellingsbro--a place of genuine compassion, love and peace. One round of the praying-wheel throws out 350 millions of mantras of good wishes--into the Universal Ether.

Transformative music by Niklas Rundquist.

6. "Playing in the beach".

Filmed on a beach in the legendary mythological island of Crete in Greece.

Astanga-yoga on the beach invoking the Mystical Pyramidal and Mysteriuos Yantric Power of Water and Nature.

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



From the collection "Stockholm Tantras"

7. White Swans

Stockholm is a city build on water—One can see a lot of swans around.—
This is how I saw them throught my mysterious camera-lens.
The Swan is also a symbol of purity and strength and poetic beauty--
just like the Great Paramahamsas of India.

I have had the privilege to have a Paramahamsa as Spiritual teacher so this film is a dedication to these Masters. To see these swans move so sensitive for eachother is a true experience of awe and enchantment....it opens up a mysterious secret of Life´s 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.

8. Red Angel

Filmed at Millesgården—a word-famous sculptural park made by the international wellknown sculpturer Carl Milles. The Park is a masterpiece of artistic beauty. It was also Carl Milles home--and was given to the Swedish People at his death. Lotta Walfridsson is performing a spontanious 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--a day 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.

9. Blue Dragon

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, cosmical 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.

10. Pink Lotus

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 flower. It´s filmed at one of Stockholm´s most beautiful places--the Garden of Bergianska--a kind of natur´s Paradise--with high spiritual vibrations.

Ambience music by Niklas Rundkvist.

11. Green Warrior

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 spontanious trance by seeing his graceful movements--secondly grasping the chanse 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.

e-mail: ingela@ingelart.nu, homepage: <http://ingelart.nu>



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

