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Neoplasms and Pleonasms January 3 – March 1, 2014

I think one's reality is the result of your intention and your attention: it's a pretty spiritual practice that I've recognized my own impermanence, my own irrelevance: the fact that, I'm just a person shuffling through life. I ain't really no different now than when I was a little kid and all I want really is I don't want that feeling in my stomach that people are being treated badly. I don't want the feeling that people are being exploited; people need to lead spiritual lives: all of us. I'm a person, and it's good to have access to the infinite consciousness that is available to all people, but through the five senses is delineated: keeping us trapped on a material plane. We think reality is what we can apportion through the limited instruments of the senses but reality is of course far beyond that spiritual data. We don't have the correct instruments to receive it and we live primarily in the realm of the senses. Anything that we are describing through science, we are describing through the prism of the five limited senses. Our eyes can only see between infrared light and ultraviolet light there's light bouncing around everywhere our ears; can only hear a tiny decibel range, can't hear the noise of a dog whistle, can't hear any high pitch frequency sounds. Isn't it likely, then that there are other vibrations, frequencies, energies, consciousness moving through the universe? Consciousness is an amorphous and expanding entity. I think we allow our consciousness to be prohibited by our senses, prescribed by our senses, living in the realm of these five apertures into our reality, but reality is limitless, space is infinite, time eternal. Through yoga one can temporarily break the bonds that chain us to the mundane, the mundial, that which is of the earth, and we can temporarily at least receive a taste of the infinite. I don't want to get too cosmic about it, but we are, just sort of this temporary blob of atoms, endowed with consciousness for the merest moment, in infinite space. Meditation and yoga, these are fundamental parts of my life. I think it's difficult these days with religion getting such a rough ride the pope resigning, bloody terrorism, and nonsense: it's difficult to find an access to spirituality, but we are by our nature spiritual people if we don't have access to spirituality we suffer as individuals, society suffers. We need to recognize at some point that within ourselves there is an infinite capacity for a connection with all things. Daily access to unseen realms of power. Not just me, but everyone has that. For me, what I've discovered is that transcendental meditation is useful to me not because of a unique set of circumstances not because of my formerly secret brilliance; no but because I am a human being and it is applicable to all human beings and what's good about that is that literally everyone in this room is one.

What I say is basically, we are allright human beings, whenever there is a disaster or an accident, people's impulse is to help one another. Anyone that galvanizes people brings people together and points us to the better aspects of our nature and helps us to overcome our basic things like fear and desire. I think these people are worthy heroes, rather than the heroes nominated today, heroes that are low vibrational frequency, and make us concentrate on daft stuff. So they want you to be talking about Justin Bieber, they want us to be talking about twerking, they don't want you talking about fracking, they want you to be talking twerking, they want to get on with their job, shut your fucking mouths, and watch this shit you fucking morons and I know because I've been part of the charade, but you know I'm awake now.

Look beyond the superficial, that's the problem with current affairs you forget about what's important, you allow the agenda to be decided by superficial information. What am I saying, what am I talking about: don't think about what I am wearing. These things are redundant. They're superficial.

I don't think we should be continuing to propagate the idea that famous people are magical and special because it makes people feel that their lives are no good. I don't think we should be living in that fearful paradigm. I'm a vegetarian. I don't have the right to kill, say a fly comes in me house: I'd tolerate that little asshole 'cause I feel like he's a fly he's just on his journey here through life.

When I'm meditating or praying I say the infinite creative force that brings into being all phenomena and guides all life. I say can you move through me. When things actually work, you sort of treat them, you sort of shirk them off as if you owe them money and you don't want and now I've got to avoid yoga and meditation. They've been portrayed quite brilliantly by the main stream as somehow luxury, but it isn't a luxury or artificial or superficial: it's absolutely integral, it's absolutely the most emphatic thing, more real than any of us. They feel happy, they're happy they don't need it. If there's not a problem, there's not a problem. But I think if people have some sort of yearning satisfaction or some itchy irritability than it might be because they're not looking in the right direction and for a solution and they should look within them. Within them there is a limitless infinite capacity for blissful connection to higher things.

You cannot define yourself in reference to other external coordinates, you must define yourself internally with your relationship, with a higher entity. Think of yourself as a manifestation of some higher thing, some higher frequency, this is the visible realization, and you know that because you can't see atoms, can you, and you certainly can't see the forces that hold the atoms together there in the micro quantum world. Therein lie the answers to everything: we can understand it with our logical rational minds, but we feel it intuitively. Get yourself in alignment with that stuff and you'll beam like the sun.

The dead human ape has fulfilled it's potential. The dead human ape has not evolved in the last 10,000 years. These are the achievements of the dead human ape now; we must transform and become enlightened so that we access the next realm of consciousness necessary for evolution.

I think we elect to ignore the spiritual, it's a deficit for ourselves and for our culture and for our planet. I think we are too easy to identify ourselves as individuals. That idea is fortified daily through, as we said, before, the stimulation of primal desires, that which anchor us to the self and we ignore that we are here for such a short while, that we are all basically the same as one another. We are connected to each other, and we have a collective responsibility.

God is not something about thinking you are better than somebody or a reason to have a war with someone; it's within us beneath and beyond our identity as human beings driven by fear and desire, defined by the realm of the senses and the material self, which is transitory. There is a divine self that is connected to all living things that is part of the infinite source of creativity. You could probably describe using quantum physics or science if you want. I choose to believe in god because I think what that is, is the recognition that there is divine beauty in all of us and if we prioritize that over our own selfish material needs then we will naturally create a culture more in harmony with our planet.

I think it's one of the great sadnesses of modern life because of our disenfranchisement and disillusionment with religion, that we don't have access to these ideas, and yoga and meditation for me is a way in the secular world to access these very, very beautiful principles that will perhaps make us happier at a time when people are disillusioned with the economy, concerned about the ecology, worried with politicians, don't trust what they're being told on television.

We have to let go of temporary transient ideas like individualism, the nature of monotheistic faith, these dead desert religions is to encode us with the idea that individualism is more important than paganism: ideologies that integrally relate us to the earth. So that we know we are integrally, indefatigably related to our environment and we live in the service of our environment, because self is a temporal illusion.

The one element of truth is oneness. Temporarily we occupy these flesh puppies. We believe so much in our identities, we believe in our individualism, and I talk as a very sort of egotistical man. Look at my hair, look at these bracelets, look at these ridiculous boots. I'm a person who believes in the nature of my own individualism and my own identity, but on a deeper level I recognize that all these things are transient and what's important and what's defining are the things that we all share: love, unity, togetherness: and as long as we have cultural narratives that eschew these ideas, that suppress these ideas in favor of negative human traits: greed, selfishness, lust; as long as these ideas are promoted, we will exist in opposition to one another and we will be exploitable by corporations that prey upon these negative facets of humanity.

The line between good and evil runs not between cultures, religions or creeds, but through every human heart. So I recognize in myself the capacity for selfishness for lustfulness for egotism and because I recognize these qualities in myself I would prefer a culture that didn't celebrate, exacerbate, stimulate the most negative aspects of our species: inculcate and reward them financially 'til we get to a kind of cultural hysteria where we are destroying the planet.

The reality is that there is one planet; a certain amount of people on the planet; there are a certain amount of resources on the planet; none of these things are going to last forever. So we need systems in place that acknowledge the reality, not systems that benefit elite, but systems that acknowledge the reality. People need to have access to the resources. We can't lie to people so that people in power can continue to augment, grow their own power and satisfaction while normal people are exploited.

We need systems that get the resources to the people while respecting the planet. Any systems that are detrimental to the planet are detrimental to the people because it helps one or two bods. Fuck it off. We are allowed to do that you know. We are creatures on a planet. We are mammals. Look at the faces of the people we've been asked to vote for as leaders. Look at them. Look at them. Feel it in your hearts. That ain't whose meant to be leading us.

Happiness cannot forever be sustained like some glistening bauble. It's a transitory thing, like a butterfly landing on snow white's finger in that bit of snow white. So I think I'm happy, mostly when I'm being nice to other people: then I'm happy.

When they analyze the semantics consistently through mythology and theology of words like love, god; they find that the common theme: is union. That we just want to be connected to something higher that can be another person, that could be god, that could be a relationship with nature and could even be a relationship with Westham United. The important thing is to have the central tenet of your being be love, compassion and tolerance. Everyone knows that.

You know like the realization that this is a very temporary thing that the only thing that matters to any of us is love and underscoring everything is love and if it's a biological, anatomical, human condition. The idea of acquisition and survival of the species than that two percent distinguishes us from great apes somewhere within that is that divine spark that philosophers have always espoused upon and written about and somewhere within that, that's the truth that we're trying to head towards.

What it felt to me was like the dissolution of the idea of myself. I felt like separateness evaporated. I felt this tremendous sense of oneness. I find it odd. I'm quite an erratic thinker, quite an adrenalized person, but through meditation I felt this sort of beautiful serenity and selfless connection. My tendency toward selfishness, I felt that kind of exposed as a superficial and pointless perspective to have. I felt a very relaxed sense of oneness. I felt that. I felt love. - Russell Brand

Carlos Jiménez Cahua (b. 1986, Lima, Peru) received an A.B. from Princeton University and an M.F.A. from the Massachusetts College of Art & Design. His work has been included in recent exhibitions at Anastasia Photo (NY, NY), Torrance Shipman (Brooklyn, NY), the Mills Gallery (Boston, MA) and Open Space (Baltimore, MD). His work will be included in the forthcoming East Wing Biennial at the Courtauld institute of Art (London, UK). He is a recipient of the Emerging Artist Grant from the St. Botolph Club and was recently and artist-in-residence at I-Park (East Haddam, CT). He is one of the founders of kijidome, an artist-run space and collaborative in Boston. He was shown by Samsøn at the 2013 session of Untitled, Miami Beach, his first art fair participation. *Neoplasms & Pleonasms* is his first solo at Samsøn.