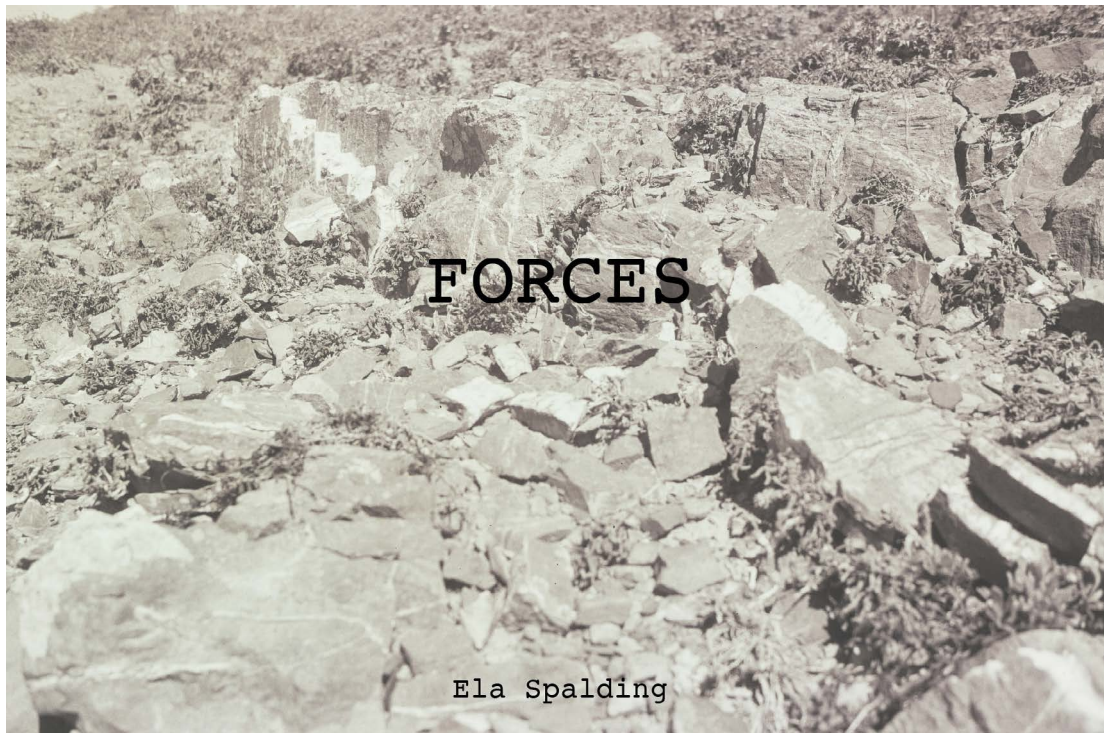


Ela Spalding

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The starting point of my research and cornerstone of my work is ecology - or the study of how a species relates to and interacts with its environment. I experiment with compositions, narratives, sound, practices of well-being, natural and cultural expressions, and socio-political histories. In doing so, I create mechanisms and formats for reflection and shifts of perception. This can take the form of sound works, installations, workshops, artist books, spatial interventions, performative experiences, or multidisciplinary encounters. I often think of my works as offerings or gestures that provide people time and space to reflect, recreate, celebrate, (re) value, connect and harmonize, or simply observe our place in the world.



Forces, 2022

Music album

Forces is a compilation of songs and field recordings written and collected between 2012 and 2020. In varying degrees, they refer to our connection with nature and also to the human obstacles that seem to consistently get in the way of us having more harmonious relationships with each other and our surroundings. The songs are a raw expression and reflection of my ongoing research and engagement with ecological topics in both my work and personal life.

Forces, as a performance can link into different topics / forces of nature such as *Forces in Soil* (part of the public program of the exhibition *Soil Conversations* at Galerie im Körnerpark, Berlin) in which the songs were performed alongside field recordings, soil sounds and a performative reading of ecological texts.

[Link to the album](#)

*To calm the mind, to relax the cells,
to stop for a moment the overdose of information;
to allow ourselves to find comfort for the great changes
in the past and in the future;
to mourn the loss of nature.*

Ocaso/Sundown, 2019 - ongoing

Installation with sound, texts and hammocks

Ocaso/Sundown is a space for rest and reflection on our place in the world, at this critical turning point on Earth. An immersive installation in which overflowing, sounds of lullabies for humanity interweave with site-specific stories about the past, present and future of nature in the place where the work is installed. Simple, hand-woven hammocks invite visitors to relax, listen and read the stories aloud to themselves or others in the space.

Initially created for the created for the XIII Havana Biennial in Havana, Cuba (2019), I collaborated with geologist and writer Manuel Iturralde-Vinent, to share seven fragments of his stories about the past, present and future of nature in Cuba.

For the iteration in Humboldthain Park in Wedding, Berlin (2021), there were three stories authored by ecologist Florian Ruland, researcher Ian Warner and myself.

For *Ocaso Panama*, shown at the Contemporary Art Museum of Panama (2023), I collaborated with local indigenous writers as well as scientists affiliated with the Smithsonian Research Institute.

[Link to Ocaso](#)



Sundown (Ocaso), installation in Humboldthain Park for Desviarios, Berlin-Wedding, 2021.

Vida, 2020

video art

Visuals: Laura Fong. Sound: Ela Spalding. Duration: 5'03"

[Link to Vida](#)

Two friends who share time between Panama and Berlin found themselves on opposite sides of the world during the covid-19 pandemic. Based on their voice notes to each other, they created this first collaboration reflecting on the effects of the crisis on family life as well as society as a whole.

Vida is a personal response to how to approach life today as mothers and humans.





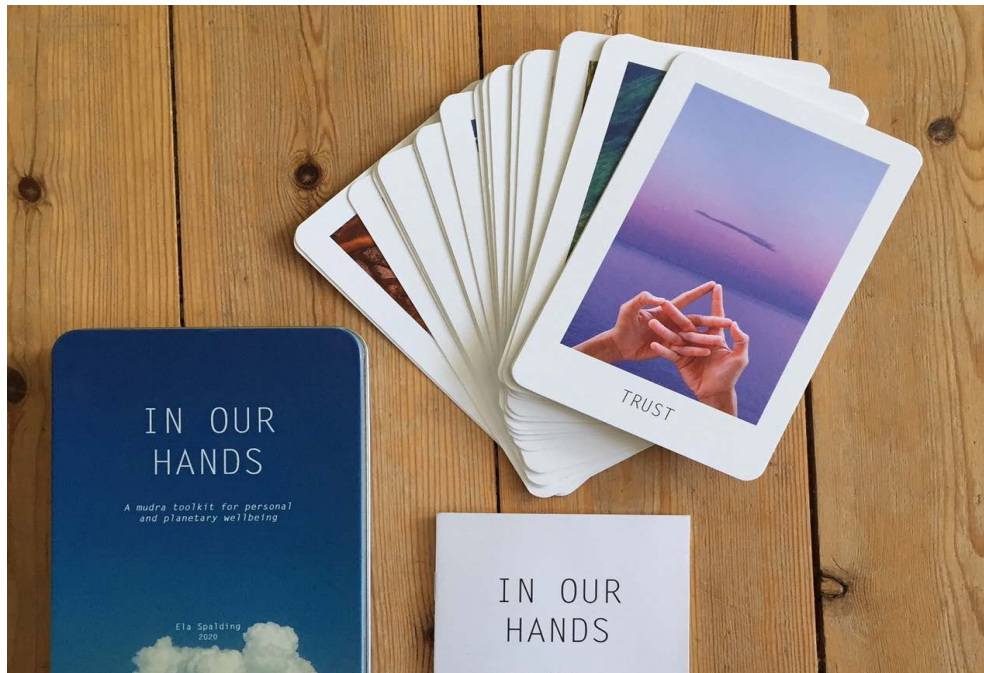
In Our Hands, 2018-2020

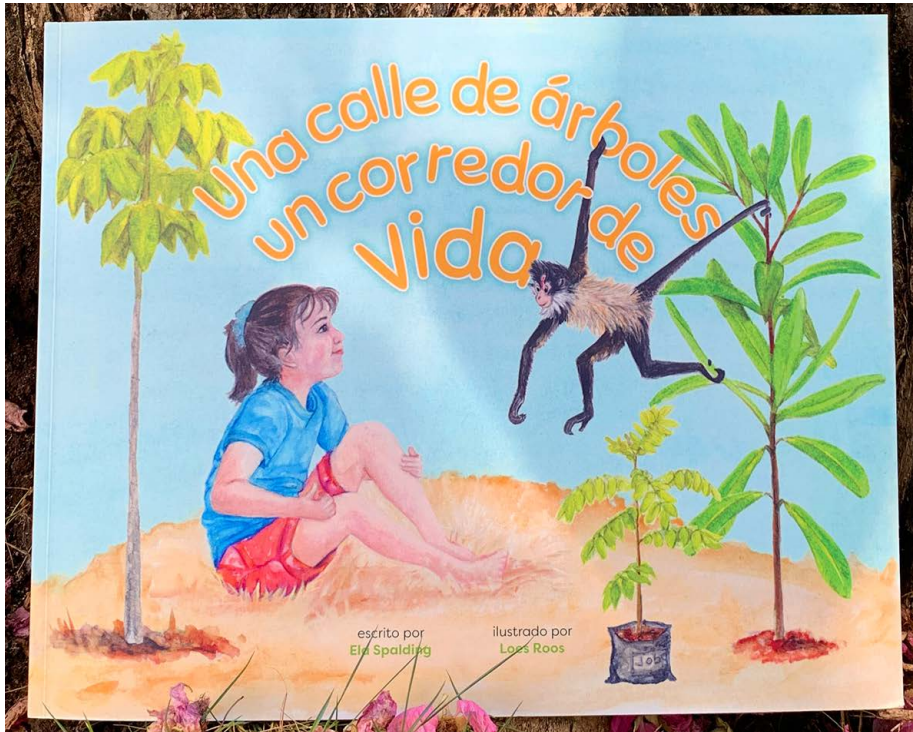
Photo collages / e-book and card set in tin box / workshop series

Since the beginning of the Industrial Revolution, humans have changed environmental systems at a rate greater than at any other time in history - so much so that a new geological era, the Anthropocene, has been named in our honor. The choice to continue our relationship with the environment and nature in destructive or constructive ways is in our hands.

Mudras are hand postures that can influence our mood, attitudes, and perception, as well as deepen our awareness and concentration. They are an integral part of some yoga practices and other well-being traditions. This particular selection of mudras is based on the work of Gertrud Hirschi who has published various books on the topic. *In Our Hands* offers an opportunity to bridge the gap between ourselves and our environment, and to point to a connection between our state of health and the state of our planet. The series of 24 images is intended as a toolbox to help us take more care of ourselves, better care of each other and of nature - to protect it, restore it, learn from it, or just to be in it and appreciate it.

The e-book and card set have been published in English and Spanish. The workshops have been held in person and online both in English and Spanish.





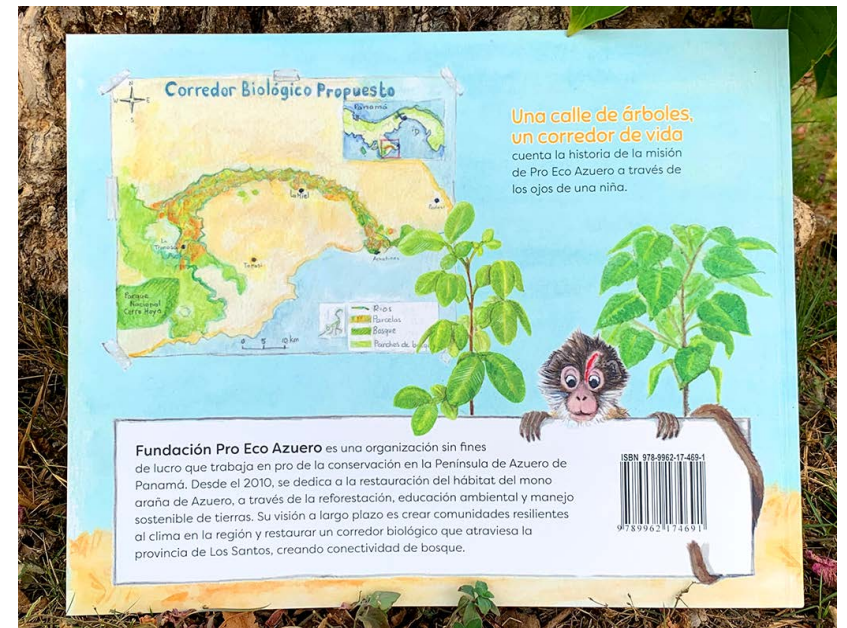
Una calle de árboles, un corredor de vida, 2023

Children's book text, illustrations by Loes Roos

This is a book I wrote about and for the reforestation, community project Pro Eco Azuero. Their mission is restore a nature corridor, that is the habitat of an endemic ape species, commonly known as the Azuero spider monkey.

The story is about the encounter of a girl with a baby monkey who is almost run over by a car. After seeking out the monkey and spending days observing how they live, she and her cousin are motivated to plant a street of trees for the monkey and all of its relatives. They start planting with the help of eco guides and their 4th grade teacher. Upon graduating from university, walking at the end of the corridor they helped to grow, they re-encounter their monkey friend, now as a mother, with her own family.

The book aims to show that within a graspable timeline, it is possible to restore an ecosystem and make a difference in the world. Pro Eco Azuero will be sharing it with the 300+ schools they work with in the Azuero Peninsula in Panama.



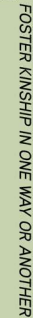
ESTUDIO NUBOSO

Estudio Nuboso is an artistic research platform for exchange between art, ecology and society.

Our aim is to restore the relationship between humans and nature, as part of the global movement that seeks to create greater harmony and reciprocity with the planet. We design knowledge-sharing formats and facilitate interdisciplinary encounters in diverse ecosystems, promoting resilience and regeneration for people, communities and the environment. This can include residencies, short workshops, publications and audio-visual projects.

As the founder and creative director of Estudio Nuboso, I collaborate with members of our collective to conceive and facilitate the following formats: *Suelo* (featured here), the *Art and Science LAB* and the *Flash LAB*. The LABs are formats for artists and scientists to work on engaging communities with research that has social and environmental impact. The outcomes can be exhibitions, publications and/or public programmes.

www.estudionuboso.org



Link to the SUELO page on the Estudio Nuboso website.



Archipel Stations Community Radio is a nomadic web radio station founded in Berlin, Germany, which broadcasts live from venues, events and ecosystems around the world. We are an open platform with a focus on sound and narration. Thematic focuses are emancipation, the encounter between the personal and the political, and the experience of self and otherness through shared art experiences.

Based on this platform, my project Living Ecology Library was created: a live reading format and listening experience featuring selected fragments of ecological texts by different authors and thinkers.

[Link to the website](#)



Performative reading of my Living Ecology Library during a live session as/with Archipel Stations Community Radio at Zabriskie Bookshop, Berlin, December 2018.



Soil as an Inscribed Body, Intervention and live broadcast at SAVVY Contemporary as/with Archipel Stations Community Radio, Berlin, September 2019.