

Evan Ifekoya

~ *Resonant Frequencies*

January 29–May 1, 2022

The London-based artist and energy worker Evan Ifekoya presents their first solo exhibition in Switzerland at the Migros Museum für Gegenwartskunst. ~ *Resonant Frequencies* is an immersive sound installation that transforms the ground floor of the museum into a multisensory environment for exploring the divine within us. Sound plays a central role in Ifekoya's practice, stemming from a desire to examine being and knowing inside and outside of visual perception.

Curator:
Dr. Michael Birchall,
Curator,
Migros Museum für
Gegenwartskunst

Curatorial Assistant:
Lucas Hagin, Trainee,
Migros Museum für
Gegenwartskunst

When entering the museum, we come across the first 'portal unit', a space for individual and collective encounter, that is at the same time a refuge for visitors. Through the central sun – a sound and sculptural object – we hear the voice of Oceanic Sage (the artist's pseudonym). The sun, which in some cultures is considered as divinity itself, functions as an orientation or perspective that acknowledges that our bodies, minds, and spirits are intertwined.

In each of the portal units we are introduced to a sound composition that creates a vibration within us. In effect, our bodies become an instrument. The durational sound composition, with contributions from Ifekoya and five collaborators – Rebekah Alero, Rahima Gambo, Maïa Nunes, Maité Chénier (a.k.a. Mighty) and MINQ – examines the knowing that emerges in community. Intentionally prioritising the reality of those who have historically and systematically been excluded from sacred spaces, Ifekoya works with 'Solfeggio frequencies' – vibrations that are believed to help us find balance and harmony and provide resonating healing properties for mind and body. The experience of sound, silence and listening enables altered states of consciousness.

A guiding question for the artist is how do we learn to listen to resonance? And how might these practices of attuning to our resonant frequencies connect us to our inner light beyond the darkness? Ifekoya's work is informed by wisdom keepers inside and outside of Indigenous traditions and practices, with the elevation of Black and queer consciousness in mind. Through multiple forms of embodied, ancestral, and spiritual practices, with a particular focus on the use of drums, the artist investigates what it means to make a way of life, despite living under constant state violence. The artist practices sound healing as a divine inheritance through an exploration into resonant frequencies, and invites you to you to discover yourself.

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Glossary

Blackness in abundance: The concept of abundance is fundamental to Ifekoya's artistic practice. Rather than focusing on the absence or scarcity of resources, or positions informed by singular voices, the artist emphasises the richness, multiplicity and polyvocality of Black experiences. Through archival and sonic investigations, Ifekoya speculates on 'Blackness in abundance', which allows for different positions to emerge, creating a shared society in which class, race, and gender are not predetermined factors, and freedom from the constraints of white supremacy and patriarchy becomes possible.

Frequency: The term 'frequency' is used to describe the number of times per second that a sound pressure wave repeats itself. The units of frequency are called hertz (Hz).

Healing through sound / frequencies: The experience of sound can have an impact on our bodily functions and cerebral activity. Specific frequencies are known to stimulate the brain and are alleged to induce a meditative state of mind. For this exhibition, Ifekoya uses frequencies, such as 174 Hz or 528 Hz, which are part of the 'Solfeggio frequencies'. Some claim that specific frequencies like these have positive effects on our overall wellbeing and health. Another prominent example would be the so-called 'binaural beats', which can potentially help reduce anxiety and stress, achieve relaxation, improve sleep or boost concentration.

Ifá: Ifá is a religion and system of divination originating from the Yoruba people of South West Nigeria that is practised throughout the Americas and West Africa. Ifekoya refers to excerpts of the Ifá corpus in the audio track.

Resonant frequency: Every oscillating medium has its own 'natural' frequency. One can speak of resonant frequency once the driving frequency is equal to the natural frequency of a medium (e.g. body, object or space). Ifekoya describes it with the simple formula 'Resonance = internal frequency'. The artist is interested in attuning to their own natural frequency, and in creating a process of sharing a methodology that supports others to also be attuned to theirs.

Sound / silence: Sound can be described as radiant energy that is carried by pressure waves in a material medium (such as air or water). Acoustic waves travel at the speed of sound by compressing and decompressing such a medium. Depending on various factors, including spatial qualities, frequencies and other conditions, the phenomena of reverberation, echo or resonance may occur.

Sound, as well as silence, plays a central role in Ifekoya's practice. Their interest in prioritising and privileging the sonic is founded on the desire to inquire into other ways of knowing. They seek to offer immersive and simultaneously intimate spaces for listening, healing and reflection, but also to create spaces for community and shared experiences. Ifekoya is not only interested in the physical aspects and corporeal effects of sound, but also explores the role of sound and music in the creation of collectivity, rituals and spirituality.

Water: Water is a chemical substance that is vital for all known forms of life. Throughout the audio track we can hear the sound of water, which is another crucial element for Ifekoya. In their practice, the artist is deploying water as a medium and metaphor. Among many other qualities, it can be perceived as a either a resource of scarcity or abundance.

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Public Program

Public Guided Tours

The guided tour provides a multifaceted insight into the exhibition Evan Ifekoya ~ *Resonant Frequencies*. It takes place on the first Thursday of the month.

- Thursday, February 3, 2022, 6.30 to 7.30 pm, Language: English
Dr. Michael Birchall (Curator) at the museum and on Instagram live
- Thursday, March 3, 2022, 6.30 to 7.30 pm, Language: German
Lucas Hagin (Curatorial Assistant) at the museum
- Thursday, April 7, 2022, 6.30 to 7.30 pm, Language: German
Tasnim Baghdadi (Head of Education & Public Programs) at the museum

Family afternoons

The Migros Museum für Gegenwartskunst opens its doors again on two Sundays for families. We build our own instruments, creating resonance, but also with our bodies and create our own living sound archive on smartphones.

- Sunday, March 6, 2022, 2 to 5 pm
- Sunday, April 24, 2022, 2 to 5 pm

With: Cynthia Gavranic and Lena Mettler (Art Educators)

Artist Conversation

- Thursday, March 31, 2022, 6.30 to 7.30 pm
Evan Ifekoya & Dr. Hannah Cathrine Jones

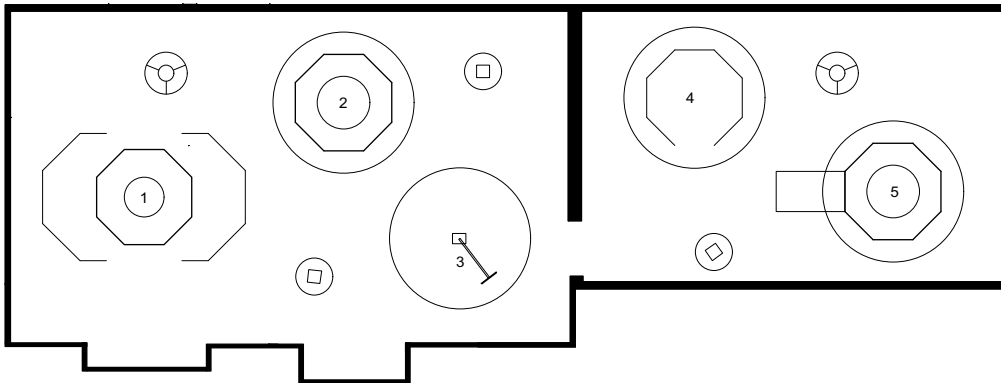
Join London-based artist, musician and radio presenter Dr. Hannah Cathrine Jones in conversation with Evan Ifekoya.

More program: www.migrosmuseum.ch

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1
The Welcome, 2022
Mixed media and sound installation

2
The Vibration (Sun Light), 2022
Mixed media and sound installation

3
The Central Sun, 2022
Mixed media and sound installation

4
The Undulation (Sun Dark), 2022
Mixed media installation

5
The Silent Echo, 2022
Mixed media installation

Credits

Production Assistant: Bobbi Cameron

Sound Engineer: Laima Leyton

Contributors: Rebekah Alero, Rahima Gambo, Maïa Nunes, Maïté Chénrière (a.k.a. Mighty) und MINQ

The artist would like to thank Monika Schori, Markus Bösch and the technical team at the Migros Museum für Gegenwartskunst: Magdalena Baranya, Fabienne Bodmer, Christian Eberhard, Marius Eckert, Muriel Gutherz, Roman Gysin, Steffen Kuhn, Lucia Maetzke, Konstantinos Manolakis, Emanuel Masera, Wanda Nay, Simon Rickli, Tanja Roscic, Monika Stalder, Oli Wahmann

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