

**Concerns:** Sculpture Hat Felt - <http://www.mhooj.nl/pagina-creatief-vier.html>

**Coronacrown 'Sifan' - Focus with(out) a gold slice**

**By:** Practise MHOJ – Annalies Otten Hagen, summer 2021

For me it would be about pure enjoyment – doing by not doing. Focus, but without a goal, without a desire to achieve. I've been taught by Judit Pocs, the felt-star who will forever surpass me in her felt art; may that guarantee a relaxed workstyle. Also the realization of creating something that serves no purpose helps, after all, who puts such a hat on their head in their long-lived life? It's like not knowing the answer to Grandma's question 'what's the use of a holiday?' Moreover, there is no rush - no one expects such a sculpture hat.

This amounts to a surprising combination of focus, patience, discipline and relaxation and above all: impulse control. As soon as there is impatience, a clear time-out follows without mercy. An experiment in being useless.

I already recognize a prelude, gained during the well-known corona cleanup lust. Several felt objects found their way into the garden, where they die a slow death, a fairly discouraging event. Letting go does not make you forget but re-member the making process of creation, the love with which every fiber is laid down. I already miss these so-called misfires. Is this sculpture waiting for a compost heap or a more moving variant, such as the inner lining of a bird's nest?

#### Pushing boundaries - top women

Athlete Sifan Hassan is running the time of her life at the Olympics when I explain the final fibers. She's crazy, the way she ignores her physical limits, just some shreds of judgment when I see her laying down yearning for water. No greater difference with Self compassion than the Olympics. Until it becomes clear to me. Hassan does not need to get a medal, but simply goes for it. With the intention of a metaphor for 'the woman' - referring to the feminine energy - which can indeed be groundbreaking, can do more than everyone ascribes to this energy and to themselves. I watch her race again and sympathize, cheering her to the finish line, as if the result wasn't already known. Sifan has something to say to the world, she wants to answer the question: what makes a person really whole and healthy? What a beneficial discipline she has been able to impose on herself – once again it appears that without discipline simply nothing can really come about.

Everything about Sifan Hassan suddenly guarantees the courage of self-compassion. Kristin Neff wrote the book Fierce-Selfcompassion. Also created during Corona time, also a top woman. The book opens with a quote from Amanda Gorman: 'But one thing is certain, If we merge mercy with might, and might with right, then love becomes our legacy, and change our children's birthright.'

'When we mix compassion with power and power with justice, love becomes our legacy and change becomes our children's birthright.'

Didn't Sifan come from Ethiopia as a refugee? And wouldn't she rather be silent about the reason for her flight? And isn't our – my – judgment about her self-help methodology already lurking?

The golden medal, not an end in itself but a means to maintain focus and thereby push boundaries, to dare to go your own way.

When I follow a meditation Fierce-Selfcompassion a few days later, the sculpture hat appears on the scene. This one is not on my head but sinks over my entire torso in my imagination. I see the colors and feel them permeate my whole being. Surprisingly, the color orange dominates here. And directly below that are two visualized feet, clearly connected to the ground below. An image could not be more powerful. Whoever wears this crown feels the archetype of the Queen arise within him: dignified, powerful, courageous, autonomous in connection. The birth of a real crown is a fact. And her name is: Corona crown 'Sifan'.