



The Beauty-Box

2024 CC-BY Steinunn Knúts Önnudóttir
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The book contains texts and drawings by anonymous participants of ALL MY RELATIONS 2, held in September 2023 at Gylleboverket in the countryside of Skåne, southern Sweden. This three-day transdisciplinary workshop explored the ecological potential of performance, performativity, and eco-pedagogy. The event aimed to study how performative practices can foster individual and collective transformation toward a more sustainable life.

Participants included artists, researchers, and educators focused on ecology, non-human relations, and sustainable futures.

Editor, layout, photos: Steinunn Knúts Önnudóttir

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It seems almost instinctive for humans to focus on what can be categorized as problems or shortcomings. In academia, scholars are trained to be critical—to problematize, search for weaknesses, and identify flaws to correct. Consumerism, in turn, reinforces this mindset by conditioning people to feel inadequate, constantly in need of something to soothe their perceived deficiencies.

As a part of All My Relations 2, I proposed a durational study.

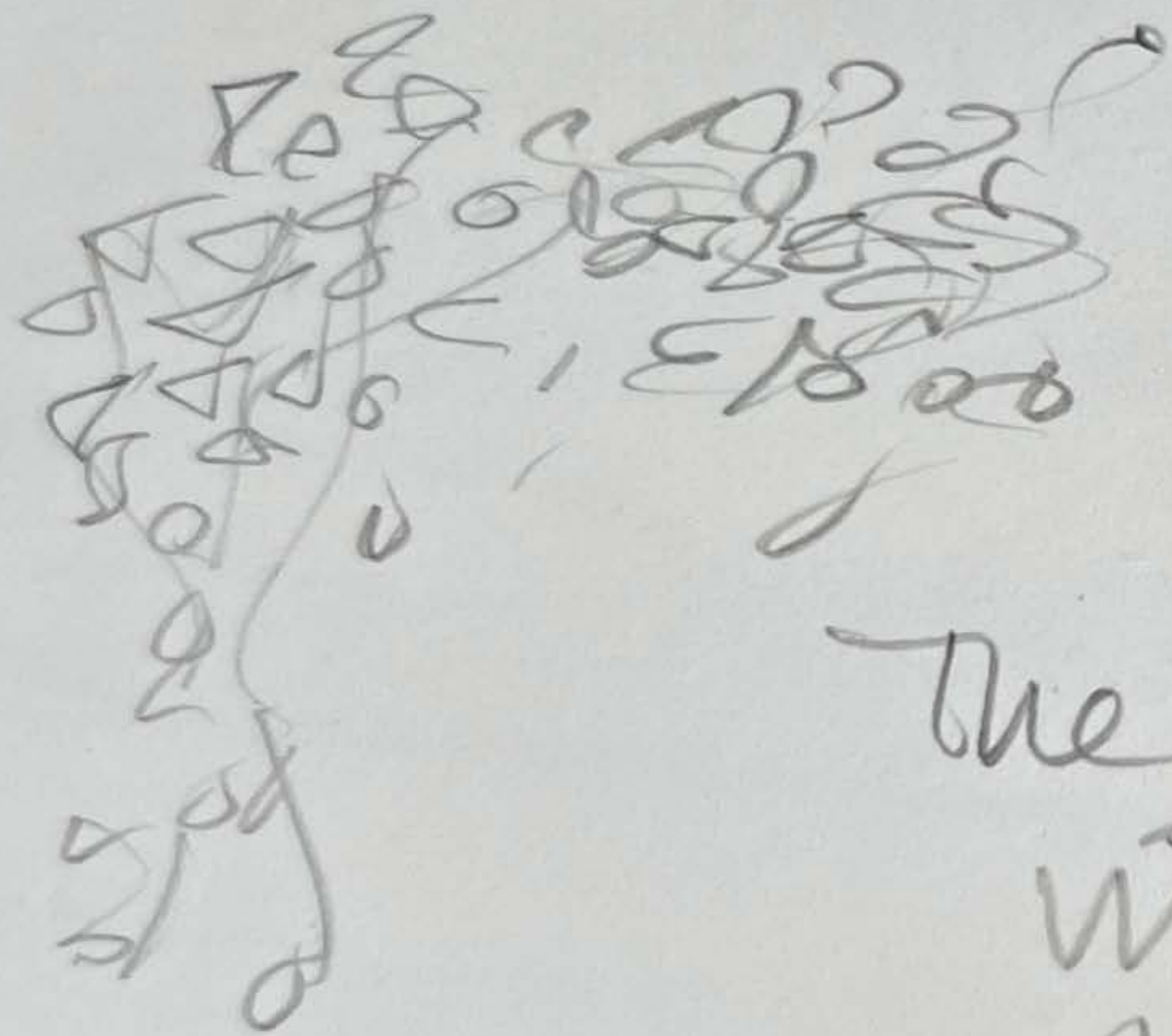
I invited participants to resist this ingrained habit of focusing on shortcomings. Instead, I encouraged them to actively search for what works well and, most importantly, to pay close attention to the beauty that unfolds around them. After a forest bathing session in the woods, I placed a “beauty-box” on the forest floor and provided paper for participants to write or draw the beautiful things they noticed. The box remained open during the three day camp to collect further observations and reflections.

This simple practice springs from my artistic research *How Little is Enough?*, where I explore sustainable methods of performance that foster relational, site-specific encounters that may generate an affective bond with the world we inhabit. The participatory practices I design are meant to nourish a positive relationship between individuals and their environment, cultivating a sense of stewardship, care, and ultimately, love for the world around us.

The booklet is a humble outcome of this short study, a collection of the participants’ reflections, a testament to the beauty that was observed and appreciated when we shifted our focus from what is lacking to what is flourishing. It invites readers to embrace a different perspective—one that values and seeks out beauty in the present moment.

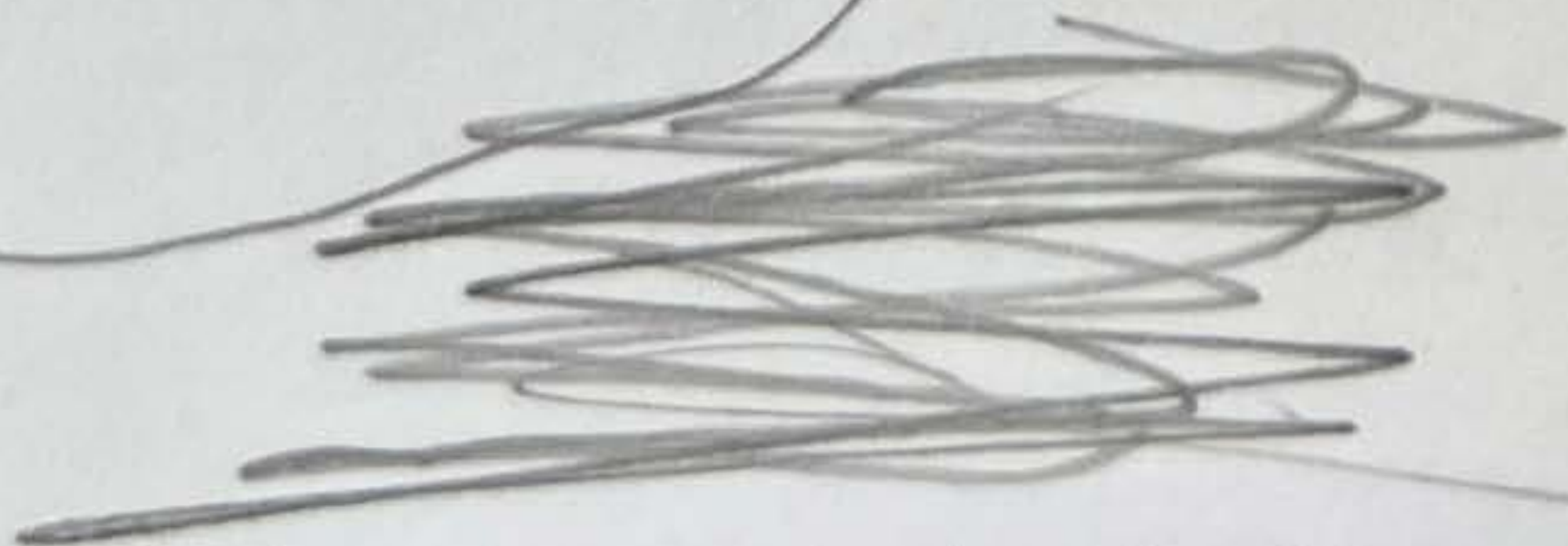
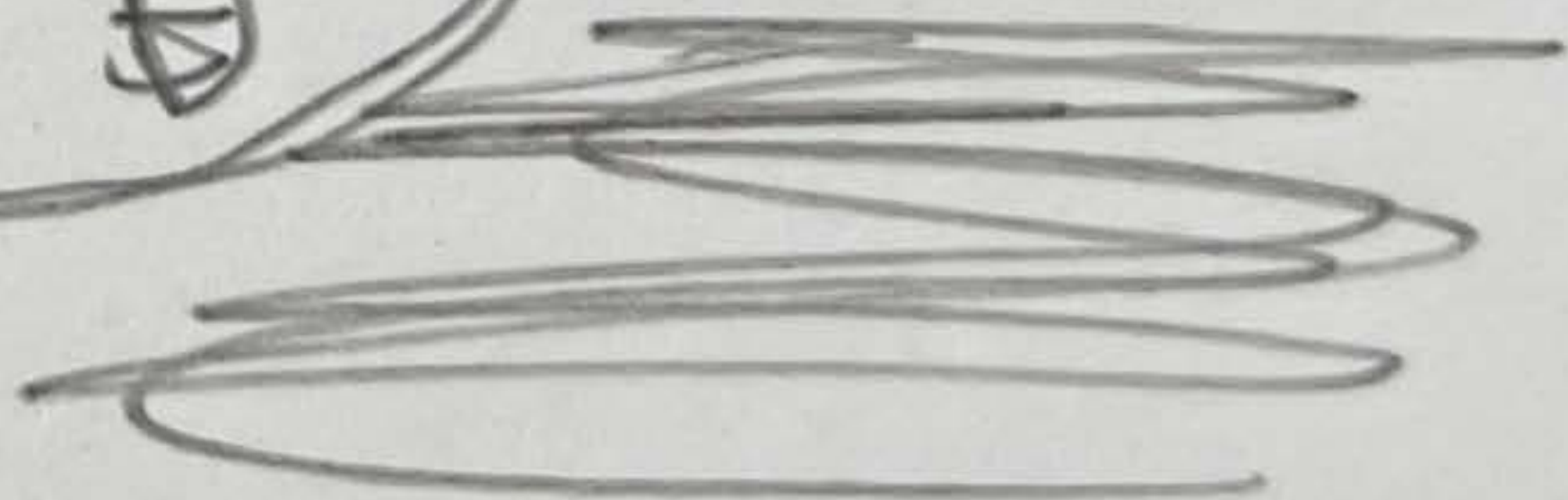
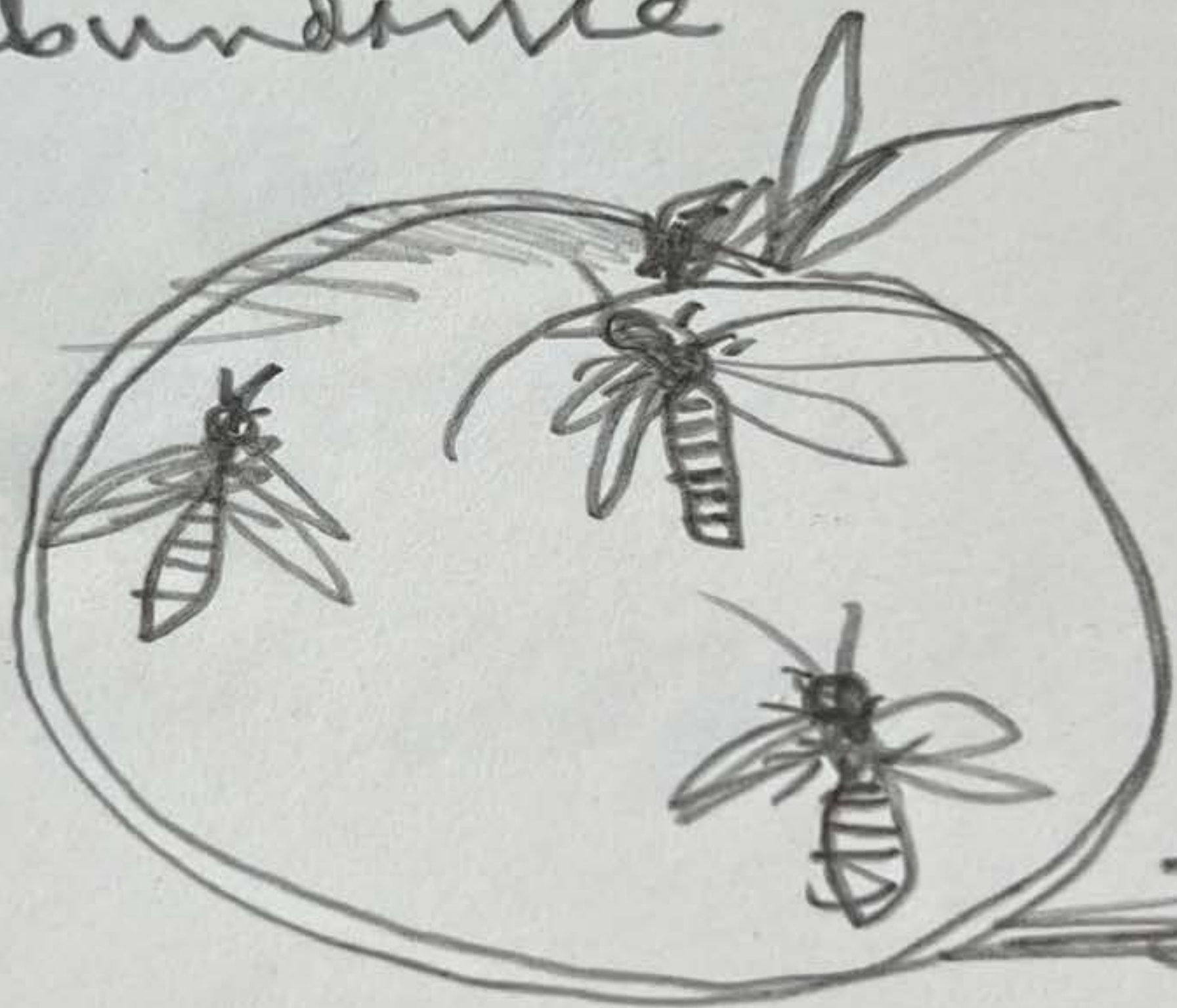
Steinunn Knúts Önnudóttir





The sun, light, leaves,
wind, movements,
shadows, shapes in

the time for abundance
& plenty



Māring / samtal



I sat with a tree and
wrote a poem

I shared the poem
and received a hug

The hug now fills my
lungs with warm air

The air is going to
carry me through the
day.

That & coffee

ALL IS BEAUTIFUL

SOUNDS TOO

sheep

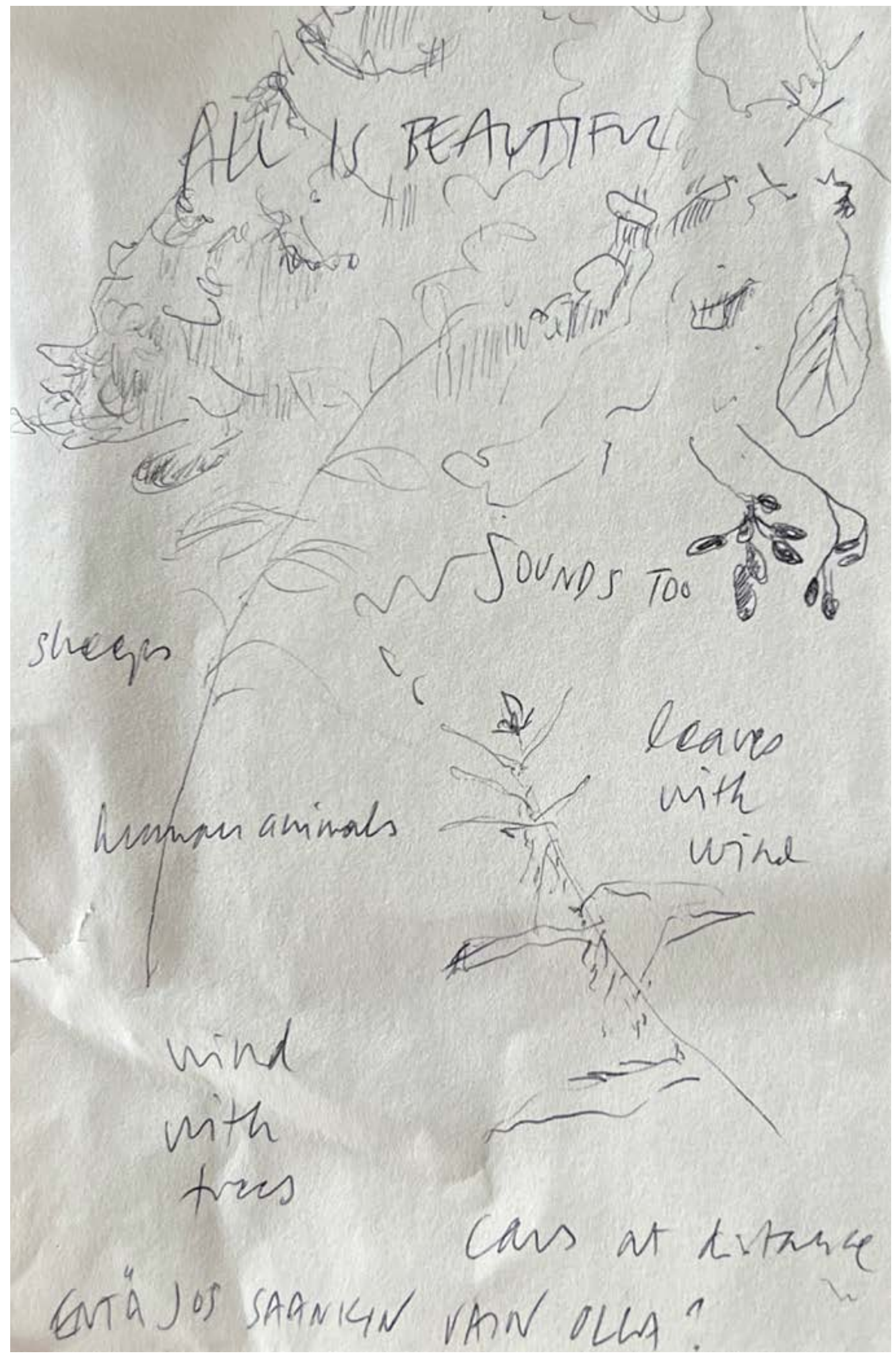
human animals

leaves
with
wind

wind
with
trees

Cars at distance

ENTÄ JOS SAARNIKUN VAIN OLLA?



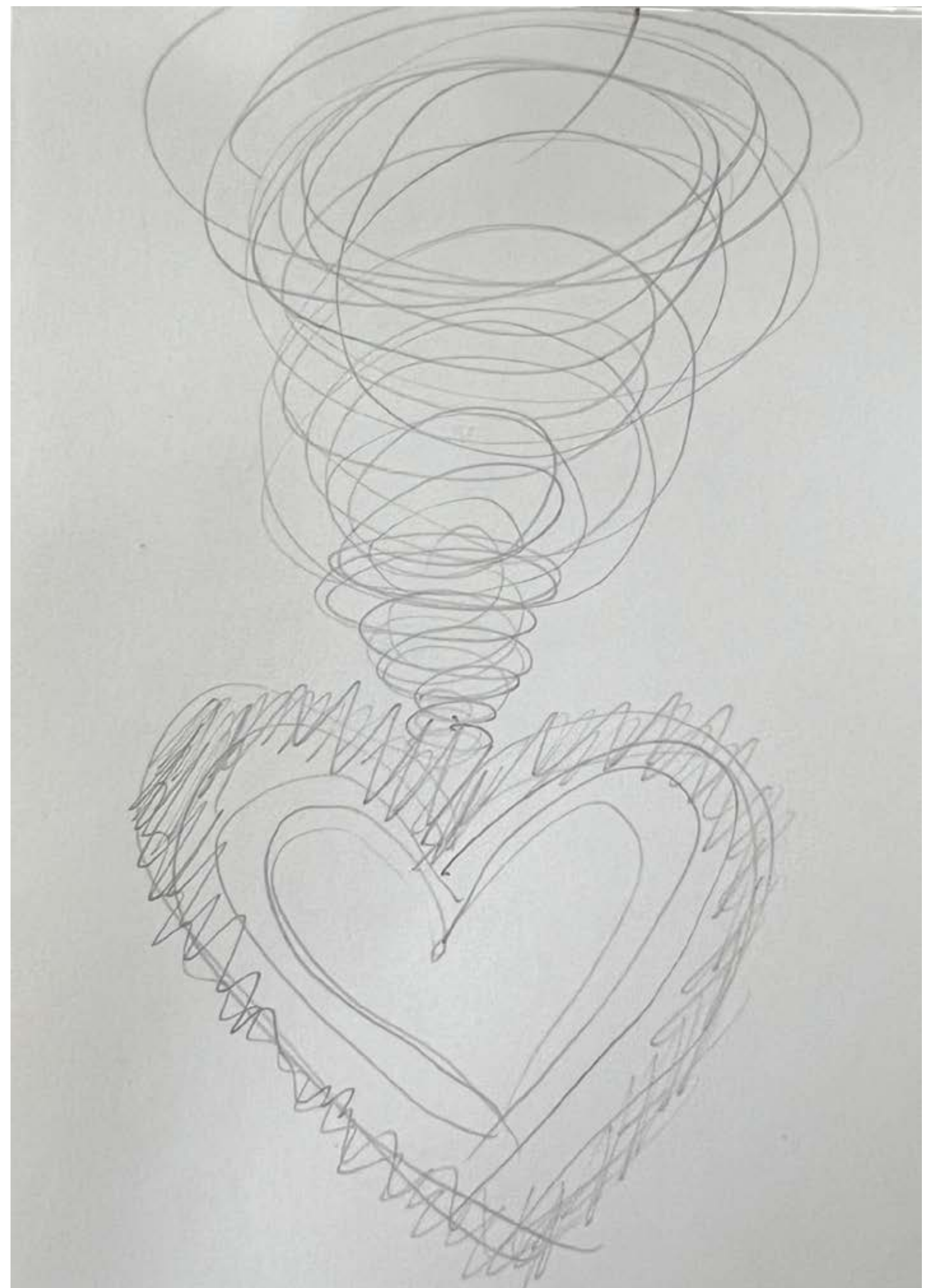


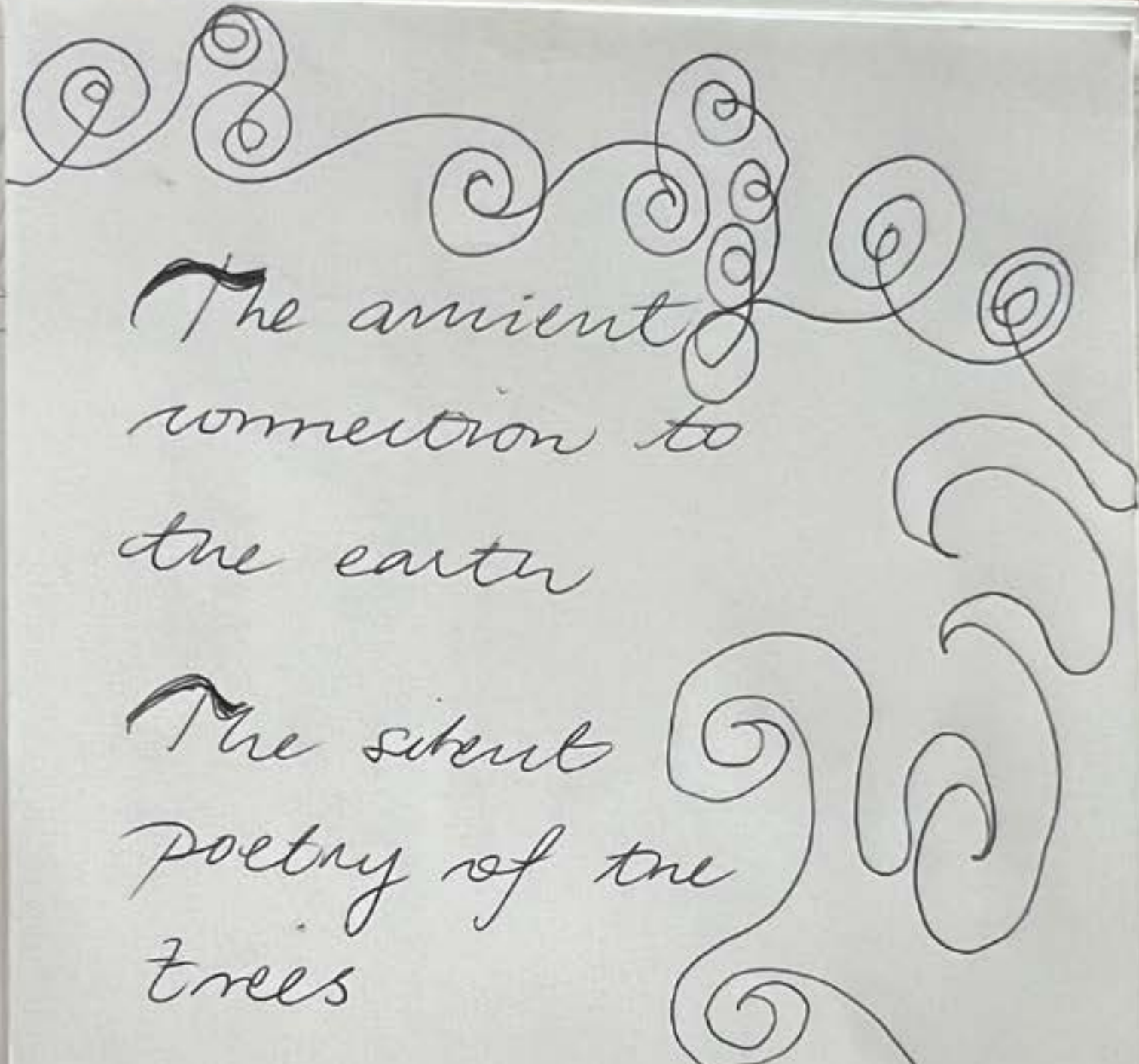


Record
Sound

the community
seeing ~~the~~ very alive eyes
the words ~~of~~ about a caressing shadow
gentle touches
welcoming movements
the beauty of an abundant garden
and forming friendship

ACK?
VA
INTE
UTAN
ERT
VACKERT
HADE DET
INTE VARIT
UTAN ERT
NÄRVARO

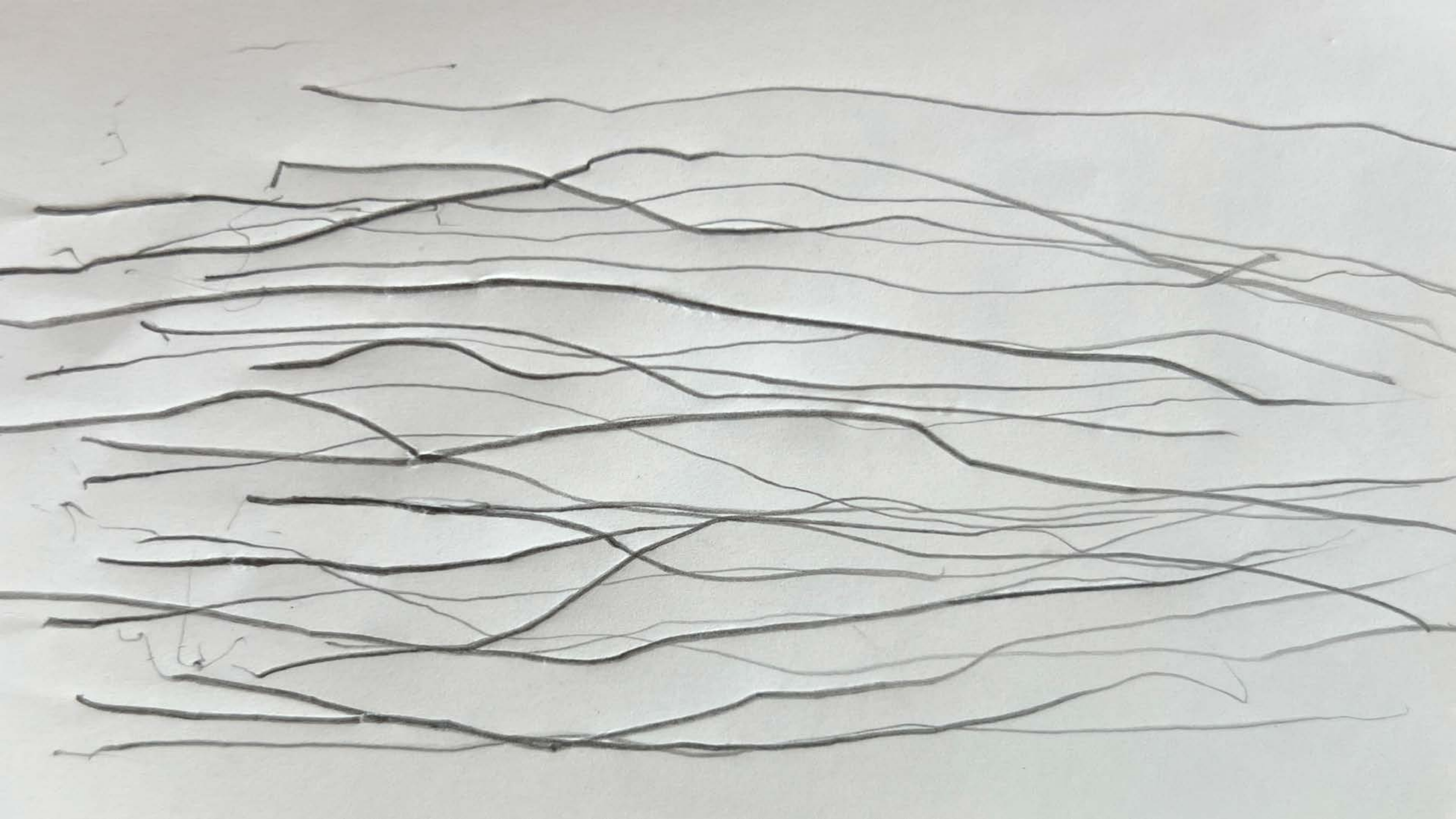




The ancient
connection to
the earth

The silent
poetry of the
trees

The safe and
warm feeling of
having a creature
watching over me
while bathing in
the forest



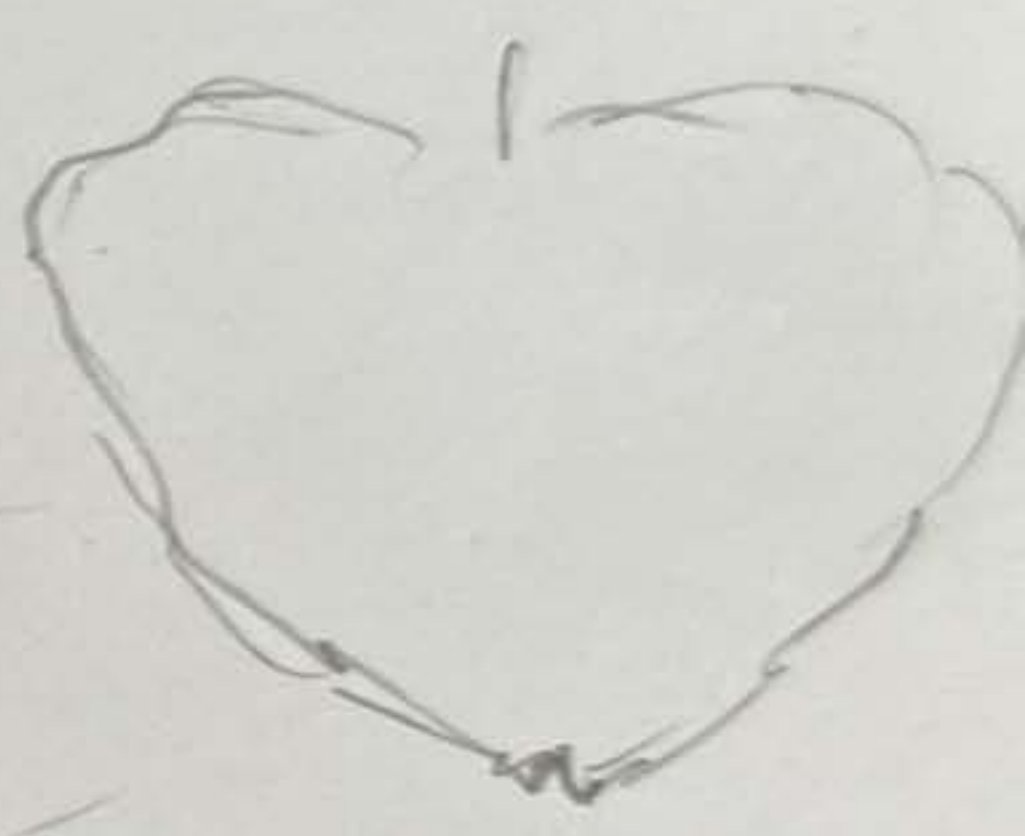
light and shadow

There is always
a little death
and a little life.

It is never
quite

one thing only

the beauty of what
appears between
my & your closed
eyes



~~Frødet's~~ speer for manne

och min egen 3

ar ett och

samma.

Dag III



Jag blev ett frö.

Ynnesten att få slå rot och

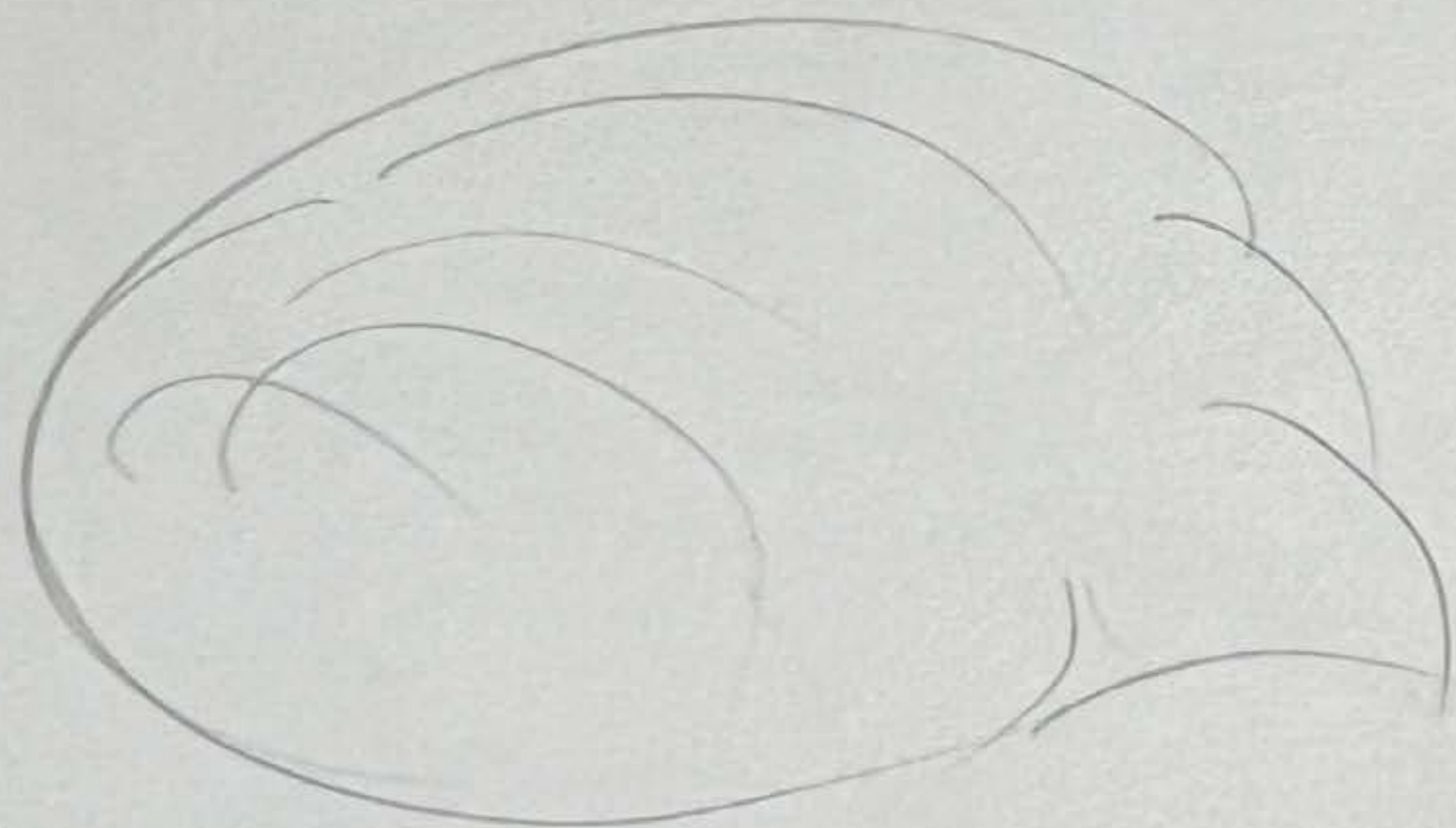
att ett element/materia

höll mig och mina egenskaper

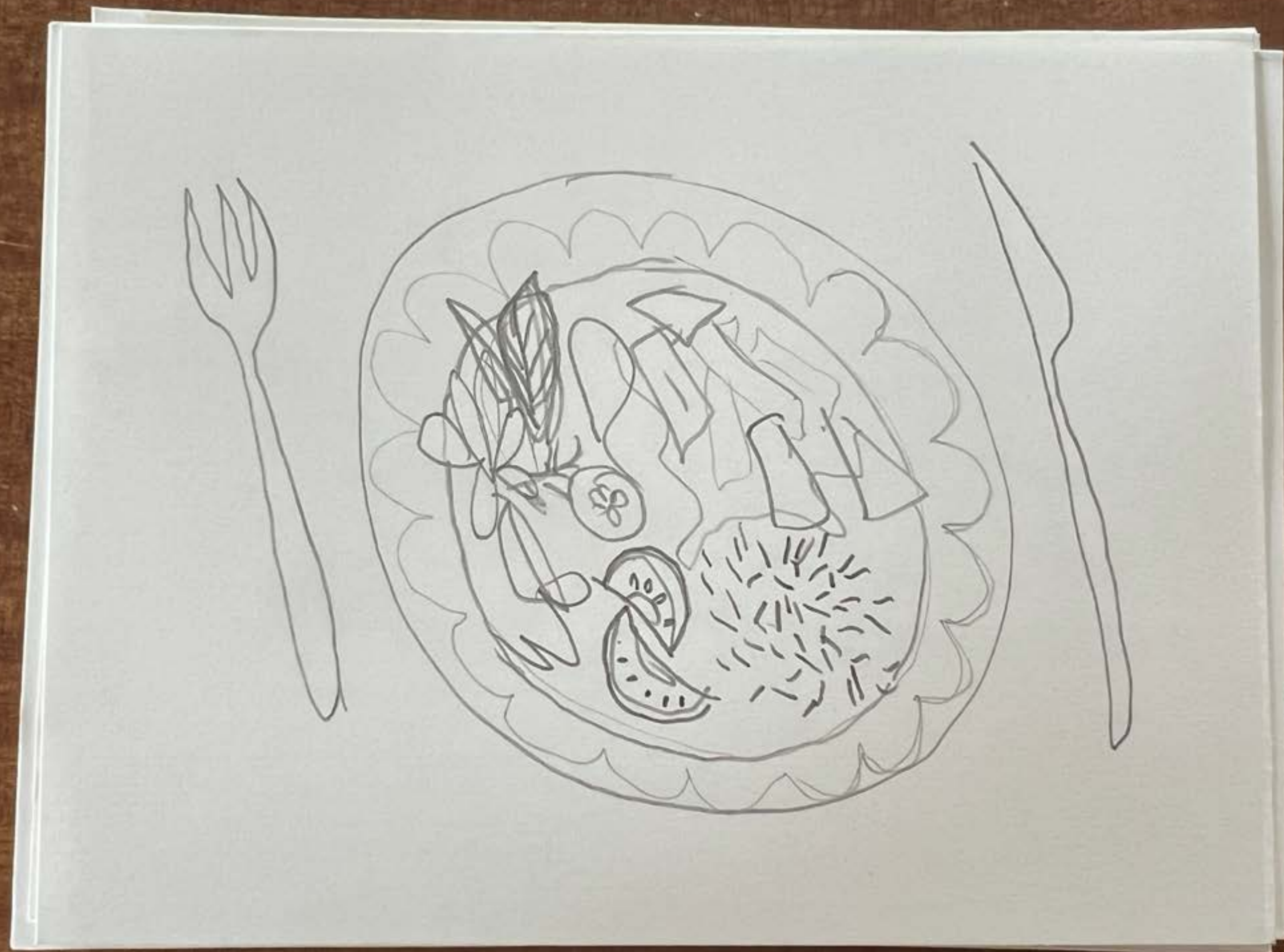
bästa sida kom fram när

wroppen lät mig blomma.





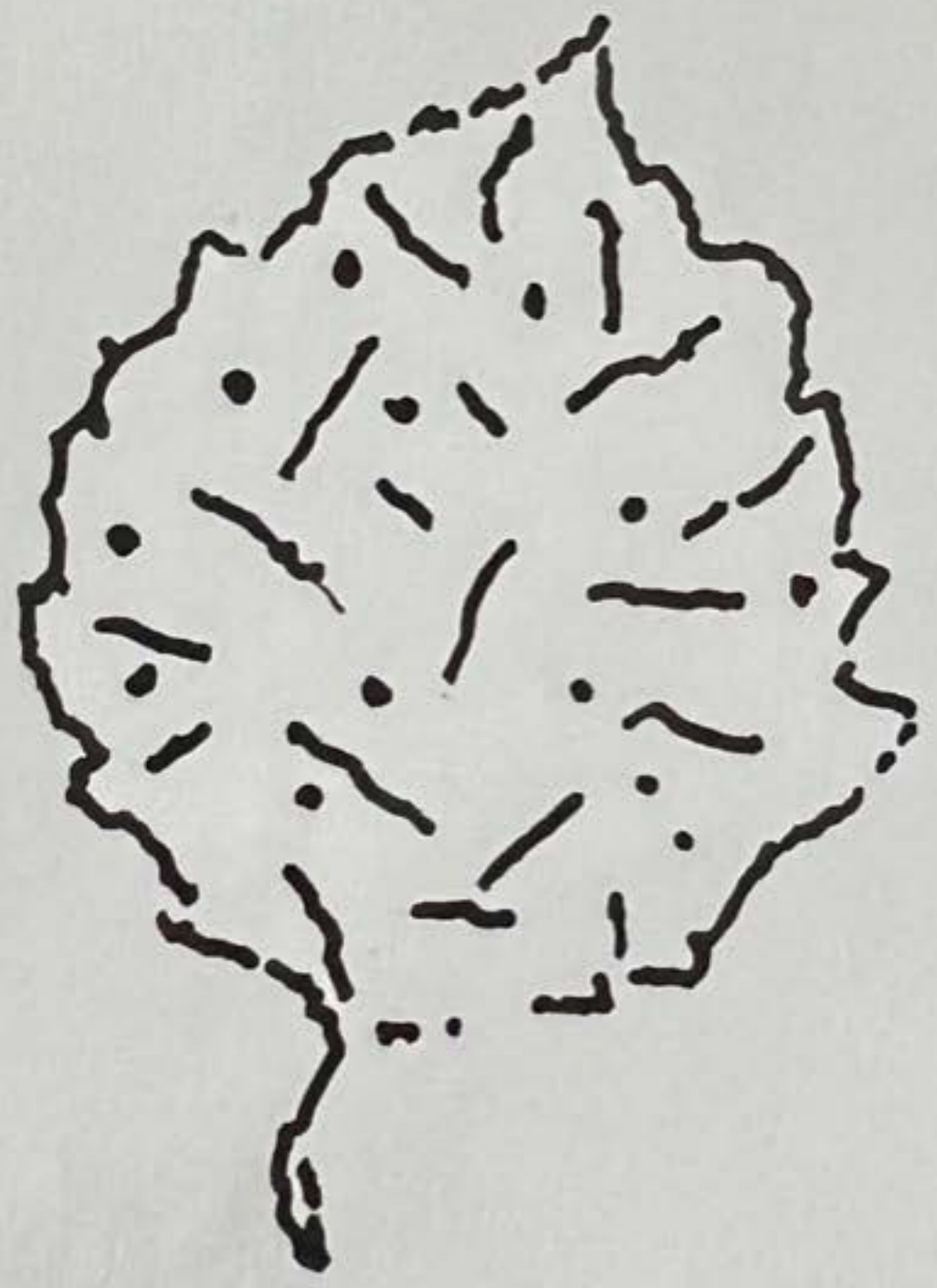
Wienbjergsnegle-
hus, tomt,
tegnet efter
Wkommmelse!!!



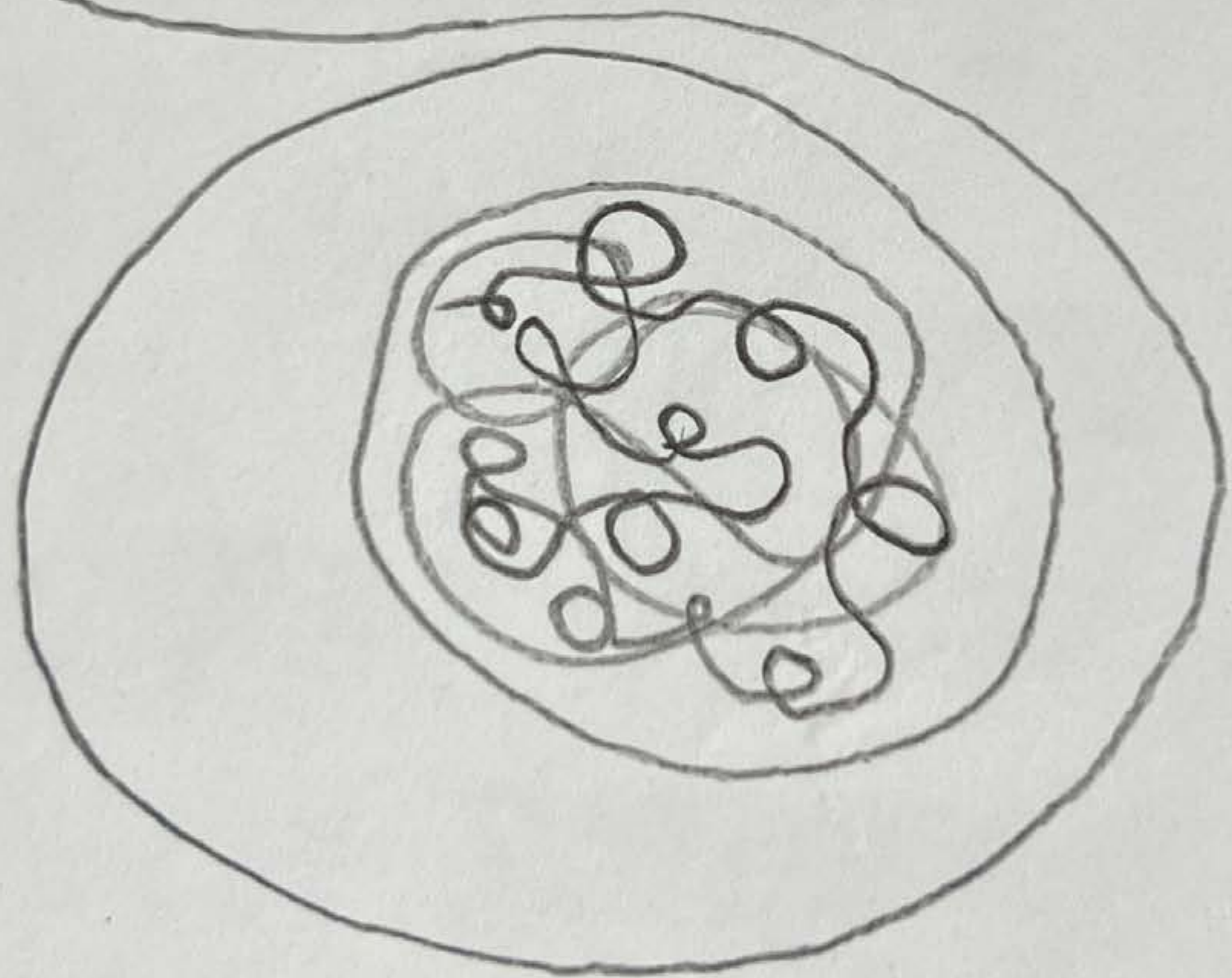


The walk in the night made me realise that my feet has much more intelligence than I knew before.

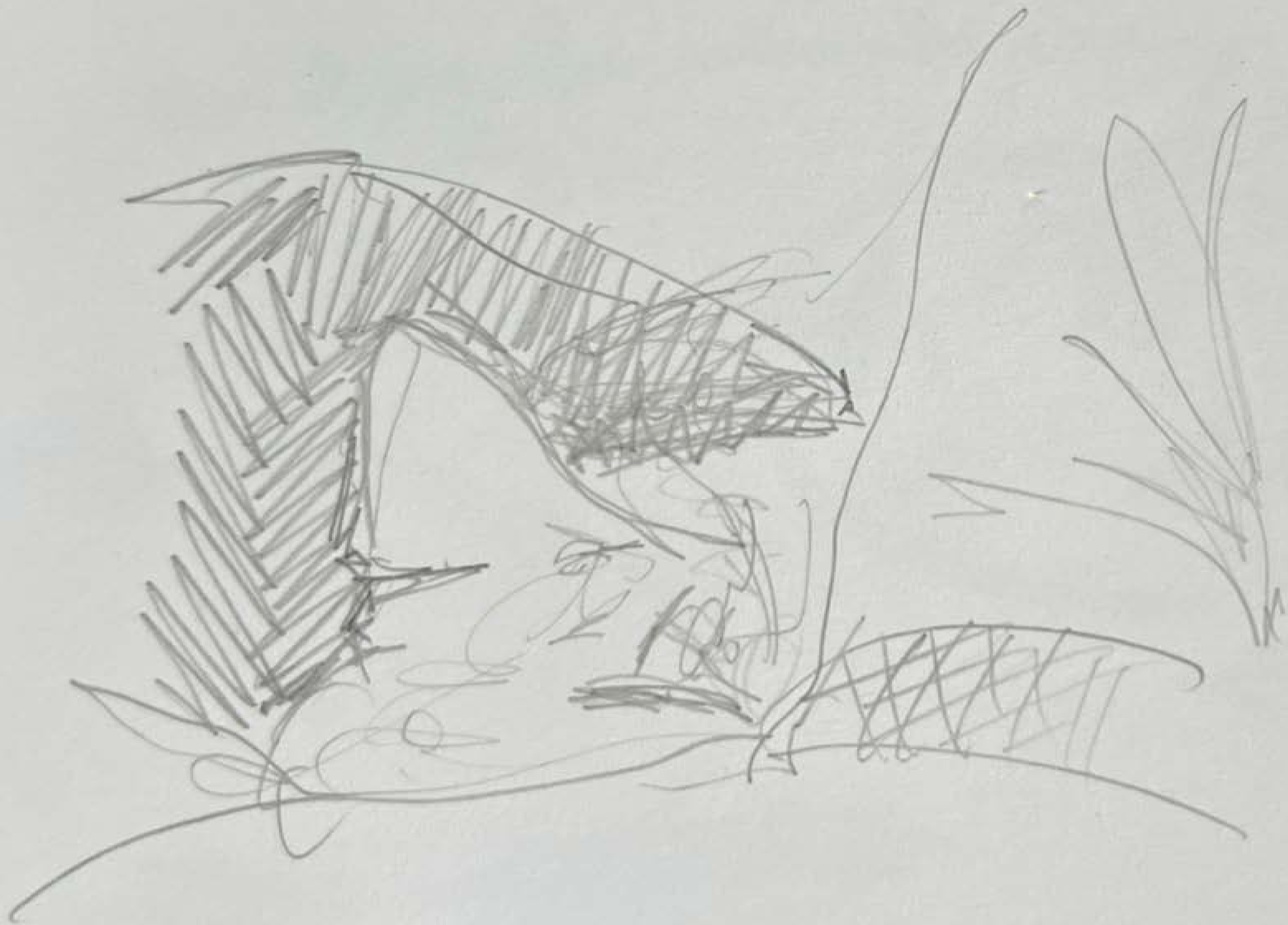
I think it is beautiful to know I still have things to get to know about my body



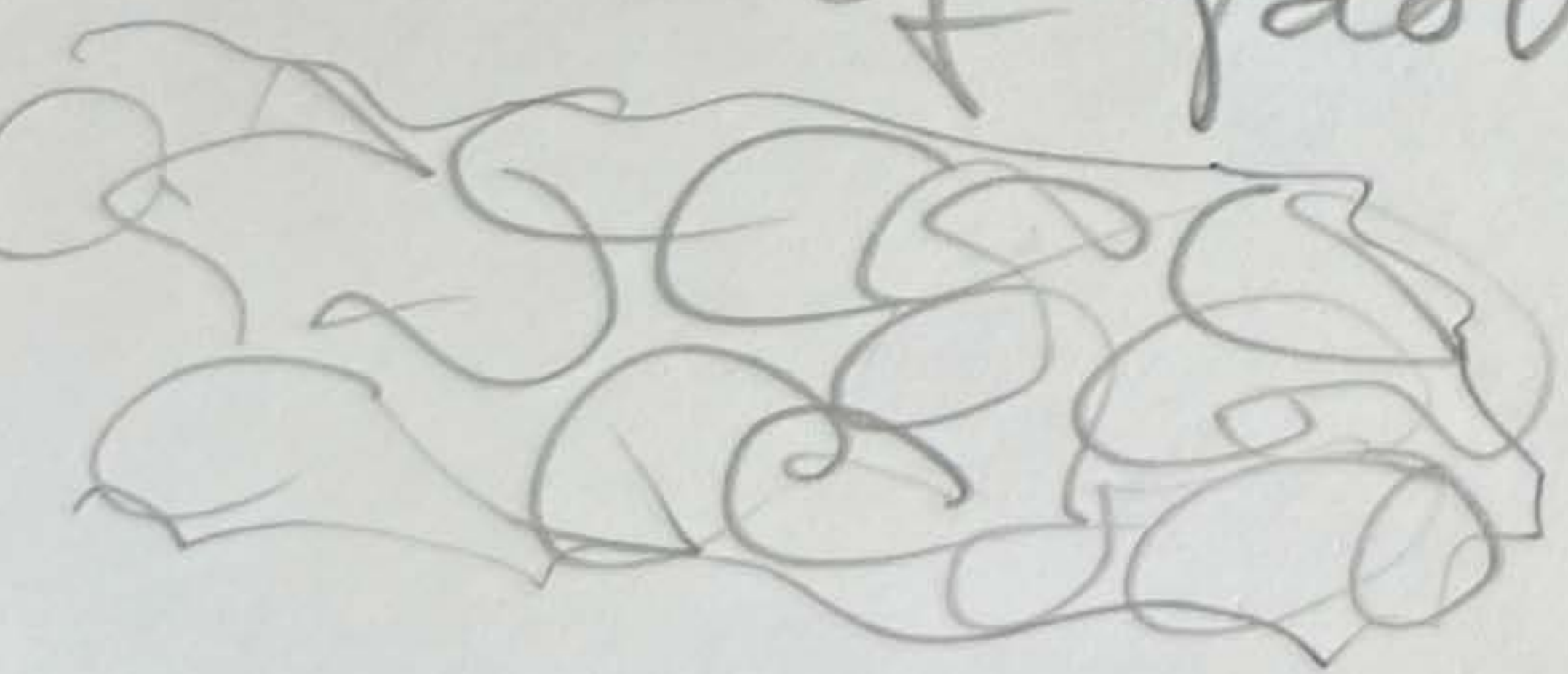
the shadows on
my paper and
on our skin



seeing the coming together to create &
to witness, to be witnessed &
seeing what interconnections that are
made



The stone walls, ancient
old, so many hands, hoods,
decades and generations
of gathering, building, main-
taining. So many
levels of time.



To be afloat
Be carried by the forest
Reflections dancing on the moss
Clouds in-between soft leaves
(Un) done
you let me



Thank you!

