

Lauryn
Youden

Visionary
of Knives

Lauryn Youden
Visionary of Knives
02.10. - 25.10.2020
Künstlerhaus Bethanien, Berlin

Visionary of Knives. What doesn't kill you makes you stronger. This suit is so full of pain and learning, and the Visionary of Knives has seen it all. They've been broken and gotten up many times. They represent your best self in a tough situation. They have a clear perspective, they see the bigger picture. They are deeply compassionate because they've been there themselves. This visionary holds deep wisdom born of pain.

At the center of Lauryn Youden's exhibition are two wall-mounted altars, each measuring just under four meters long. Filled with dried flowers, medicine, herbs, books, candles, and ritual-based objects, the content of these altars documents the survival strategies she has developed to navigate an ableist world. Visionary of Knives is a space of retreat and rest but also education and protest. Originally conceived as a meeting place for a queer Crip¹ community, it has become a place of absence due to Covid-19, mirroring the physical isolation often experienced by people with disabilities. Drawing together Youden's care practices, and her personal collection of literature and zines made by other Crip queer artists, healers, writers and thinkers, the exhibition is an invitation to encounter a space dedicated to Youden's care and the discourses of her community. In this time of a global pandemic, as the majority of able-bodied people are confronted with a Crip reality for the first time, these discourses hold a new resonance. Youden invites us to learn from the wisdom of the sick and disabled community as we learn to live in a world where access is limited, and disease and illness are a constant threat.

¹ Crip is a term many people within disability studies and activist communities use not only in reference to people with disabilities, but also to the intellectual and art culture arising from such communities. Crip is shorthand for the word „cripple“ which has been (and is) used as an insult toward people with disabilities, but which has been re-appropriated as an intra-group term of empowerment and solidarity. An early proponent of crip's social and political potential, Carrie Sandahl (2003) describes crip as a „fluid and ever-changing“ term which „expanded to include not only those with physical impairments but those with sensory or mental impairments as well.“ (for further information: Alison Kafer: Feminist Queer Crip, Indiana University Press, 2013)

to offer you something, to bring relief
a process of grieving
From the Great Above she opened her ear to the Great Below
rest, soothe my burning spine
Further resources
Thanks

A	C	D		G
B		E	F	

-
- A
- ♦ curved mirror
 - ♦ crushed egg shells
 - ♦ three-headed rusty metal snake
 - ♦ glass chalice engraved by Clint 176, containing fresh water, standing on top two plastic daily pill organizers labeled Dienstag (Tuesday) and Donnerstag (Thursday) and morgens (morning), mittags (afternoon), abends (evening), nacht (night)
 - ♦ smokey quartz, gift from Randy Lee Cutler
 - ♦ small black egg
 - ♦ oval piece of polished Obsidian
 - ♦ red 7-day Santo Nino de Atocha candle from Mercado de Sonora, Mexico City, standing on top of four daily pill organizers stacked 2 x 2 labeled Montag (Monday) and Freitag (Friday) and morgens (morning), mittags (afternoon), abends (evening), nacht (night)
 - ♦ piece of paper with handwritten protection spell underneath 7-day candle
 - ♦ two 50 Euro cent coins stacked on top of four daily pill organizers beside 7-day candle
 - ♦ unpolished dark purple rock from Charco Del Ingenio, San Miguel de Allende
 - ♦ large unpolished piece of Black Tourmaline
 - ♦ incense holder with Frankincense incense, old incense sticks and ash
 - ♦ ritual for the protection of Black people by @bab.mamma.jamma

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- B
- ♦ quartz crystal geode
 - ♦ three-dimensional star made of Lapis Lazuli
 - ♦ two Hexel ACC Akut 600mg Hustenlöser
 - ♦ one bag of OMNi BiOTiC® 10
 - ♦ stack of five books (from the top):
 - Gabor Maté — When the Body Says No
 - Bessel van der Kolk — The Body Keeps The Score
 - Silvia Federici — Witches, Witch-Hunting, And Women
 - Rachel Pollack — Seventy-Eight Degrees of Wisdom
 - Beyerl — The Master Book of Herbalism
 - ♦ rolled yellow paper tied with red and white ribbon containing instructions for a grounding exercise
 - ♦ small silver chalice holding a Rose of Jericho
 - ♦ two white candles
 - ♦ match box decorated with flowers

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- C
- ♦ Jugendstil cane made of wood with metal detail standing on top of white cotton mask that has black letters on it spelling TRAUMA
 - ♦ steel chalice candelabra holding two black candles and a rolled piece of Joss paper tied with orange string and a metal pin that reads 'Naturally Prince Rupert' with a rainbow and mountain on it and a lucky token gifted from a stranger which reads ICH BRINGE GLÜCK PORTE BONHEUR on one side and a chimney sweep holding a ladder and a broom on the other
 - ♦ long snake made of black wood
 - ♦ stack of four books with a postcard from the Emma Kunz Zentrum, Würenlos featuring a picture of the Roman quarry and the business card of astrologer Andrés León (from the top):
 - Amy Berkowitz — Tender Points
 - Luisah Teish — Jambalaya. The Natural Woman's Book of Personal Charms and Practical Rituals, gift from Nina Emge and Dylan Spencer-Davidson
 - Susan Sontag — Illness as Metaphor and AIDS and Its Metaphors
 - Anne Boyer — The Undying
 - ♦ white envelope with a white gem stuck on it with 'Für Frau Youden' handwritten in blue ink, underneath it is a handwritten letter from Youden's neighbour also written in blue ink
 - ♦ heart shaped piece of Labradorite, gift from Eliza Swann on Youden's 26th birthday
 - ♦ medical document from containing Youden's test results for fibromyalgia in black frame

- D
- ♦ bottle of Borjomi Georgian Mineral Water
 - ♦ eight color-coordinated books leaning on white metal book stand with five books stacked beside them (from left to right):
 - Kleinzeit – Russell Hoban
 - Judith Heumann with Kristen Joiner – Being Heumann. An Unrepentant Memoir of a Disability Rights Activist
 - Laura Westengard – Gothic Queer Culture
 - Octavia E. Butler – Dawn
 - Octavia E. Butler – Kindred
 - Jay Bernard – Surge
 - bell hooks – The Will to Change
 - Abi Palmer – Sanatorium
 - Robert McRuer – Crip Theory
 - Richard Cavendish – The Black Arts
 - ♦ one bottle and three tinctures:
 - Low-dose Naltrexone 135 ml
 - New Roots 50 ml of Wild Oregano C93
 - Sovereign Silver 236 ml Bio-Active Silver Hydrosol™
 - Finlandia Health Candida supplement 100 ml
 - ♦ stack of five books (from top):
 - Joan Didion – The Year of Magical Thinking
 - CAConrad – While Standing in Line for Death, gift from Ambera Wellman
 - Dodie Bellamy – When the Sick Rule the World
 - Nalo Hopkinson – The Salt Roads
 - United by AIDS. An Anthology of Art in Response to HIV/ AIDS exhibition catalog
 - Eli Clare – Exile and Pride
 - Alejandro Jodorowsky – The Way of Tarot
 - ♦ two bottles:
 - Thayers Witch Hazel Aloe Vera Formula 355 ml
 - Salus Echinacea Drops 100 ml
 - ♦ Hycosan eye drops
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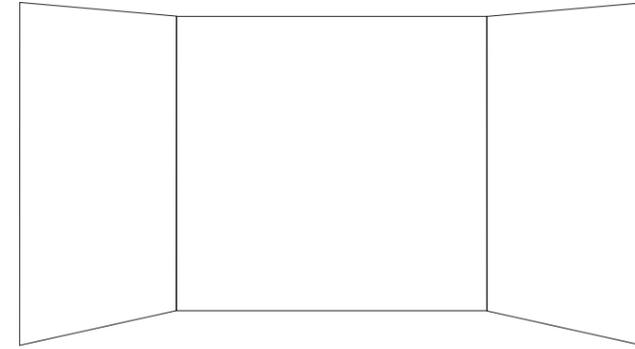
- E
- ♦ glass vase with an assortment of dried flowers given to Youden on her 30th birthday (end of Saturn Return)
 - ♦ small, decorated hand mirror
 - ♦ metal splint in blue medical package. implanted after accident in 2015, removed in 2017
 - ♦ rock pestle, tightly fitted into a leather holder
 - ♦ appointment slip for dermatologist on 23.09.2020, Youden's birthday

- F – Altar for the Moon
- ♦ curved mirror
 - ♦ two cream-colored candles in brass candlesticks
 - ♦ PurCellin Oil Bio-Oil
 - ♦ three pink stones from Death Valley, California
 - ♦ piece of beige hand-dyed fabric
 - ♦ four selenite wands, gifts from Bri Luna
 - ♦ linen-wrapped package with a pink cord
 - ♦ two appointment slips from Schmerzzentrum Berlin for blood test results on 18.06.2020 and a check up on 28.08.2020 with suggested treatments for fibromyalgia written in blue ink
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- G
- ♦ large curved mirror
 - ♦ hanging bouquet of dried Mugwort
 - ♦ brace for tennis elbow stacked on top of white and pink dressings and a gel ice pack
 - ♦ Life Brand 5 mg Melatonin
 - ♦ Bach Rescue Remedy 10 ml drops
 - ♦ Bad Heilbronner Einschlaf Tee (tea for sleep)
 - ♦ Das Gesunde Plus Beruhigungs Tee (tea for relaxation)
 - ♦ bottle of 1mg Lorazepam
 - ♦ Das Gesunde Plus 100 ml Baldrian (Valerian Root) drops
 - ♦ Cheplapharm 30 ml liquid Aponal
 - ♦ two open packages of Allergy Relief 10 mg and one open package of Reactine 10 mg

** all contents of these altars are subject to removal or re-placement for the duration of the exhibition by Youden when she is using such content in her daily life. For this reason, none of the contents of these altars can be touched or used by anyone other than Youden herself for covid safety reasons. This restriction will be in place until there is a vaccine/effective treatment for covid-19 and it is accessible to all.

a process of grieving (2020)



- ♦ wood cabinet
- ♦ four red candles with yellow tips (left door)
- ♦ Sailor Moon postcard featuring Sailor Pluto (Frieda Senior), Sailor Uranus (Ambera) and Sailor Neptune (Frieda) (left)
- ♦ Sailor Moon postcard featuring Sailor Uranus (Ambera) and Sailor Neptune (Frieda) (right)
- ♦ portrait of Oscito Baby Boy (left)
- ♦ portrait of Oscito Baby Boy in bed (top)
- ♦ portrait of Oscito Baby Boy in the courtyard (bottom)
- ♦ portrait of Oscito Baby Boy with Youden in the courtyard (right)
- ♦ small package of arnica wrapped in linen and twine
- ♦ unpolished piece of blue quartz, gift from Ambera Wellman
- ♦ two small mussel shells each containing a button with a relief of the Caduceus / Staff of Hermes
- ♦ small polished piece of Lapis lazuli
- ♦ small bouquet of sage, gift from Ebb Bayley
- ♦ decorative tea strainer holding ash, black copal resin from Mercado de Sonora, Mexico City
- ♦ small oyster shell
- ♦ stone from Roman quarry, Würenlos
- ♦ bowl and plate made of air-dry clay containing fresh water
- ♦ three tealight candles
- ♦ unpolished dark purple rock from Charco Del Ingenio, San Miguel de Allende
- ♦ incense holder with lavender incense
- ♦ small bowl made of air-dry clay with four Mexican pesos
- ♦ four red candles with yellow tips (right door)
- ♦ three small mussel shells

From the Great Above she opened her ear to the Great Below (2020)

A	B	E	F
	C		G
	D		H

-
- A
- ♦ For The Record by fierce pussy newsprint poster for Visual AIDS
 - ♦ kashmiri copper serpent teapot
 - ♦ long snake made of black wood
 - ♦ 6 piece Jugendstil Vallerysthal Toiletry set made of purple pressed glass, with one container holding a smudge stick, gift from Bri Luna, two sticks of licorice root from Côte d'Azur and one container a pale purple rose
 - ♦ 6 books standing between two pieces of Jugendstil Vallerysthal Toiletry set made of purple pressed glass (left to right):
 - John M. Riddle - Eve's Herbs
 - John M. Riddle - Contraception and Abortion from the Ancient World to the Renaissance
 - M. Oldfield Howey - The Encircled Serpent
 - Jeremy Narby - The Cosmic Serpent, gift from Jasper Circus
 - Raymond Buckland - Doors to Other Worlds
 - Sarah Shin and Rebecca Tamás (eds.) - Spells: 21st Century Occult Poetry, gift from Romily Alice Walden
 - ♦ black candelabra with ten white candles from Coyoacán Market, Mexico City
 - ♦ bowl made of air-dry clay containing a set of divination runes made from quartz crystal with gold engraving gift from Cheri Youden

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- B
- ♦ bottle of AOR N.A.C 500 mg
 - ♦ bottle of THORNE Berberine 500 mg
 - ♦ bottle of Advil for Arthritis Pain 400 mg
 - ♦ Stack of three books (from the top):
 - Eintou Pearl Springer - Out of the Shadows
 - Maggie Nelson - Bluets
 - Barbara Ann - Hands of Light, A Guide to Healing through the Human Energy Field
 - ♦ Sailor Moon postcard featuring Sailor Jupiter mid-transformation
 - ♦ bag of Passionsblumenkraut tee (Passionflower tea) from Kräuter Kühne
 - ♦ package of IBU-ratiopharm® 400 mg akut Schmerztabletten (Ibuprofen for acute pain)
 - ♦ bottle of LONDON Naturals Oregano Oil soft gels
 - ♦ package of Lichtenstein Ibuflam 600 mg
 - ♦ bottle of Advil Liqui-Gels 200 mg
 - ♦ package of Rizatriptan Glenmark 5 mg
 - ♦ Tube of Voltaren pain relief lotion 30 g

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- C
- ♦ bottle of AOR Saccharomyces Boulardii
 - ♦ package of 3 x 30ml Aponal Tropfen (drops) 10 mg/ml
 - ♦ package of 100 tablets of Doxepin-Neuraxpharm 10 mg
 - ♦ blue pill container labeled Sunday through Saturday with various pills inside
 - ♦ pink pill box with various pills inside, gift from Emma Czerny
 - ♦ glass sphere on square glass holder
 - ♦ bottle of CR Crossroads Clinic - Neuropathic Medicine SIBO Cidal Formula
 - ♦ obsidian mirror with gold stand, piece of polished Turquoise and Malachite, gift from Victor Wang and piece of polished Jasper, gift from Jasper Sircus on pale blue hand dyed cloth
 - ♦ small bottle of pulverized Polyachris Ant
 - ♦ bottle of Händedesinfektionsmittel (hand disinfectant) from Libertas Apotheke
 - ♦ small bottle of Aponal Tropfen 10 mg/ml
 - ♦ package of Novaminsulfon-ratiopharm 500 mg
 - ♦ package of Atarax Tablet 25 mg
 - ♦ infused oil in blue glass bottle, gift from Elif Saydam
 - ♦ Unwind THC tincture in blue glass bottle
 - ♦ HeileHaus Herbst 2019 leaflet
 - ♦ metal pipe with clay psychedelic snake wrapped around it

- D
- ♦ box of Aion A Schweizer Heilgestein
 - ♦ paper rose made by Ambera Wellmann on blue hand-dyed fabric
 - ♦ stack of three publications:
 - Rebecca Jagoe & Sharon Kivland - On Care
 - Able Zine Issue 1
 - Art Papers Magazine Issue Winter 2018/19
 - ♦ small container of Tiger Balm
 - ♦ small bottle of Iberogast 20 ml
 - ♦ ceramic heart, gift from Benedikt Bock
 - ♦ tube of Kneipp Arnica pain relief lotion
 - ♦ microfiber cloth from exhibition Pipilotti Rist: Open My Glade
-

- E – Altar for Ereskigal
- ♦ two tall sunflowers in a clear glass bottle with water
 - ♦ sun-bleached exhibition flyer from Simone Leigh: The Waiting Room, New Museum, 2016
 - ♦ yellow flyer with drawings of two dolphins and a hand on a heart with the words I am Care, from The Resurrection of CARE by the Golden Dome School, an antidote to the Cremation of Care ceremony performed by Bohemian Grove. Flyer designed by @birthdae
 - ♦ 6 tealight candles
 - ♦ 3 stones from Death Valley, California
 - ♦ lazuli Lapis necklace, gift from Alexandra Brinkeborn
 - ♦ brass apple bell
 - ♦ vintage pill box with three small seeds, gift from the garden of Romily Alice Walden
 - ♦ brass incense burner with charcoal and cedar
 - ♦ three brass chalices containing dried rose petals
-

- F
- ♦ shelf with seven publications:
 - Larry Mitchell, illustrated by Ned Asta – The Faggots and their Friends between Revolutions
 - Audre Lorde – Sister Outsider
 - Pauline Réage – The Story of O
 - Sick Magazine – Issue 2
 - Diane Wolkenstein, Samuel Noah Kramer – Inanna, Queen of Heaven and Earth, her stories and hymns from Sumer
 - The Golden Dome School Mail Order Mystery School – The Void
 - Dennis William Hauck – The Emerald Tablet
 - Alchemy For Personal Transformation

- ♦ two tarot cards The Star and The Devil from the Brotherhood of Light tarot deck
 - ♦ one sachet of Grüner Tee Jasmin (Jasmin Green Tea)
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- G
- ♦ shelf with thirteen publications:
 - collection of artist writings and contributions, edited by Ruth Pilston and Arcadia Missa – How to Sleep Faster #10 with cover featuring Leah Clement's Collapse (film still), 2019
 - Clay AD – Metabolize, If Able. A Novel
 - The Golden Dome School Mail Order Mystery School – Violet, Indigo, Blue, Green, Yellow, Orange, Red
 - Peter Tompkins and Christopher Bird – The Secret Life of Plants
 - Alison Kafer – Feminist Queer Crip
 - Leah Lakshmi Piepzna-Samarasinha – Care Work, Dreaming Disability Justice
 - compiled by The Sepulcher Society – Underworld, a practical Guide to Necromancy
 - ♦ exhibition flyer from La Monte Young, Marian Zazeela and Jung Hee Choi's Dia 15 VI 13 545 West 22 Street Dream House, 2015
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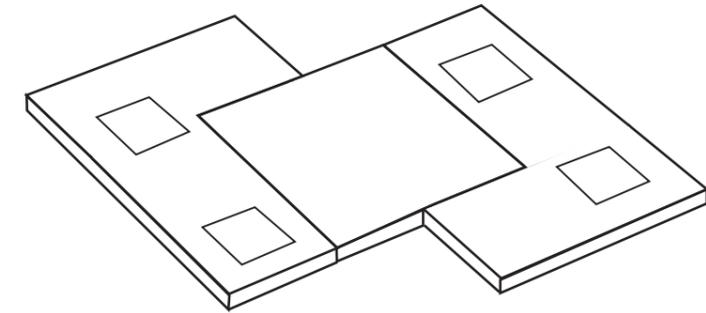
- H
- ♦ shelf of ten publications:
 - Lauryn Youden – Dark Water
 - Romily Alice Walden – A Primer on Working With Disabled Group Members for Feminist / Activist Groups and Organisations
 - Feminist Health Care Research Group (Inga Zimprich/Julia Bonn) – Being in Crisis Together
 - Clementine Morgan – Love Without Emergency. I Want This But I Feel Like I'm Going to Die.
 - Writing on Trauma, Attachment and Polyamory
 - Opashona Gosh and Nadia Jones (eds.) – Honey. a zine meditating on the experience of friendship. Issue 1
 - Taraneh Fazeli (ed.), produced with Jess Cohen and Carolyn Lazard, with contributions from Canaries members – Notes for the Waiting Room, gift from editor
 - Lauryn Youden – Sacred Serpent Sessions
 - Sharona Franklin – Rental Bod, gift from author

Romily Alice Walden – Notes from the Underlands, A Manifesto for A Queer Future
Johanna Hedva – Home-ness and Homeless-ness in the charts of Kleist and Vogel, gift from Dylan Spencer-Davidson

- ♦ flyer for The Fatigued Compassionate Oracle workshop by Sickness Affinity Group for the 11th Berlin Biennale, 2020
- ♦ tarot deck made by Ebb Bayley, with Visionary of Knives card wrapped outside of the deck with colorful string

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rest, soothe my burning spine (2020)



- ♦ hand-dyed lavender blue and beige linen
- ♦ white cotton fabric and cushions
- ♦ four linen pillows with excerpts of CAConrad's poem Mount Monadnock Transmissions - Sharking of the Birdcage and Larissa Lai's Tiger Flu embroidered by Ebb Bayley
- ♦ freshly picked bouquet of mugwort
- ♦ circular antique metal container with gold flower detail on the lid
- ♦ small red container of Tiger Balm
- ♦ 2oz container of Ceres Dragon Balm Deep Tissue Relief
- ♦ small pieces of black and orange kyanite, gift from Patrick Cruz

Further resources

Instagram accounts to follow:

@ablezine	@indyamoore	@sicknessaffinitygroup
@aaron__philip	@iharterika	@siiamhamilton
@accesscenteredmovement	@invalid_art	@somaticwitch
@annawim	@itswalela	@smogelgem
@asickmagazine	@jessedarling	@star_seeded
@bad.mamma.jama	@jillianmercado	@the.autisticats
@brownpoetryandtea	@jocyofthedragons	@thechroniciconic
@cassandra.press	@kandis_williams	@thehoodwitch
@clementinemorrigan	@lauralulika	@theguerrillafeminist
@celestial_investments	@lilguerrera	@thewhitepube
@chrisumkim	@lilnativeboy	@upgradeaccessibility
@covenberlin	@littlelom	
@crippingupsex	@margeaux.feldmen	
@crutches_and_spice	@mia_mingus	
@danakearley	@miriamkonstad	
@deathpanelpodcast	@mumilaaq	
@dept_of_speculation	@munroebergdorf	
@dipetsa	@nationapostivitypride	
@elektrakb	@neurodivergentactivist	
@erinmarie	@obligatory_purgatory	
@feministische_recherchegruppe	@okcandice	
@femmesfitness	@oldeways	
@femmeow	@paid.technologies	
@goldendomeschool	@pastacomplex	
@gross_queer	@plsdonttouchmycane	
@hausofhoodoo	@romilyalice	
@hot.crip	@rvbyallergra	
@hourofstar	@sickbitch69	
	@sickinquarters	

Further resources

Johanna Hedva, 'Sick Woman Theory' (2016)
<http://www.maskmagazine.com/not-again/struggle/sick-woman-theory>

Carolyn Lazard 'How to be a Person in the Age of Autoimmunity' (2013)
<https://static1.squarespace.com/static/55c40d69e4boa45eb985d566/t/58cebc9dc534a59fbd98c2/1489943709737/>

Leah Lakshmi Piepzna-Samarasinha, 'Nobody Left Behind, But Wanting to Run Like Hell: Disability Justice Survival Strategies for the Current Apocalypse Moment' (2020)
<https://medium.com/@brownstargirl/nobody-left-behind-but-wanting-to-run-like-hell-disability-justice-survival-strategies-for-the-879332de160e>

Mia Mingus, 'Access Intimacy: The Missing Link' (2011)
<https://leavingevidence.wordpress.com/2011/05/05/access-intimacy-the-missing-link/>

Mia Mingus, 'Changing the Framework: Disability Justice' (2011)
<https://leavingevidence.wordpress.com/2011/02/12/changing-the-framework-disability-justice/>

Thanks

Thank you to the following people who have helped and supported me during the making of this exhibition, who this exhibition would have not been possible without:

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Sharona Franklin
Opashona Ghosh
Paul Griffiths
Bri Luna
Rhianne McNally
Dietrich Meyer
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Kari Rosenfeld
Sarah Rosengarten
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Cheri Youden
Inga Zimprich

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These groups, individuals and communities are not affiliated with this work but are of value to me and whose knowledge and practices I aim to share widely. I am grateful to be part of this interconnected and ever-growing global network. I hope to be able to pass on experiences and knowledge that I have gathered in this exhibition as useful tools to work with and build upon. Many of these tools are rooted in, and informed by, emancipatory movements and struggles that originate in Black, PoC, Disabled, Queer, Trans*, Feminist, and Sick knowledges.

Lastly, I am thankful again to Inga Zimprich, Romily Alice Walden, Stassja Mrozinski, Fran Breden and Clay AD for your generous support during this time and for teaching me how to structure and format acknowledgements and texts such as these.

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This is edition 1.0 of this booklet. It will be continually updated and improved. I am open to feedback and will be correcting any omissions in the future versions of this document.

Please contact me if you feel in any way misrepresented or if you have any suggestions on how to more appropriately credit you. Additionally please help me to make this document more accessible and inclusive by emailing your suggestions or feedback to youden.studio@gmail.com