

## **Buried Thunder** presents *ESSENCE*

As highly adaptable creatives, we have a way of being able to shift and find perspectives that work best for the climate that we are in. **Buried Thunder** have done exactly that with their zodiac piece *Essence*, that is being premiered on the 10<sup>th</sup> April 2021.

Resembling game-like features, the piece works around the audience's choices as you click through, creating your own order of sequences from the company's work. Each section was influenced by interviewees, for all 12 signs of the zodiac. Even if you are not into astrology, the work transports you through several beautiful landscapes in the UK, which frame the company's range of unique movement styles and storytelling texts. The camera guides your curiosity and each piece leaves you with an essence of the emotions being provoked. The piece allowed a sense of freedom, something that has been hard to grasp recently and has left me yearning for time in nature, to play, to sit, to be, and the locations allowed me a glimpse of what each space has to offer. The bare feet on the ground whether grass or mud or sand reminded me of what spirituality and tranquillity means for me, giving me the sense of being grounded. The work allowed time to escape the boxes of our homes even if that meant staring at the screen for an extra 20 minutes.

The piece was ever-shifting, and we are each on our own journey, so if you want to revisit the beach section, can anyone really blame you? The artistry is cohesive and cleverly bought together by a team of talented beings that are not to be missed on this project or any in the future. Until then I'll be off on my own adventure, finding some time for mindfulness in nature as I am in fact a water sign and the sea is calling.

By Jasmine Staunton