

I A M e t a m o r p h o s i s

I G N A T I O S M I T R O F A N O U S



We stand on the threshold of a great dawning, something deep within life is changing an era is ending and at the very core of creation something new is being born we are awakening from a long collective sleep ,an Earth dreaming deep within the womb of our mother Earth,, now is the time of a great shift of cosmic wheels which will result in the reformation of our earth and trigger a radical shift in consciousness the galactic tidal wave of light is descending upon the earth , activating the highest potential raising the frequency reality is being reformed , redefined .

The activation of new neural patterns will trigger new perceptions new information new impulses and the recalibration of DNA open yourself to these high dimensional frequencies ,let GO ,LOVE each other in these coming times be KIND to each other , gather in community, share yourself live your dream, live your heart, OPEN – OPEN YOUR SELF ! Be prepared for the challenges to come , the dark times of chaos and upheaval .

We are experiencing a dynamic recalibration of electromagnetic fields and earth systems on a global scale stay present ,stay calm and centered , try not judge what is happening ,surrender to the process , hold firm in the knowledge of what is being birthed .The process of birthing is an awesome undertaking an arduous task often fraught with intensity ,stay in the heart, stay connected to beloved friends and family , remember that this too shall pass and is a necessary purification , a great purge of all that is not in resonance with what is being born in us .All will be redeemed and reformed in miraculous ways , chaos will become peace and sorrow will become joy, trust with love.

The butterfly is a marvellous demonstration of the power within trust and vulnerability and in the miracle of metamorphosis , after all what is a butterfly if not the flowering of a caterpillar beyond its wildest dreams ~ emerging from the womb of the chrysalis the butterfly discards its restrictive silk and shell to inherit a magical new world of flowers breezes and sunshine, a world of freedom and delight and the celebration of its divine nature.

As you turn your light inward and witness your true nature you become an empty mirror and go beyond beliefs or doctrines , dissolving the veils the formless takes from going or coming we are on the right place .As the veils are lifted we will perceive worlds of unimaginable beauty self- transforming, astral world of light will shine down and interpenetrate the density of matter making it translucent ,less dense and more permeable to our thought and feeling multi-dimensional reality and the interconnectedness of all things will be as clear as sunlight and just as the light is not separate from the sun and the wave is not separate from the ocean so shall we realize our connection to the source and recognize ourselves in each other as one vast ocean of love and light.

Let the divine recognize the divine , light will find other light and as the spark ignites in you so it will ignite in others in a majestic radiance of consciousness and set the world alight in its magnificent , a new world without war .without greed ,in the safe custodianship of an awakened species manifesting peace with love, light and celebration . May the children of the earth understand that this is to be a birthing place of a new humanity the birthing of a new man utterly discontinuous from the past , utterly discontinuous from the powers released, transformed, metamorphosed ,into a multi-dimensional being conscious , whole and free.

## IAM «metamorphosis» 2020

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As an artist I am “channelling” to capture this transformations by restructuring the figure in a way that gives a new dimension, a new form, a new personality; as if I am the observer in the quantum field of energy and I manage to deliver one possibility of existence.

I intend for my work to be a reminder to the viewer of their own «metamorphosis».

\*Enter QR Code to view video





## Multiverse

2020

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mixed media  
on canvas  
115x115cm

Multiverse : if we define “universe” as “all there is” or “all that exists”, then obviously by definition, there can be only one universe. But if we define “universe” as “all we can ever see” ( no matter how large our telescopes are) or “space-time regions that expand together”, then many universes it my indeed exist . There is nothing in science more awesome, more majestic. To discern the nature of ultimate reality , one must begin with the challenge of multiple universes.





## As above so below. Zero point energy 2020

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mixed media  
on canvas  
115x115cm

Mass increases as an object approaches the speed of light, creating the need for more and more energy to accelerate . This increase in mass is caused by the increased absorption of energy from the environment .This environmental energy source is referred to as Zero-point energy. Energy that exists in the core of everything in microcosm and macrocosm .





## Entelecheia

2020

mixed media  
on canvas  
150x100

Entelechie: The end , the completion , the perfection of every being is the fundamental principle of Aristotelian philosophy . Perfect is that which lacks nothing, the complete, which makes the further search for another purpose or another situation unnecessary. According to the philosophical thought of Aristotle , all the actions of people are a set of charges, which aim at a higher end which is "excellent" and is identified with bliss. Happiness is associated with happiness. This principle, according to which the act has been fulfilled, is called by the philosopher Entelechia . Every being, according to Aristotle, reaches the perfection required by its nature and then from "potential being" it becomes "active being"



## Lotus

2020

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mixed media  
on canvas  
119x119cm

Lotus: The ever-changing manifested world in which time unfolds with your timeless being. You inner wiring grows like an ever-unfolding flower as you disidentify with the self, becoming a living bridge between the world of time and the timeless.





## Becoming Supernatural

2020

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mixed media  
on canvas  
116X116cm

A painting dedicated to D. Joe Dispenza book becoming supernatural, a book that change my understating of "reality " change my life .







## Metamorphosis

2020

mixed media

on canvas

120x120cm

The Greek word "metamorphosis" means "To change the form of someone or nature of a thing or person into a completely different one." In my artwork the term metamorphosis is presented through the evolutionary Process of the universe; where everything changes and everything is interconnected. As we try to evolve often we find ourselves trapped in our egocentric personalities which hold responsibility for our personal realities through our thoughts,\* actions\* and feelings\*. If we are seeking for natural evolution through «metamorphosis» of our higher self I.e. the caterpillar is transformed into a butterfly; I believe we have to open the cocoon of our ego to let us be comfortable in the existence of the unknown.





# TAO

2020

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mixed media  
on canvas 1  
100x140cm

There is only one thing that exist. For us reality appears as a dynamic world and in constant cyclical changes, circular patterns that are repeated in structure of opposites interrelated of the same thing called yin yang. "so life is the harmony between Yin and Yang that together we achieve a higher level of consciousness"





## Shakti

2020

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mixed media  
on canvas  
155x114cm

The Hindu concept or personification of the Divine feminine aspect of energy that exist with in everything, sometimes referred to as the divine mother Shakti represents the active dynamic principles of feminine power.





## 5G-5D-The shift to High Frequency world

2020

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Mixed media

55x55cm

2020

Profound technological change and profound philosophical change are intermingled. Looking ahead, as greater and greater technological power appears on our horizon, we can speculate how this rapid change will influence our philosophies. Maybe it will be the machine age of spirits where human consciousness will use the fabric and machinery of reality to create their own version of reality? Or, maybe it's an age where human consciousness ends.





## Samadhi

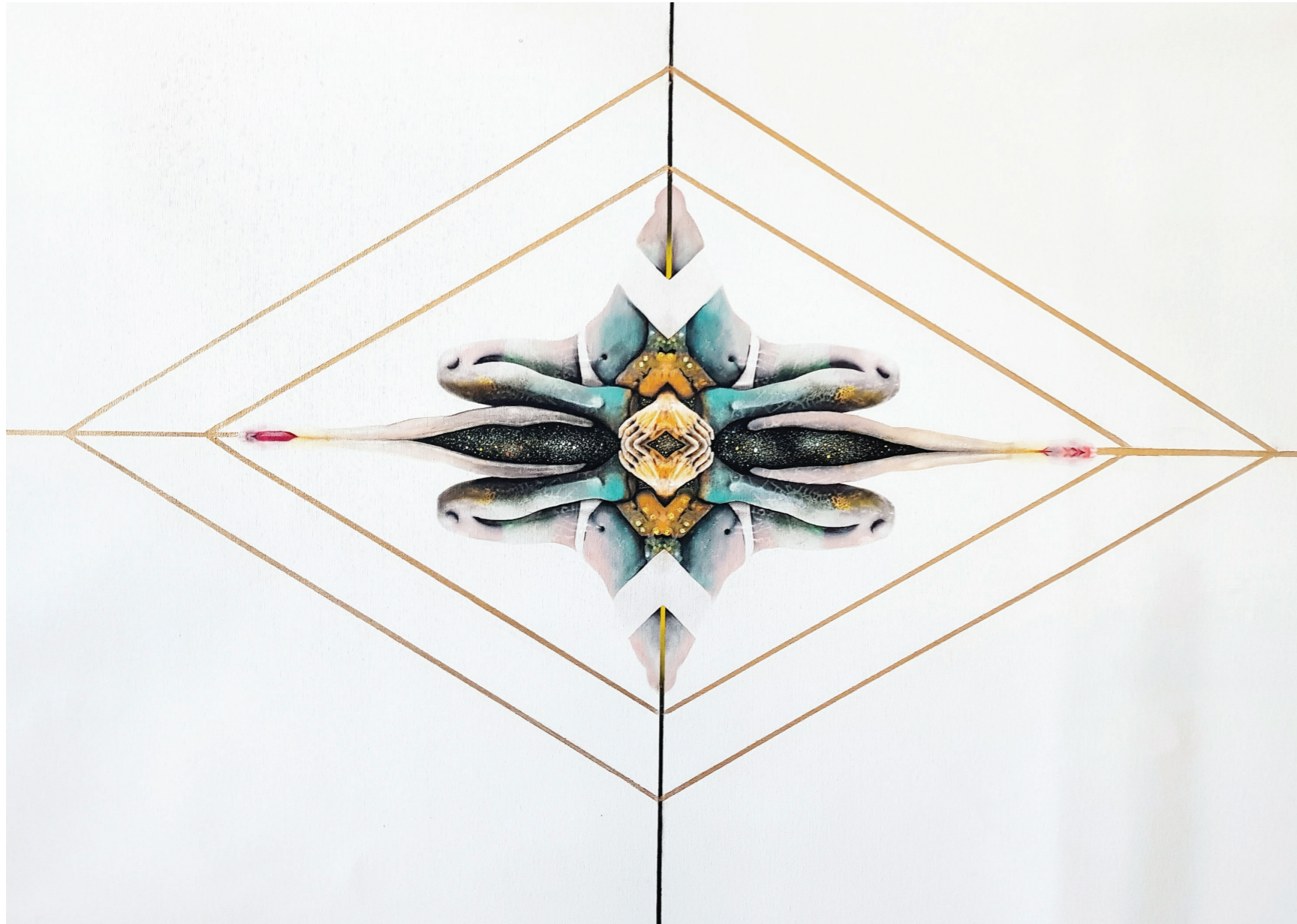
2020

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mixed media  
on canvas  
110x110cm

Samadhi is an ancient Sanskrit word for which there is no modern equivalent . Samadhi is awakening from the dream of your character in the play of life. When we are identified with our character , our persona this is Maya , the illusion of the self. The I AM is all there is, in the meaning of unity, wisdom and spiritualit.





## Tetrahedron

2020

mixed media  
on canvas  
100x100cm

Tetrahedron : Is the simplest shape it can exist in three dimension. The triangle structure is nature s only self-stabilizing pattern. The ancient civilizations knew that the root structure of the universe was the tetrahedral shape. Out of this shape nature exhibits a fundamental drive toward Equilibrium while it also has a fundamental drive towards changes .



Ignatios Mitrofanous was born in Nicosia in 1981. He was admitted to the Athens School of Fine Arts with the honorary distinction of 1st place among all Cypriots. He graduated from ASFA with a scholarship of academic excellence 2002-2007.

He lived and worked in Athens for many years and from 2011 he returned to Cyprus where he currently lives . He has presented his work in group exhibitions and international events, such as the Athens War Museum in 2009, the Hammond Museum in New York in 2015, the Melina Mercouri Cultural Center in 2009, the Cyprus House in Athens in 2010, the Youth Biennale in Alexandria in 2008; he also represented Cyprus at the artistic events during the Francophone Games in Nice in 2013. He was a member of the Council of Cyprus Visual Artists (EKATE) 2012-2014 as well as a representative of the artists, member of the jury in the Architectural-Artistic Competition for the Design of a Monumental Space at the Base in Mari.

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# IGNATIOS MITROFANOUS

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## Exhibitions

2020 | Solo 9september solo exhibition, IAM ,metamorphosis Alphack gallery  
Cyprus Nicosia.

2019 | Group exhibition, The lefkosia art show, Alphack gallery Cyprus Nicosia.

2017 | Group exhibition, Reference to Venus, Pafos2017 cultural capital of EY.  
(Organised by the Cyprus High Commission Cultural Center )

2016 | Supernova ,solo exhibition ,Alphack gallery Cyprus Nicosia  
(curator,Dr Efi Kyprianidou)

2015 | Invisible Worlds ,solo exhibition ,Camden image Gallery London,UK  
(curator: Dr Efi Kyprianidou)(Organised by the Cyprus High Commission Cultural Center),  
(High Commission of the republic of Cyprus in London)

2015 | Colors of Greece ,group exhibition in the Hamptons New York ,USA.

2015 | Group exhibition, Papenhuder57 Gallery, Hamburg. Germany

2014 | Young Cypriot artists, group exhibition, Akamandis Cultural Centre  
(curator: Eleni Nicodemou)

2014 | Alter Ego, group exhibition, Fytorio Visual Artist Association Nicosia,  
(curator: Dr Andri Michael)

2014 | Anasystasi: From Greece to Cyprus, group exhibition  
(organized by the Embassy of Greece in Cyprus in collaboration with EKATE)  
(curator: Dr Efi Kyprianidou)

2013 | Villemes Jeux de la Francophonie in Nice, France (Cyprus participation)

2010 | 50 years Republic Of Cyprus, Athens House of Cyprus,  
Greece Mary Alexiou Gallery, Athens Greece

2010 | Young Artists, Mary Alexiou Gallery, Athens.

2009 | Notes on a Tree, Melina Mercouri Cultural Center, Athens.

2009 | New Generations: Great Masters, Hydra Greece

2009 | Four Seasons, National War Museum, Athens.

2008 | Center-Decentralized, Cultural Center Saint Stephan, Athens.

2008 | International Youth Salon of Alexandria 3rd AAW, Alexandria

2008 | Space/ Action/ Picture, Technopolis Gazi, Athens.

2007 | Skull Place, Antonis Tritsis Park, Athens.

2006 | European Social Forum, Eleutherios Venizelos Airport of Athens, Athens.



**Alpha C.K.**  

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