

Please answer these questions - what is your name ?

What is the object you are donating to the exchange ?

How did this item inspire you and change your life ?

Please use the exchange responsibly. Items donated or taken are not checked, tested or approved in any way. You participate in this project entirely at your own risk. The artists, curator and Walton's New School of Music accept no liability whatsoever for any loss, injury, damage or distress that may arise.

OPEN

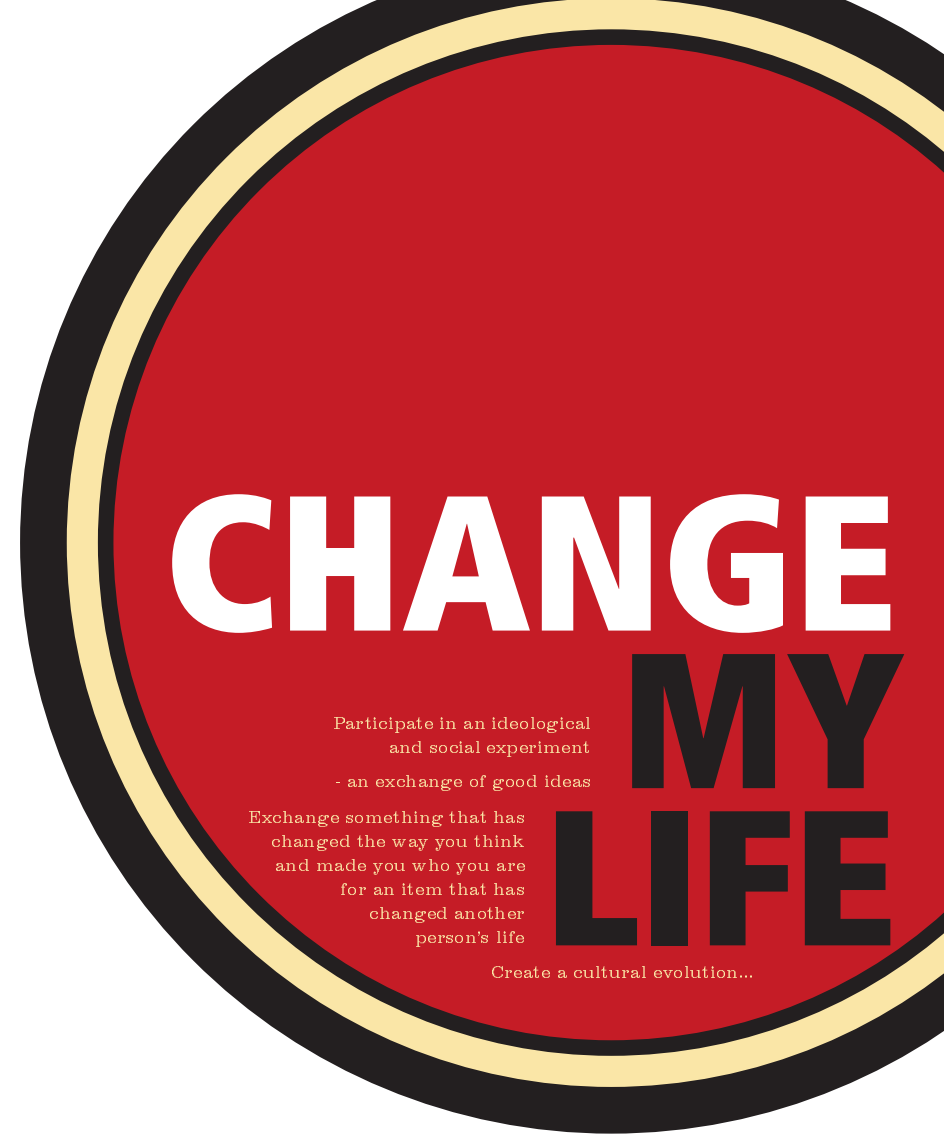
**MON
- THUR
10:00
-22:00**

**FRI
10:00
-20:00**

**SAT
10:00
-18:00**

**03.APRIL
-30.APRIL**

**WALTON'S NEW SCHOOL OF MUSIC
69 SOUTH GEORGE'S STREET, DUBLIN 2**



IAIN FORSYTH & JANE POLLARD

**AT WALTON'S NEW SCHOOL OF MUSIC 03.APRIL
69 SOUTH GEORGE'S STREET, DUBLIN 2 -30.APRIL**

CHANGE MY LIFE

Artists Iain Forsyth and Jane Pollard's new work, Change My Life, is a collaborative exchange of influential ideas, produced for the exhibition Rhythm-A-Ning in Dublin. The artists invite you to encourage cultural evolution by participating in the exchange they've established within Waltons New School of Music. Each item exchanged is loaded with significance and acts as a host for a self replicating pattern of information, perhaps infecting its new owner with a spark of its original meaning and potential. For more information on the project please email: exchange@thiswillchangemylife.com



RHYTHM-A-NING

Iain Forsyth and Jane Pollard met and began working collaboratively in 1993. They graduated together from Goldsmiths in 1995 and a day later were exhibiting in one of the late Joshua Compston's now legendary Shoreditch art events. Their interdisciplinary approach to art, music, mediation and the live experience has led to a continued engagement with the soundtrack underpinning contemporary life. Just as popular music and culture play out ideas of romance and obsession, history and memory, performance and the mediated image in a universally accessible yet highly personal way, their strategies have keyed into these dynamics and mechanics to make accessible, challenging and popular art. Through several video works the home-made compilation/mix tape acts as a motif and device to open up a unique space in this discourse.

Presented by Context Galleries, Rhythm-A-Ning features four artists from Ireland and the UK. The artists have each created new site-specific works in Walton's New School of Music. The school in the centre of Dublin combines high quality music tuition with innovative approaches to music education.

Rhythm-A-Ning is curated by Declan Sheehan

Forsyth and Pollard have pioneered the current art movement exploring re-enactment as an artistic genre. Since their first live art project The World Won't Listen in 1996, to their critically acclaimed A Rock 'N' Roll Suicide, their seminal art event re-enacting David Bowie's final performance as Ziggy Stardust, they have had the timing and insight to key into contemporary society's increasing engagement with simulation as a part of cultural expression. Their recent film File under Sacred Music, a remake of an infamous bootleg video of The Cramps performing at Napa Mental Institute in 1978, marked a significant and ground-breaking development in their practice.

File under Sacred Music is currently on tour in Europe - for more details visit www.fileundersacredmusic.com Iain Forsyth and Jane Pollard present new work in a solo show at Kate MacGarry Gallery, London E2 this Autumn. Please visit www.iainandjane.com for more information.

IAIN FORSYTH & JANE POLLARD

RULES

THE There are no absolute rules. This is an experiment, and as such will be whatever the participants collectively make it. An invitation is extended to everyone to participate, but the exchange only perpetuates if you engage in the idea with generosity, an open mind and a willingness to enter into the spirit of the adventure.

1 PARTICIPATE

First, select something to donate to the exchange. This can be anything - a CD, a book, a poem, a musical score, a film, a song etc. It must be something that has positively influenced the way you think; something that has affected the person you are and the way you do what you do. In short, it's crucial that you choose something that has, in some way, changed your life.

2 INFLUENCE

Use the back page of this leaflet to write a description of how the item has inspired you, what it has meant to you and how your life has changed because of it. If there is an anecdote attached to the role it has played in your evolution, please share it. This is an opportunity to participate in educating and influencing someone unknown to you, with the possibility that the understanding and significance this thing has had for you might perpetuate and perhaps replicate in another person. Attach the completed form to your object.

3 EXCHANGE

Take your object to Waltons New School of Music, 69 South George's Street, Dublin 2 sometime before 30th April 2005. Place it on the shelves of the exchange and select an item to take away with you. Before making a choice try to open yourself to the potential of something you're not already familiar with. Keep firmly in mind that every single item has changed someone's life. Open yourself to the possibility that held within it could be the trace of something that could have the power to influence your personal evolution in some way. Make your choice on instinct, try to surprise yourself and challenge your assumptions. Log the item on the inventory next to the shelves of the exchange.

4 EVOLVE

Engage with the item you have selected. Enjoy it. Read the message with it - try to understand and appreciate the idea and the importance it embodied for the other person. Introduce it into your life with an open mind and allow it to influence you. Participate in the exchange on as many occasions as you wish. You are welcome to exchange more than one item each time. You are not being monitored, so if you choose to get involved please participate responsibly and generously. Each contributor plays a critical role in the continued potential for the exchange to evolve. It is what you make it. Change your life.

CHANGE MY LIFE
www.thiswillchangemylife.com