



SHIFTING TIMELINES



This has become my understanding...

All the programs already exist. All the versions of Earth you could possibly imagine already exist. When you change your vibration, you shift to the parallel reality that already reflects the vibration you've changed to.

Shifting timelines is about looking at the possibilities of opening an expansive mindset where we tap into our innate power to change the way we experience our reality. It's about moving out of a mindset of fear and hopelessness, to match the vibrational frequencies of limitless possibilities by belief and conviction in such ways being more real than our perceived realities.

By focusing more on the knowing of us being spirits housed in our physical bodies temporarily, we can grasp the magnitude of the world which exists beyond our limited physical senses, and in this space we change our perception, which can change our complete experience.





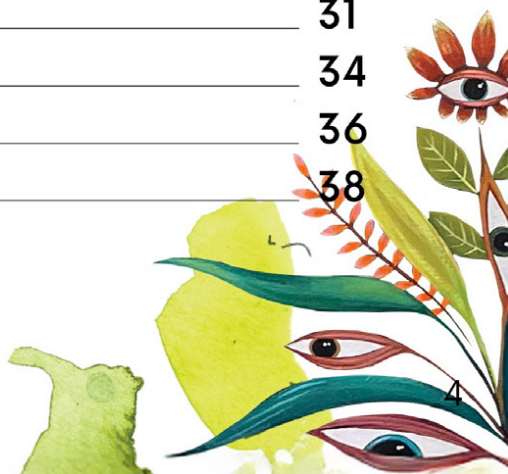
"WITH EACH SHIFT IN THE TIMELINE,
YOUR LIGHT SHINES WITH MORE
CLARITY, GUIDING YOU TOWARD THE
PATH YOU'RE MEANT TO WALK."

— DEEPAK CHOPRA



CONTENTS

Exhibition Statement	2
The Quest	5
Coming Into Being	8
Characters	9
Becoming The Authentic Self	11
Everything Is Energy	14
The Struggles	15
The Guides	17
With The Current	22
Breaking Free From Entanglement	23
The Growth	25
The Reward	27
Resting In Knowing	30
Cycles Repeat	31
The Circularity	34
The Play	36
The Conclusion	38



THE QUEST

Our lives seem like a quest, a journey of self-discovery, exploration, and growth. We are seeking purpose and fulfilment through experiences, connections, and challenges, ultimately leading to a deeper understanding and meaningful existence.

The mystery of not remembering what was before, and the uncertainty of what will be hereafter, and what we REALLY are, is the mission to uncover.

Please dare to join me on my visual quest...

Chaos and possibility collide as we begin our journey with The Big Bang. The eye acts as a witness - a higher power in a sense, watching existence unfold. We see life begin to unfurl and swirl together, taking on different abstract forms. The explosive imagery and theme hints at the very nature of life and how havoc is an essential component in the process of creation.

It highlights the duality of the universe and how important it is to use the fire and intensity within us to birth and create what we desire.

The Big Bang

Mixed media painting
200 x 150 x 4.5cm
R48 000 (unframed)





COMING INTO BEING

Drifting through space, these cosmic beings feel like they're in the middle of something big—a transformation, an awakening, a journey into existence itself.

Cosmic Right of Passage is all about that moment of becoming, when something shifts, and suddenly, you just are. Their glowing, jellyfish-like forms float effortlessly through the stars, their tentacles trailing like threads of fate. And those eyes? They hint at awareness, like the universe itself is waking up.

Reminding us that we're all in motion, just figuring it out as we go. The universe isn't just something we're moving through—it's something we're a part of.

Cosmic Right Of Passage

Acrylic painting on canvas

80 x 51 x 4.5cm

R8 200 (framed)

CHARACTERS

Every story needs its characters, and these six stand out with their own presence and energy. Each artwork captures a moment, a feeling, a personality, as if these beings exist beyond the canvas, waiting to tell their own story.

Whether they symbolise guides, guardians, or aspects of ourselves, these characters remind us that nature is full of lessons—sometimes in a roar, sometimes in a whisper.



Littlebird 1

Mixed media painting
23 x 23 x 4.5cm
R1600 (framed)



Littlebird 2

Mixed media painting
23 x 23 x 4.5cm
R1600 (framed)

Littlebird 3

Mixed media painting
23 x 23 x 4.5cm
R1600 (framed)



The Little Birds — free, watchful, and untamed — embody perspective, movement, and the call of the unknown.



Big Cat 1

Mixed media painting
33 x 33 x 4.5cm
R2200

Big Cat 2

Mixed media painting
33 x 33 x 4.5cm
R2200



Big Cat 3

Mixed media painting
33 x 33 x 4.5cm
R2200



The Big Cats — powerful, instinctive, and fierce — carry the weight of ancient wisdom and raw strength.

BECOMING THE AUTHENTIC SELF

Who are we, really?

The eye sees, perceives, and filters reality through its own lens, while the fingerprint is proof that no two of us are the same.

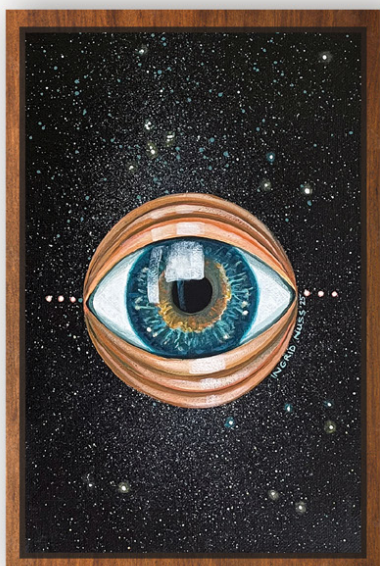
Together, these pieces represent the journey of self-discovery—seeing the world in our own way and embracing what makes us truly one of a kind. In a universe full of endless possibilities, this is a reminder that your perspective and identity are uniquely yours.

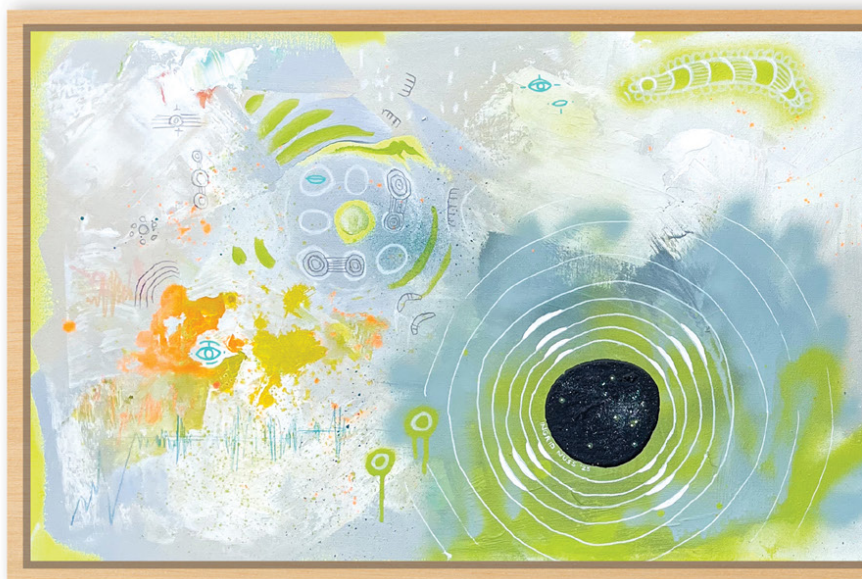
Unique View

Acrylic on canvas
33 x 23 x 4.5cm
R1900 (framed)

Authentic Self

Acrylic on canvas
33 x 23 x 4.5cm
R1500 (framed)





Everything Is Vibration

Mixed media painting
153 x 53 x 4.5cm
R18 500 (framed)

EVERYTHING IS ENERGY, VIBRATION AND RESONANCE

We are born into a physical (or what seems physical) world, where objects are heavy, emotions are deep, and everything seems very three dimensional. However, when we look under a microscope, we realise the world isn't solid due to the dynamic nature of matter and energy, as everything is made up of atoms and subatomic particles constantly in motion.



When we look beyond our physicality, we realise how much we can affect the trajectory of our moments through tapping into the fluidity of frequencies and our state of being. We act as antennae attracting the radio signal of what we are attuned to.

This way we can alter our vibrational output and become magnetic attractors to the aspects of life we prefer.

"Everything Is Vibration" expresses layers of colour, symbols, and organic patterns to create a sense of life's flow, almost like tuning into the unseen rhythms of existence.

THE STRUGGLES

Every quest has its challenges, of which mine has innumerable.

I've moved from resisting the struggles, to understanding their purpose and place in my life. Moving from the dissatisfaction of negative emotions, to grasping their greater purpose, has given me the tools to let them pass more swiftly, and appreciate them in retrospect, not taking away from the depths of sorrow, frustration and hopelessness they might contain.

They've become the turning-points in the journey, the ways to strive forward and onwards with more confidence and strength.

Over time, my apron has collected layers of paint, stains, and marks—each one a testament to the creative battles I've faced. Instead of seeing it as something worn or disposable, I choose to embrace it, turning the evidence of my struggles into something meaningful. Every splatter and tear holds a memory of frustration, persistence, and ultimately, growth. This piece is a reflection of the process itself—messy, unpredictable, and full of transformation.

The Artist's Armour

Apron (found object)
59 x 45 x 4.5cm
R11 500 (framed)



THE GUIDES

We are never alone on our quest. By understanding that we are supported here and in the spaces beyond our physical reality, we can tap into guidance from higher realms. They can play crucial roles in offering direction, wisdom, and support as we navigate different challenges and experiences.

The Owl guides symbolise wisdom, intuition, transformation, and the unseen realms. They represent deep insight, the ability to perceive hidden truths, and a connection to the spiritual world. Often seen as messengers of change, they guide individuals through transitions, urging trust in inner knowledge, silent observation, and embracing personal growth.

The Owl

Mixed media sculpture
40 x 16 x 17cm
R12 500



The Snake guides symbolise transformation, healing, wisdom, and primal energy. They represent rebirth through shedding the old, spiritual awakening, and the balance of power and intuition. Often linked to divine feminine energy, they guide individuals toward deeper self-awareness, renewal, and embracing life's continuous cycles of growth and evolution.



The Snake

Mixed media painting

49 x 63 x 4.5cm

R7200 (framed)

The Leopard guides symbolise power, confidence, solitude, and stealth. They represent inner strength, resilience, and the ability to navigate life's challenges gracefully. Often associated with independence and intuition, they guide individuals to embrace their uniqueness, trust their instincts, and move fearlessly toward personal growth and self-mastery.



The Leopard

Mixed media collage

58 x 79 x 4.5cm

R6800 (framed)

The Butterfly guides symbolise renewal, joy, and the soul's journey. They represent personal growth, embracing change, and the beauty of life's transitions. Often seen as messengers of hope, they encourage lightness, adaptability, and spiritual awakening, guiding individuals toward self-discovery and the fulfilment of their true potential.



The Butterfly

Mixed media collage

58 x 79 x 4.5cm

R6800

Going With The Flow

Mixed media collage

58 x 79 x 4.5cm

R6800 (framed)



WITH THE CURRENT

Going with the flow encourages embracing life's changes with trust and ease. Letting go of resistance, staying present, and adapting to situations without force can ease the movement of daily life. Trust the universe's timing, release control, and allow events to unfold naturally, fostering peace and alignment.

BREAKING FREE FROM ENTANGLEMENT

The quest can become a real mess. Confused thoughts, emotional ties, hurt and old wounds surfacing is a familiarity we all face while in this life experience.

Breaking free from entanglement is that little part of you that knows it can break free from all these negative emotions, but it requires self-awareness, setting boundaries, and releasing emotional attachments.

By also detaching from limiting beliefs and past burdens we can cultivate inner strength and in the process create space for freedom, authenticity, and deeper alignment with the timeline that feels more attuned to one's true path.

Detaching

Mixed media painting
84 x 84 x 4.5cm
R9500 (framed)



THE GROWTH

Surfing is my lifeline...
It picks me up when I'm down,
It tosses me down when I'm too far up,
It soothes my soul,
It cleanses my mind.
It slows down time,
It makes my heart race
It fills my cup.
May the saltwater never dry up.

-Ingrid Nuss

Surfing has always been more than just a sport to me—it's a way of life, a teacher, and a constant source of inspiration. Every wave holds a lesson, just like every brushstroke on this board tells a story of movement, change, and connection. This piece represents my own journey of growth, both in and out of the water.

Just like the ocean shapes the coastline over time, surfing has shaped me, influencing not only how I see the world but also how I express it through my art. The rhythm of the waves teaches patience, balance, and the art of letting go—lessons that flow into my creative process. Each section of this board captures a different layer of experience, a reminder that growth isn't just about moving forward but also about appreciating where you've been.

Vic Bay Lion

Acrylic on surfboard
195 x 52 x 6cm
R22 500 (includes stand)



THE REWARD



Abundance Falls

Mixed media painting
153cm x 53 x 4.5cm
R22 500 (framed)



Abundance is a state of mind...

The mindset is cultivated through gratitude, positive thinking, and releasing scarcity fears, by focusing on possibilities rather than limitations, practicing generosity, and trusting that opportunities are endless. We can shift from competition to collaboration, affirm worthiness, and embrace growth. By consistently aligning thoughts and actions with abundance, prosperity naturally flows like the rich golden waterfalls in this painting.



RESTING IN KNOWING

There's a deep stillness in knowing—an unshakable presence that doesn't need to prove itself. Diamond Consciousness embodies that space. The panther, a symbol of power, intuition, and grace, rests effortlessly, fully aware yet completely at ease. It doesn't need to chase or fight; it simply exists in a state of knowing. Above, the swirling sky reflects the unseen forces always at play, moving in harmony with something greater. Below, the vastness of the cosmos stretches infinitely, a reminder that we are both small and limitless at the same time.

The glowing diamond above the panther's head represents clarity, wisdom, and the ability to see beyond illusion—beyond the noise, the doubt, the distractions. It's a state of being where everything aligns, not through force, but through presence. This piece speaks to that quiet confidence—the kind that doesn't waver, because it simply knows.

Crystallised Knowing

Acrylic on canvas
65 x 103 x 4.5cm
R19 500

CYCLES REPEAT

Layers upon layers, history built upon itself—this piece explores the structures we create, both physical and conceptual, and the cycles that seem inescapable.

It dives into the different emotional states one keeps repeating through familiar patterns within the programmed self.

The contrast between light and shadow, growth and decay, the organic and the mechanical, speaks to the push and pull of time. There's movement, but is it progress?

The towering forms above suggest ambition, innovation, and the desire to build upward, while the depths below hint at what has been buried, forgotten, or repeated. A lone figure moves forward, but the question lingers—are they forging a new path, or simply tracing the steps of those who came before? The cycle continues, are we aware enough to break free?

Traversing Interspatial Stations

Acrylic on canvas
97 x 123 x 4.5cm
R38 500 (framed)





THE CIRCULARITY

Shifting Timelines speaks to the idea that reality isn't fixed—it's fluid, shaped by our consciousness, choices, and energy. Every decision we make, every thought we entertain, has the potential to redirect our path, aligning us with a different version of our future. Time isn't linear; it loops, folds and expands, offering infinite possibilities.

Spiritually, it is about stepping into new frequencies of existence. It's about transcending old patterns, embracing growth, and realizing that we have the power to shift our experience by shifting our inner world. The past doesn't have to define us, and the future isn't set in stone—we are always in motion, co-creating our reality with the universe.

This piece reflects that fluidity. The organic forms swirl and merge, the watchful eyes hint at awareness, while the Earth radiates with the energy of transformation. It represents the moment of stepping into alignment, of consciously choosing a path that resonates with our highest self. It's a reminder that no matter where we find ourselves, we are never stuck. A new timeline is always unfolding, waiting for us to step into it.

The Cymatic Dance

Acrylic on canvas

123 x 123 x 4.5cm

R36 500 (framed)



THE PLAY

The Play is the final act, the conclusion that is not an ending but a continuation. A labyrinth of staircases rises and falls, leading everywhere and nowhere, while leopards roam freely, unconcerned with the structure around them. This space is both a creation and an experience—like life itself, where we build, explore, and surrender all at once.

After a journey through shifting timelines, through growth, struggle, and awakening, we arrive here. But here is not a destination; it is movement, possibility, and play. The leopards, instinctual and unbound, remind us that no matter how complex the structure, we are free to navigate it with intuition rather than certainty. The play continues. The story never truly ends.

Paradigm Shifts

Mixed media painting
200 x 150 x 4.5cm
R52 500 (unframed)

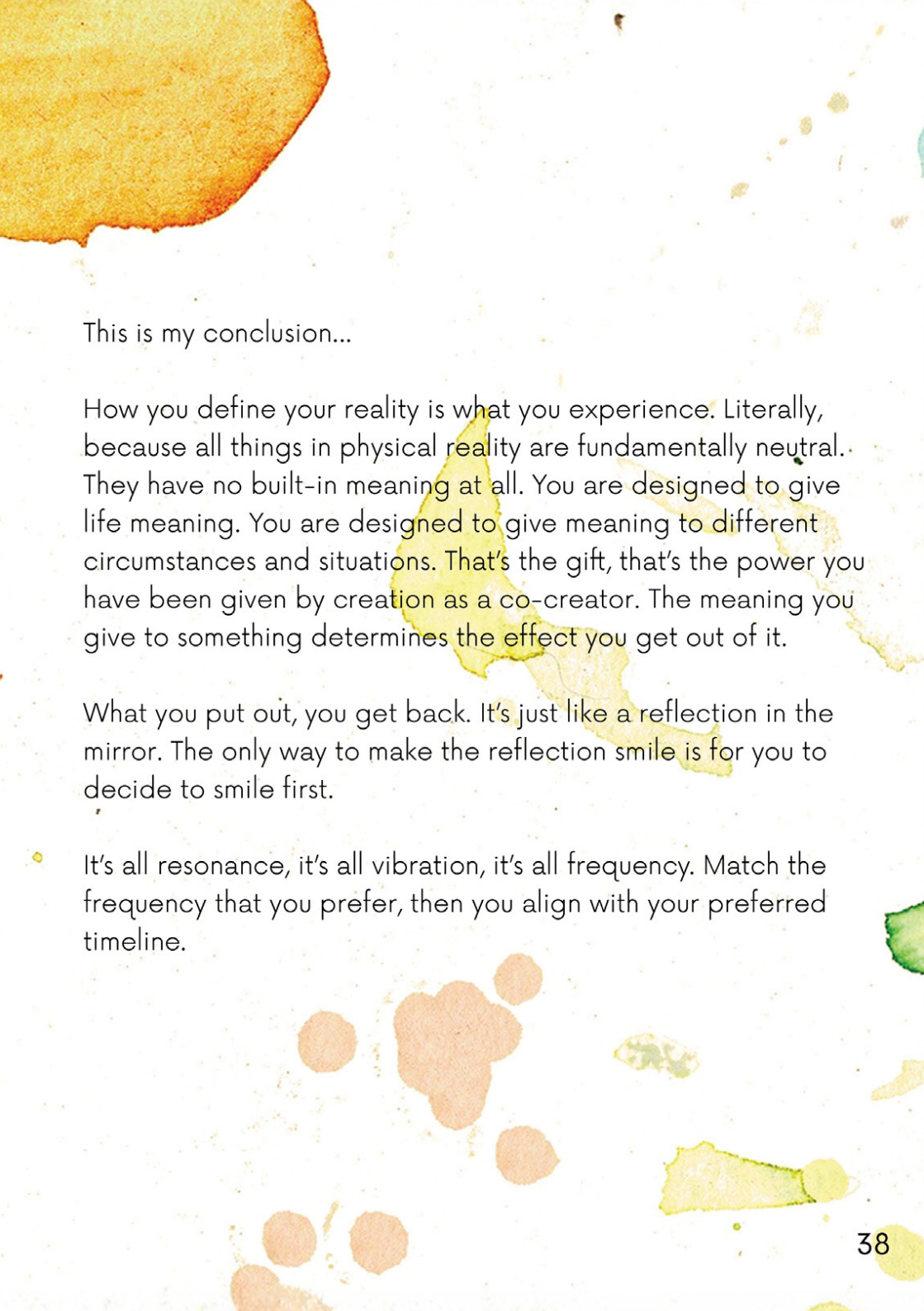


THE
END...



...OR **IS IT?**





This is my conclusion...

How you define your reality is what you experience. Literally, because all things in physical reality are fundamentally neutral. They have no built-in meaning at all. You are designed to give life meaning. You are designed to give meaning to different circumstances and situations. That's the gift, that's the power you have been given by creation as a co-creator. The meaning you give to something determines the effect you get out of it.

What you put out, you get back. It's just like a reflection in the mirror. The only way to make the reflection smile is for you to decide to smile first.

It's all resonance, it's all vibration, it's all frequency. Match the frequency that you prefer, then you align with your preferred timeline.



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