



**ARIEX I AM NATURE**

## 01. I AM NATURE


# the beginning

He drifted away from me the last time.  
He was always out and about...  
He might have made more of an effort to be there for me.

I am nature... All the things that you call nature.  
Okay Mr. Nature, what do you want?  
To hurt you as much as I can.  
How?  
How do you think?  
By frightening me?  
By killing you...

Nature can't hurt me.  
You just told you're the green in the outside...  
No, I'm more than that.  
I don't understand.  
I'm outside, but also... within... I'm nature of all  
human beings...  
Oh, That kind of nature...  
The kind of nature that causes people do the evil  
things against women...  
That's exactly who I am.  
That kind of nature interested me a lot... When I  
was uphere.

Nature of all human beings...  
Oh, That kind of nature...  
The kind of nature that causes people do the evil  
things against women...  
That's exactly who I am...



## 02. THE CATALYST

*fear*

You didn't hear Nick screaming.

Apparently not.

And because you experienced something that you can't explain rationally,

You placed Eden very high on the pyramid chart.

Eden was the catalyst that triggered your fear.

You jumped to conclusions.

Entitled the emotional event with a place.

When you feel threat It's natural to react.

If the danger were real, your fear would save your life.

Because your adrenaline will be used for fight or flight.

But what you're experiencing is panic, nothing more.

The scream wasn't real...

We can start by working on your expectations.

Close your eyes.

Feel the seat underneath you.

Feel yourself sinking down into it.

Folding you...

It's a nice feeling.

What you feel is a pleasant warmth and heaviness.

Your breath is deep...

I gather.

You sink...

Down...

Imagine you're at Eden.

Imagine you arrived at Eden through the woods.

Tell me what you see?

I'm at the bridge.

It's evening.

Almost no voice can be heard.

The water is running without a sound.

Darkness comes out anytime here...

I walk into it.

The little deers... are hiding.

Among their friends. As usual.

Is it Difficult to go upthere?

No, not really.

In fact is almost okay...

I'm at the bridge.

It's evening...

Almost no voice can be heard.

The water is running without a sound.

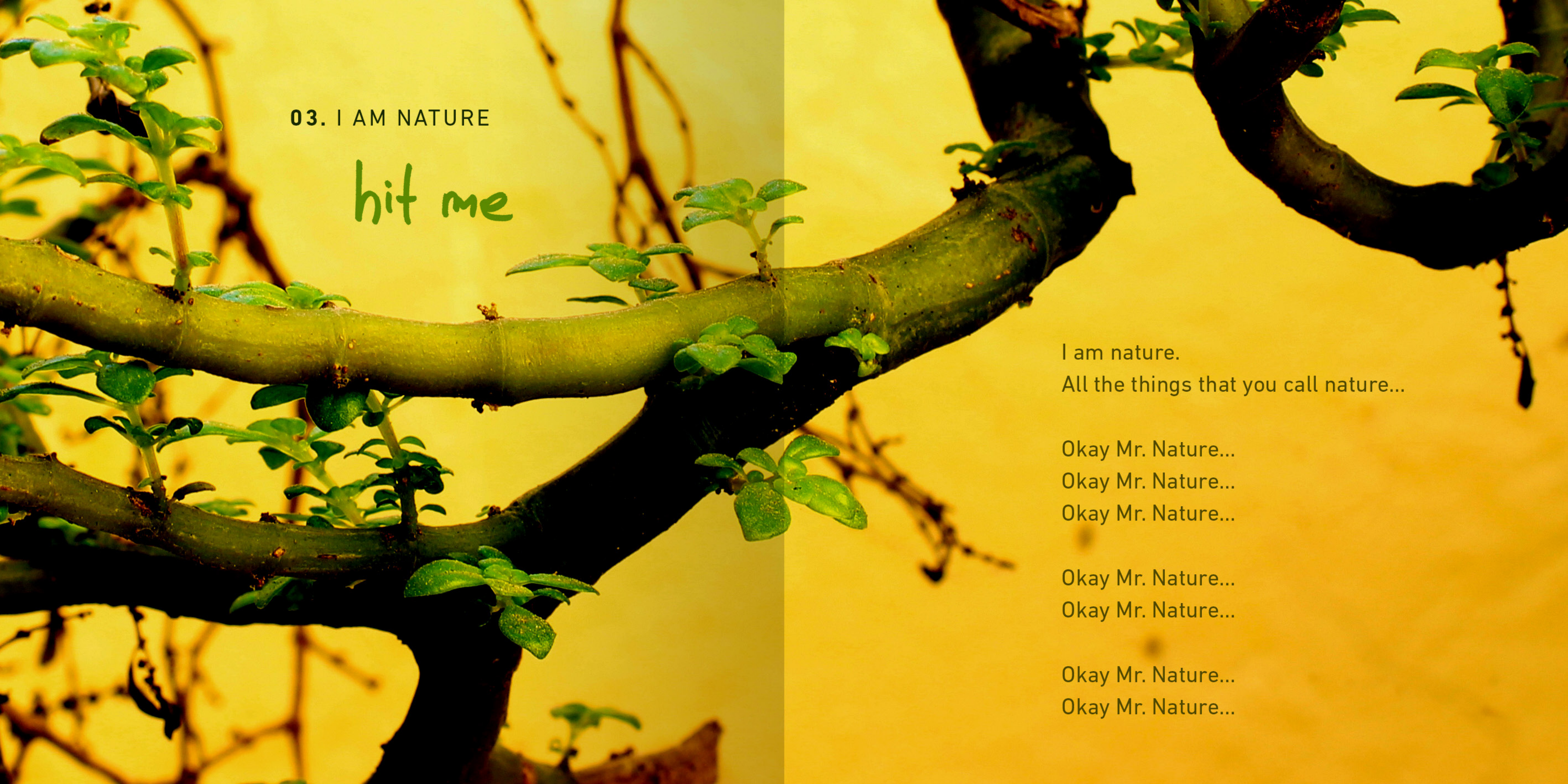
Darkness comes out anytime here...

I walk into it...

I walk into it.

Darkness comes out anytime here...

I walk into it.



03. I AM NATURE

hit me

I am nature.

All the things that you call nature...

Okay Mr. Nature...

Okay Mr. Nature...

Okay Mr. Nature...

Okay Mr. Nature...

Okay Mr. Nature...

Okay Mr. Nature...

Okay Mr. Nature...

04. I AM NATURE


# the three beggars

I am...  
Okay...

I am...  
Okay...

I am...  
Okay Mr. Nature...





I've been afraid of here before.  
I just didn't know it was fear.  
I became afraid and I stopped writing.  
I heard a sound.  
I just didn't know it was fear...

I've been afraid of here before.  
I just didn't know it was fear...  
I became afraid and I stopped writing.  
I heard a sound.  
I heard a sound...

05. UTOPIAN CHILD

human nature

06. I AM NATURE

chaos reigns

I am nature... All the things that you call nature.

Okay Mr. Nature, what do you want?

To hurt you as much as I can.

How?

How do you think?

By frightening me?

By killing you...

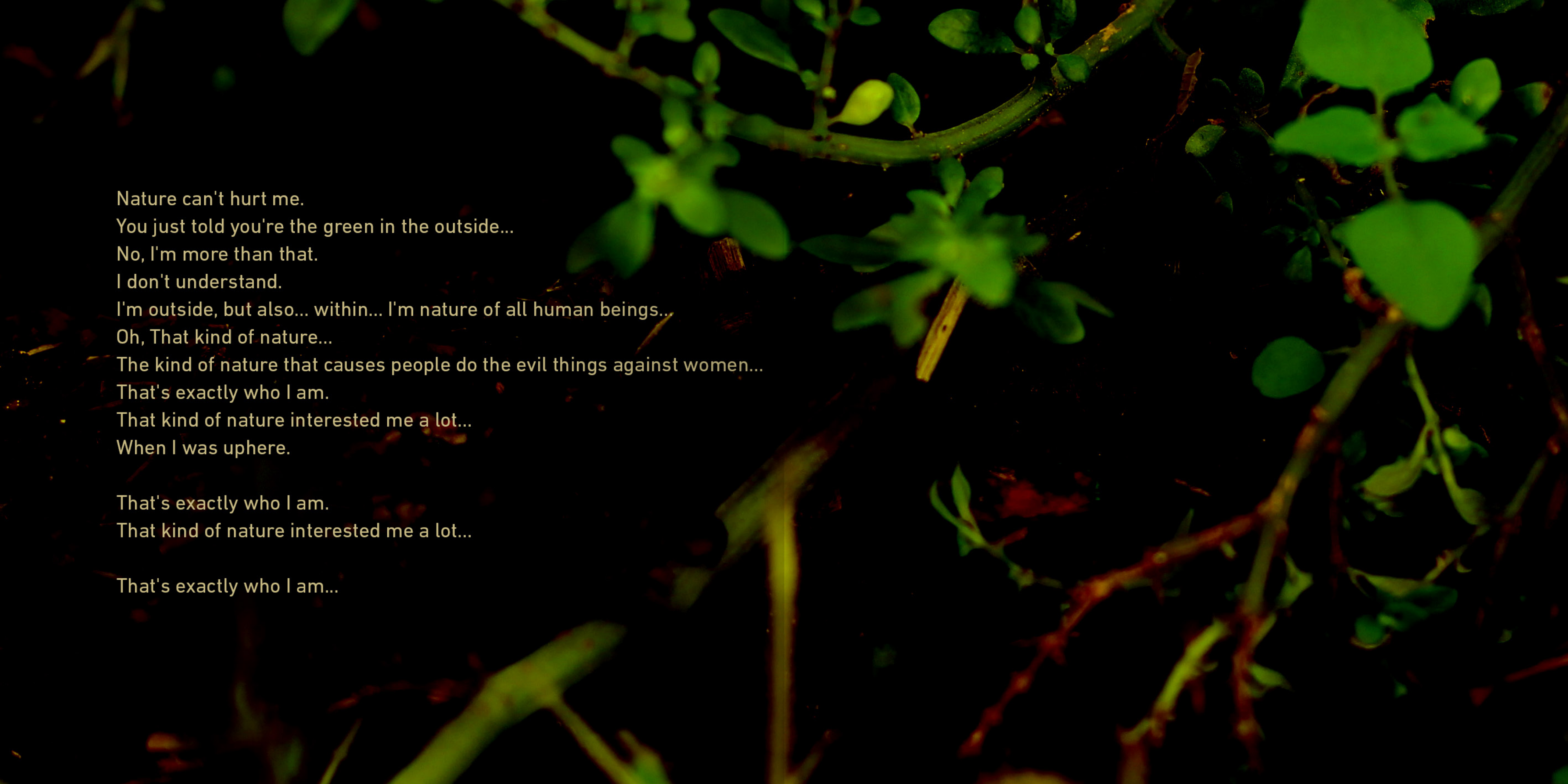
Okay Mr. Nature.

Okay Mr. Nature.

Okay Mr. Nature.

Okay Mr. Nature...





Nature can't hurt me.  
You just told you're the green in the outside...  
No, I'm more than that.  
I don't understand.  
I'm outside, but also... within... I'm nature of all human beings...  
Oh, That kind of nature...  
The kind of nature that causes people do the evil things against women...  
That's exactly who I am.  
That kind of nature interested me a lot...  
When I was up here.

That's exactly who I am.  
That kind of nature interested me a lot...

That's exactly who I am...

07. I AM NATURE

*the end*

Wake up...

Wake up...

Wake up...

Wake up...

**ARIEIX**

**I AM NATURE**

Antichrist (2009) written and directed by Lars von Trier.

All songs written, arranged, recorded, produced, mixed and mastered by Ariel Tavares Grilo

This work was inspired by the original Danish art film Antichrist (2009) written and directed by Lars von Trier. This work was inspired by the original Danish art film Antichrist (2009) written and directed by Lars von Trier.