

ARTIST STATEMENT

“Letting Go” is the theme for this series of largely monochromatic drawings. Taking inspiration from Buddhist philosophy, I explore the journey from grasping to letting go to insight using visual metaphors based on the human figure, especially hands. My subjects arise from personal experiences such as giving away a treasured family heirloom or witnessing my elderly mother’s progressive loss of vision. However, my intent is to convey the universal experience of any person at the inflection point between the pain of grasping and the release of letting go.

I simplified the colour scheme of these pieces to echo the contrast between holding on and letting go and used human hands to embody that sense of grasp and release. However, life passages are rarely simple, so I used the full range of light and dark values and employed lighting, varied mark-making and erasures to explore the nuance and depth of each story.

The act of drawing invites prolonged contemplation, and in my experience is a close cousin to meditation. Both are allies in the ongoing project of moving beyond the moment as I’d like it to be, towards the moment that is.