

Liz Ingram - Artist's Statement

"For the past twenty-eight years my art work has revolved around the investigation of transitional states between material presence and the 'spiritual'. I believe that my childhood life in India had a strong influence on my ongoing need and desire to contemplate human existence from both a physical and an ephemeral perspective. Early exposure to extremes of physical deprivation butted up against heightened sensuality, exotic rich colours, sounds, smells and ritual practices have predisposed me to this continuing endeavor. The global digital and TV world of 'screen living' and the internet seem to be further distancing us from our physical instincts and bodily intelligence. In this environment of fragmentation which deprives us, to a great extent, of real first hand experience, of spiritual stimulus, and of connection with our natural biological pace, I worry that the physical/ mental split could prove catastrophic for the preservation of both human and environmental essential resources. I am using images of glistening water and fragments of the human body in an attempt to reawaken an understanding of our fundamental connections with nature and the elements. With the aid of light, shimmering pixels, sound, words, and colour, I hope to give the viewer an experience which will tap childhood memories of the sensation of playing in water, and will celebrate the wonder of this endangered and essential element. My works represent an attempt to grapple with questions and feelings about unification of our physical and spiritual natures using the body and natural elements as subjects. I think about the temporal nature of life and about the vulnerability of two essential sources for human continuity - water and intimacy." Liz Ingram,

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