

## 創作自述

### 繪畫冥想 以繪畫作為冥想過程之紀錄

I practice meditation and Vipassana a lot. Because of this habit, I started to sense something invisible around or within the objects. I also join Family Constellation group as well, which helps me develop a way of inner seeing. These drawing I called *Aura Anatomy*, one of the piece was shown in the Armory Artweek in New York.

I joined bunch of market place activities to draw on-site portraits for people and enjoy the moment. As a graphic designer, I also add digital graphic design skill into my drawing.

Automatism can be explored through Surrealism and Abstract Expressionism. Recently, Zentangle, ZenInkstyle and Mandala drawing are popular for releasing the inner experience. Art therapy also uses the technique of automatism. The difference of my drawing and these works are I am not releasing any pressure or emotion. I just feel and sense then try to unify all my elements together to complete a work.

One of the projects that could relate to my work is the research project launched by Royal College of Art *Drawing Energy*. They investigate on people using their perceptions and drawing on the topic of "energy". No matter it's energy from electricity or food, etc. Also there are visionary artists include Alex Grey, Hilma af Klint, Aurelien Pumayana Floret and other artists. Hilma af Klint also used automatism but in her work, we'll see her knowledge based on her conception of mathematics, science, cosmic world and religions. She pursued a unification of the duality and tried to express the abstract and higher realms through her works. The visionary art sees the unseen. It also brings larger life meaning, experience and vision to human. People find true essences of their being when seeing these artworks. They will know that they are not merely their bodies. There are more going on outside and connection among individuals.