

## Public Abstract

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Title:The Undoing of the Self: an Artistic Exploration

I believe in the Buddhist concept that desire grows out of the false view that we are separate. If we truly accept that all things are One, then there are no connections that need to be made, for they are already there. And, by the same token, there is nothing to run away from. My work originates from a desire to impart this belief to others. Desire comes from a perception of lack. But, this is in direct conflict with my belief that in reality, we lack nothing. The circumstance is akin to walking a tightrope and we must develop grace in order to walk on it, navigating our ideals and desires with reality. One may feel tension in walking the tightrope, but by walking it one may avoid plunging too far one way or another, either by blinding oneself to reality and living in a fantasy world, or by becoming extremely cynical and closed off.

Through interactive video, performance and installation, I explore this balance and what occurs when we encounter boundaries. We say we want to touch, to be held, but our desires often conflict with personal boundaries. Sometimes we create artificial boundaries in order to follow social mores and certain kinds of boundaries are of course, good and healthy. I use this work to touch and embrace people who I otherwise may not, due to social restrictions. When materials such as fabric and video serve as surrogates for caresses, I feel more comfortable to open up, to undo my boundaries.