

Extra information from the artist: Jo Thomasina

As an artist moving on to my MA Fine Art course in September 2022, I am working towards participating in the area of arts for well-being to achieve a future career with this kind of work. I would like to work on community projects including working within the social sector such as: care homes, hospitals, prisons as well as already established community groups. Working in this area will be a way of paying the rent while also enjoying helping and supporting others as a day job. For sheer pleasure of indulgence however, I also hope to be involved in more street and public art. This is where my passion lies in a desire of creating organic land art supporting sustainability where possible. The enjoyment I experience when creating simple artworks that takes more thought than the actual techniques of disciplines. I believe art is what the individual considers to be art, which can be anything from Edvard Munch's *Scream* or the screwed up paper I attached to a piece of string to create a performance piece in year two of my degree course.

The pleasure of creating art whatever discipline it is, of course is wonderful with many materials and time at your disposal. The average person however, in the community doesn't have all these trained techniques or materials available to them on an average day when they are feeling down. This is where I find land art very appealing, created by using found sites/landscapes and objects, where it is for the most part, completely free. Or by using items that can be recycled from your recycling bins or skips sitting outside peoples front doors. Objects being thrown away at school, college, uni, work, social spaces. If you use the Psychogeography in art approach to looking for materials in our urban streets. You can create some magnificent artwork with barely no expense at all. Take the kids to the park, find a leaf to use as your canvas, a stick as you brush or pencil and some mud as your paint. You'd be amazed with the fascinating creations they would come up with. While having fun without costing a penny, only time and togetherness is needed for that one. A twig, shell, stone or even seaweed, using the sand as our canvas is something us adults quite often forget we used to do when having fun. I love the idea of being in touch with our inner child for the freedom of our wellbeing.

The installation I created for my degree show was an interactive work based around just that, playfulness while being able to reflect on life at the same time. Using breathing space of mindfulness for wellbeing, connecting with our inner child again. I believe it achieved just that from the feedback I received from fellow students, friends as well as many members of the public. It

seemed to have a variety of different effects on people's experience participating in the installation. If there were any negatives with the participants overall experience, which is a great possibility, I am still yet to hear of this.

Below is some of the work from my installation at GradFest22, including the text created onto my 3 x plaques.

Graduate Showcase - 2022

Introduction for participant audience awareness.

This installation is an artwork intended to create a feeling of mindfulness and well-being. The artist is not a trained art therapist, therefore one should approach the interaction of this work with an open mind of playfulness.

The artist would like you the viewer to experience this playful installation. Enjoying interacting with the ancient philosopher, seeking advice on gentle meditation and mindfulness.

Relaxing while sitting on the rocks, looking across at (Tree)
Contemplating with your inner self, you can now release those thoughts that have been niggling at the back of your mind. Unburdening yourself of life's increasing stresses and strains. Taking in deep breaths, you'll experience a blind oblivescence to the world around you. Comatosed in that brief moment, you may come round to discover that life needn't be so harsh or precious if we learn to let go of our troubles for a while. Entering that breathing space, discovering while unburdening ourselves that if we really think about it, there is always someone out there to talk to, we just have to reach out and talk.

Why not further your experience of this installation?

Write a note anonymously on the slips provided to unburden yourself. Fold the slip over, deposit your secrets into the box, every so often, the artist will come along to post some selected slips up onto the wall for public display. Achieving sharing through caring and helping others.

The artist **Jo Thomasina**, would like to thank you all in advance for your audience participation, wishing you good health, peace and love. *J.T.*



Above image

Title: *Unburden & Sharing*



Above image

Title: *Postbox Rock*

Below is the text created on 2 x plaques in my installation exhibition.

Plaque 1

Unburdening

Touch the wizard on either its right or left ear.

Closing your eyes, slowly and gently, taking in deep breaths, while at the same time, counting to ten.

Clearing your mind of all those busy crazy electrical thoughts,

Then when your mind is completely relaxed.

Open your brainpower to thought once again, to telepathically talk to the Ancient Philosopher Wizard of Wisdom, who is your friend.

Unburdening yourself of those mixed emotional feelings:

I'll health at its worst, fear, sadness, anger, or secrets you'd rather not hear. But you did, so you've stood by your word, no one else has ever heard.

Stay silent for a few minutes, try to relax, while still taking in those deep breaths, then when ready, open your eyes, and your mind, from its rest.

You will now find, by communicating with the Ancient Philosopher Wizard of Wisdom, your mind is relaxed, therefore your troubles become clearer.

Finding you can now trust in your own wise thoughts.

As your mind is free, no longer mixed up, confused and fuzzy to touch.

It's bright and diaphanous, so you'll start to feel cheerier.

You will now know what you must do next, who to talk to, who to seek out, achieving the best as your mind is now fresh, freer, now on its way to feeling its best.



Unburdening

Touch the wizard on either it's right or left ear.
Closing your eyes, slowly and gently, taking in deep breaths, while
at the same time, counting to ten.

Clearing your mind of all those busy crazy electrical thoughts,
Then when your mind is completely relaxed,
Open your brainpower to thoughts now added, to telepathically talk
to the Ancient Philosopher Wizard of Wisdom, who is your friend.

Unburdening yourself of those mixed emotional feelings:
Ill health at its worst, fear, sadness, anger, or secrets you'd rather
not hear. But you did, so you've stood by your word, no one else
has ever heard.

Stay silent for a few minutes, try to relax, while still taking in
those deep breaths, then when ready, open your eyes and your
mind, from its rest.

You will now find, by communicating with the Ancient Philosopher
Wizard of Wisdom, your mind relaxed, therefore your troubles
become clearer.

Finding you can now trust in your own wise thoughts.
As your mind is free, no longer mixed up, confused and hazy to
touch.

It's bright and diaphanous, so you'll start to feel cheerier.
You will now know what you must do next, who to talk to, who to
seek out, achieving the best as your mind is now fresh, freer, now
on its way to feeling its best.

Plaque 2

Poem

As the Ancient Philosopher Wizard of Wisdom, always says:

'Now you have spoken to me you see,

it means it is the first step of your troubles being aired

Aired troubles, means our troubles are shared, shared troubles

is lightening the load by 50%.

50%, is half the time spent on feeling so low, thinking there's nowhere else to go.

Now you now know, it's better to talk,

find another listening ear, who finds it easy to hear.

Cutting another 25% off of living in fear.

Only 25% left, to share with the rest, of those listening ears that will amazingly, start to appear.

Lightening the load even more, so you can be sure, your troubles now feel like a light Fluffy chore you can ignore.

I think you might find; it's becoming so clear; you'll now ask yourself why have I been living in fear. Why did I put myself through it, for all of these years?

Go on, take that first steps, unburden yourself, share as life can be fair.

Peace and love

A.P.W.Wisdom

Poem

As the Ancient Philosopher Wisdom of Wisdom, always in you

*Now you have spoken to me you see,
It means it is the first step of your troubles being a tread
A load of troubles, means our troubles are the rod, the rod troubles
is lightening the load by 50%.*

50%, it has to be time spent on feeling so low, thinking there's nowhere else to go.

*Now you now know, it's better to talk,
find another listening ear, who finds it easy to hear,
Cutting another 25% off of living in fear,
Only 25% left, to share with the rest, of those listening ears that will soon begin
start to appear.*

*Lightening the load even more, so you can be sure, your troubles now feel like a
light fluffy chair you can ignore.*

*I think you might find, it's becoming so clear, you'll now ask yourself why have
I been living in fear. Why did I put myself through it, for all of those years?*

*Go on, take that first step, unburden yourself, share as life can be fair.
Peace and love*

A.P.W Wisdom



31/05/2022



