## **Curatorial Rationale**

The practice of developing my body of art stemmed from the overwhelming desire to create visual stimuli that allowed me to physically hold various conductive memories in my hands. My ambition became preserving and condensing a series of meaningful repeated encounters (that triggered the same correlating emotions each time) into one observable experience. The essential elements of my work are effective in summoning powerfully familiar feelings. This now dominates the conduct of my conventions. I challenge myself to produce pieces that, when viewing the product, draws out within me the memorable intimacy of the habit.

You could think of this effect like getting a waft of an absurdly familiar odor one day, taking you back to a rich childhood memory. Or rediscovering the bitter flavor of a certain medication that sends you spiralling into the past. Like our various other senses, it's the ability provoke the emotional aspects of retired and present rituals that I strive to depict through my personal art.

I have reflected upon staple pieces of my life as I work to accumulate a body of art encompassing my own habitual manifestations. The continuum of time allows for habits to form by repeated actions, which in turn reinforce concentrated memories. Under the umbrella of habits, I have addressed some pleasurable experiences such as developing safe spaces, comfort rituals, and perennial aspects of the self. I have also delved into disturbing or undesirable cycles, like aging, responsibility, abuse, communal impact, and nightmares. All pieces are connected in their representation of high-frequency moments have left habitual imprints on me, accompanied by a recurring rush of distinct sentiment; the components of memory accumulate to develop into a personal guiding muse.

This artwork takes the time to deconstruct the positive and negative spectrum of cycles I have personally experienced. I intend for individuals to emotionally identify with the nature of some habits, directly or indirectly, as encouraged by the careful presence of facial expression in many of my creations. While I recognize that most outside observers will not relive these repetitions as I do upon observation, the purpose of display is for viewers to search for and interpret the depicted habits. My pieces serve as an opportunity for personal reflection on or identification of the viewer's own unique and standard routines in comparison. After all, I am (like most) a habitually happy and habitually suffering creature.