

## Practitioner's Statement

### ***Lost Direction***

Sophie Van Noordennen

"Lost direction" This large canvas painting and pastel piece combines a range of different mediums and media. It was originally initiated and inspired by my own emotions and feelings 'lost'. I wanted to express my lack of direction by recreating an image of legs going in all different directions demonstrating the lack of surety I have for the chosen 'path'. Some legs are pointing upwards symbolizing my good days where the direction I am going is 'all up'. Unfortunately, some legs hang down, which represents the lows in life which any viewer can relate to. It also aims to highlight the unsureness of direction and which path to take. Often I find myself questioning myself between the stimulus and the action: "will this benefit anyone?" "How will this affect my future, my friends and families' future?" "Is this a positive movement or will it have a negative impact later?"

This major was based off a selected works by Marie Hagerty, 'Shoot from the hips' where a combination of women's bodies are meshed with legs being a dominate feature. After near completion to my major and further research, I stumbled across Ryan Mosley. He created two extremely similar pieces using oil, acrylic, charcoal and blends the mediums directly onto the canvas. The process involved in Lost Direction was first getting photos of legs in different positioning, then by using photo shop combining and layering multiple legs together. The final image of the first process was then projected onto a painted canvas (Painted with 'storm blue' which again reflects the change in direction – like the change in weather) and lightly traced with pastel pencil. Both Hagerty and Mosley use brighter colours to contrast their 'funky' socks against the pale colours in the piece. Although my background is using darker gray and blue tones, the red, white and yellow in the socks still stand out.

I didn't want the socks to dominate over the legs; so I used Esther Erlich's techniques which involved rough sketches with coloured pastel or oil pastel around the legs 'dulling' the predominate colours in the socks and creating a better balance in the piece. Lost direction can be interoperated as a happy piece as the legs dance freely (in the eyes of viewer), However, the deeper meaning is the lost, unsafe direction that the artist is feeling. Tony Schwarts once said: "Let go of certainty. The opposite isn't uncertainty. It's openness, curiosity and a willingness to embrace paradox, rather than choose up sides. The ultimate challenge is to accept ourselves exactly as we are, but never stop trying to learn and grow."

One day I will be able to look at this painting and see the joy and dance, rather the uncertainty by accepting myself and letting the challenges in my life -not refrain me from progression- help me grow.