



ELLEN HAUSNER

Untitled (Blue and Red series) (2014)

38 x 27 cm | Oil on Canvas

I conceive my paintings, drawings, and prints as explorations of the ephemeral and the unseen. I grew up in Nepal and Bhutan, cultures where both worship and meditation were (and are) an integral part of everyday life. This constant sense of the sacred permeates my work, and sacred images from the ancient world are an important source of inspiration. I have practiced vipassana meditation for many years and it is central to my vision as an artist. That meditative state of mind is the starting point of creation for me, and I let it through by allowing the colours to present themselves, the figures to emerge, the forms to find their way into existence. The image comes through as I permit the materials I use to direct the piece. My work is an exercise in process.

This work is part of my *Blue and Red Series*, in which I use bold primary colours to draw together disparate parts of my own existence. Red symbolises blood, inner passion, desire, the world and the forms we assume and live in physical reality. Blue represents a 'mystic' side, heaven, the sky, higher states of mind. All the works in this series exemplify my own striving to bridge the disconnect between my physicality and my inner self. This painting is part of an ongoing quest to discover the mystical in the material, and to express a deep love of the physical.