

Kirsten Albert

As unpredictable as alternative processes may be, there is always a way to try and control an outcome. Through learning new processes, I keep myself open to the opportunity of failing because that is the only occasion where I can learn the most. I am learning more about myself as an individual and an artist by figuring out what materials I connect with most through experimentation. These processes teach me patience and how to learn from mistakes. Besides the will for control over the unpredictable, through this type of work I am forced to slow down and spend more time with my work. Having my hand in what I make forges the work to feel more like me. As I become more intimate with process I am able to become more personal with my content. I aim to figure out how the gestures and time that is put into my work can be conveyed through my perspective of the world. This is where I start to allow the physical process feed into my emotional and mental processes.

It only takes an instant to feel a new emotion or make a new connection. Light comes and leaves in an instant, and memories of people and places can live in one's mind for an instant and be gone the next, having the ability to reappear again. Being an emotionally-charged artist, I continue to examine the wave of emotions that come with the experience of growing up. I try to convey mental heaviness and the longing for feeling light again. Reflecting on the relationships in my life, in the past and the present, I realized the negative influences are what affect me the most, breaking the connection I had with my own mind and body. I have felt connected and disconnected from myself in a continuous cycle. I use this overwhelming sense of self in my work to explore how to overcome this separation. It is important to my process to try being hyper aware of how fast my emotions change and the thoughts that easily trigger how emotions play.