

Natasha Loewy

In order to start the process of healing, we need to allow for things to break. Drawing from personal accounts of family trauma and our shared socio-political climate, I create works that use tension and fragility to explore the relationships between anxiety and humor.

Some of my work requires a performance of maintenance. In “Weight/Wait or What is another name for protection?”, a cinder block slowly falls and suddenly breaks over the course of 3-4 hours. When I exhibit this work, I visit the piece every few days to sweep up the remains and balance a new cinderblock in the rubber-band. I make and remake the work only to let it fall and break again, allowing for damage and loss to exist within a process-oriented ritual as a metaphor for healing.

In my choice of materials, I engage with objects used to hold things together, objects used to hold things up, and objects used for play. I put them together to relate in unexpected ways: soft elements squished between hard surfaces and stretchy objects holding heavy weight. Components of my artworks change form to disintegrate, fracture, or disappear. These material relationships evoke physical and emotional responses, which points to a connection between trauma and our embodied experiences.