

Part 2: Body Awareness

This set of paintings, like the drawings that preceded them, arose spontaneously, but not without careful consideration and months of figuring things out. In the course of her career, Kauppila has taken various stances on how to approach the gestures in her art, and overwhelming importance has been placed on the idea that the gesture itself move her own life in a meaningful direction (why not?).

Understanding the connection between the gesture and the body that executes it is thus naturally important. However, observing closely, Kauppila became aware that there is a clear deficiency of mind-body connection that she herself suffers from. Whether attributable to a car accident now several years past, or simply to years of stress and brain-oriented activity, Kauppila has felt an increasing sense of dissatisfaction and confusion regarding how her own mind communicates with her own body. The set of five paintings here arose out of a work process that involved painting while repeatedly returning to the awareness of a particular part of the body. It came as a total surprise to the artist herself that the resulting images acquired such strong figurative elements. These were not planned, and for the most part represent the very last gesture on the canvas.