

## Part1: Healing Drawings

This series of drawings and the *Hug* painting that they culminated in, began as an exercise in asking the body how it itself might want to be healed. Putting aside the notion that painting pain could help diffuse it (it had not worked), Kauppila adopted the opposite approach and began drawing ideas of how to give the pain a hug, so to speak. Originally intended as a side exercise, Kauppila now recognizes these pieces as an important step forward. The body awareness paintings were completed about a half a year later. (Note: this work is not a statement about extreme pain, but rather an exploration into resolving the low-level pain and confusion ever present in the body.)