

SHADOW WORK

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‘Shadow Work’ is a Halloween party + pop-up art exhibition inspired by the concept of the ‘shadow self.’

Repressed for the sake of the ego-ideal, our shadow carries all those traits that do not fit our self-image, and often remains untamed, unexplored territory.

‘Shadow Work’ brings to light the varied expressions of local artists who dare to dip their brush into this dark, disorderly and dangerous pot of ink.

It seeks to challenge the stigma surrounding those banished parts of ourselves, to illuminate one’s inner demand for a descent into the underworld, and to lead us back to our buried potential.

Performance

Meeting the Shadow

2022

Meeting the Shadow is an improvisational movement-based performance that explores the Jungian notion of the shadow. The shadow represents the unconscious parts of one's personality which do not align with the ego-ideal, or how an individual would like to appear and be perceived. The performance involves three dancers who each embody an aspect of the psyche: the performative ego, the repressed shadow, and the individuated Self.

Like shadow work, improvisation draws upon unpermitted expression, inciting change and experimentation. In anchoring this reflection in a somatic practice, we bring attention to bodily sensations and interrogate what happens to our movement when all parts of the self are in open and compassionate conversation with each other.

Marianne Rouche (@aman_rien) is a videographer, performer and sensory ethnographer, and co-founder of the interdisciplinary arts collective MU (@_mu_mu_mu_mu_mu).

Eva Giard (@eva.miette) is a writer, researcher and artist, and co-founder of MU.

Madelyn curates and performs for the Festival of Fools (@festivaloffools), and co-leads the development of Value Collective (valuecollective.org).

Visual art

Blue Funk - Part 1

2020

Various sizes

Oil, acrylic, watercolour
on medicine pamphlet

A freestyled graphic narrative through 33 years of depression. Pink = Essence, Black = Restriction of Essence.

This series depicts the life events that took place between the start of the artist's depression and the point of arriving at a suicidal state. The medicine pamphlets are from the medication that he used on his way to recovery.

Ram (@thecosmiccorp) is an interdisciplinary artist.

22:22 Shadow on the wall

2022

8.5" x 11"

Digital prints on vellum
paper

Nature, light and beauty triumphant over darkness during the captivity of curfew.

Sarah Brown is an interdisciplinary artist.

Music + immersive environment

Backwood Studio is a multidisciplinary project and an ongoing creative process. It serves as a bridge platform between Artists and Art Enthusiasts. We seek to connect with ever more local & international artists while bringing our community together with music, design & visual arts.

DJ sets for 'Shadow Work' brought to you by:

LIAM ALONE (@liam__alone)

WELLON (@marc_wellon)

TIMO (@omit_the)

Mr. Lombardi (@lelombardi_dj)

VOLUM (@alexandrenuance)

Exercises

In psychoanalysis, shadow work is the ongoing effort to develop a creative relationship with one's shadow. By reclaiming the disowned parts of ourselves, we bring them into conscious awareness, allowing for their previously disruptive energies to be constructively channeled or transformed.

The shadow is by nature difficult to apprehend. The way to reach it is through indirect means. Methods include:

1. *Exploring projections.* When we are disproportionately affected by some quality or habit in another, we may be glimpsing our shadow.
2. *Reflecting on feedback.* When we have the same troubling effect on others, this serves as a mirror.
3. *Drawing your shadow.* We can use art to connect with the subconscious, which always communicates through symbols.
4. *Dialoguing with your shadow.* We can ask our shadow questions and it will answer back. For example, "Why are you doing this to me?" or "What are you trying to show me?"

Benefits of shadow work include achieving genuine self-acceptance based on a more complex knowledge of who we are and healthier relationships through more honest self-examination and direct communication.

Source: Abrams Jeremiah and Connie Zweig. *Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature.* First ed. J.P. Tarcher ; Distributed by St. Martin's Press 1991.

*the range of what we think and do
is limited by what we fail to notice
and because we fail to notice
that we fail to notice
there is little we can do
to change
until we notice
how failing to notice
shapes our thoughts and deeds*

- RD Laing

Thanks to Value Collective and Art Souterrain for
providing a venue in a vacant storefront.