

*Verily all things move within your being in constant half embrace, the desired and the dreaded, the repugnant and the cherished, the pursued and that which you would escape.*

*These things move within you as lights and shadows in pairs that cling.*

*And when the shadow fades and is no more, the light that lingers becomes a shadow to another light.*

**Shadowisms** is an exploration of shadows, of both the physical and psychological realms.

This series came out of a somewhat idiosyncratic process I developed in my studio, of spraying ink in fine layers across the page. Objects and stencils are used as resists, and documented as flat shapes on the page.

Ink, as I use it, becomes a stand-in for light; capturing a semi-photographic trace of the real on the page. The objects I document are things I happen upon while walking around the city. They often appear faintly familiar, but not immediately recognizable- vestigial items that have lost their function and been discarded.

In this way they mirror the aspects of our own selves that we disown, what Jung calls the shadow self. The dimensions of our psyche that are too difficult to confront get pushed out of the light of our consciousness, and projected onto others.

I have been holding this idea, as I try to make sense of the cruelty of the time we are witness to: watching a genocide unfold- funded by american tax dollars- and wondering how the cycles of violence can ever end.

How do we move beyond reaction, beyond blame, to really confront ourselves and our world? To see one's own shadow is an impossible, spiraling process: a continual opening to the darkness of the unknown, trusting that darkness is the precondition of light.

-Hazel Elsbach