

# Ajay Jennings | *Repeat After ME*

*Another attempt to render the invisible.*

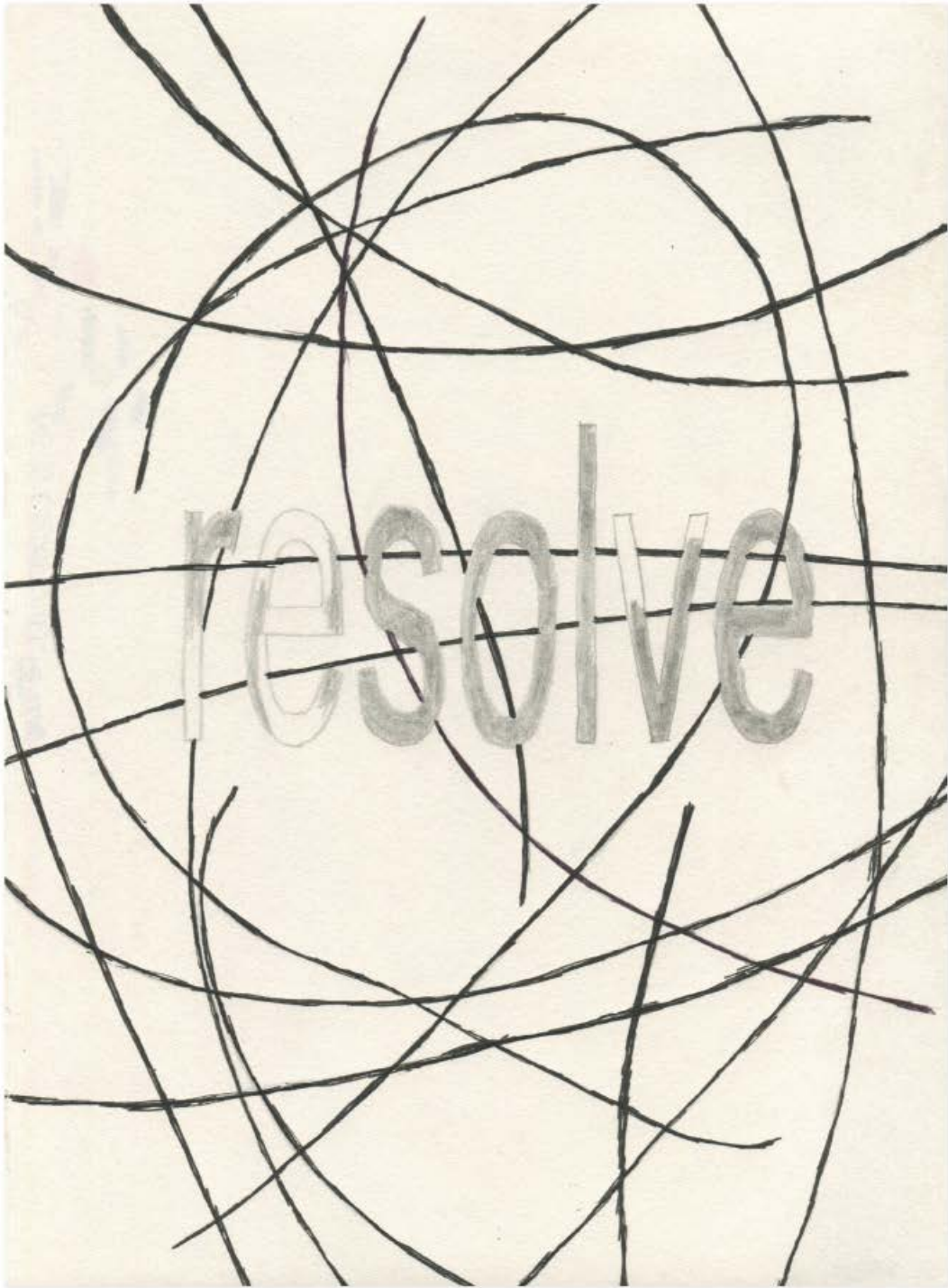
Repeat After ME is a collection of drawings that were composed in the latter half of 2023, a period in which Ajay Jennings was able to finally trace a pencil and marker across a page again following a cataclysmic ME/CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome) relapse. Stuck in a seemingly never-ending spiral of poor health that kept Jennings bedbound, Ajay would sketch to pass the time and to remove himself from his body and illness – if only for a few moments in a day.

In doing so, these drawings would become Ajay's mantras, monochromatic reminders to breath, meditate, to practice gratitude rather than to focus on what had been lost to an illness that had forcibly reshaped his life. Here, a series of flowers emerge in Jennings' work; a thank you to a partner he feared he might lose through his illness, an ode to the friends and family who waited for Jennings to regain his independence.

Repeat After ME is a series of mantras to repeat and hold onto during a ME/CFS flare-up, depictions of a life lost and a lover gained. Repeat After ME is to talk about 'me'; to share Jennings' story and to spread awareness of ME/CFS.

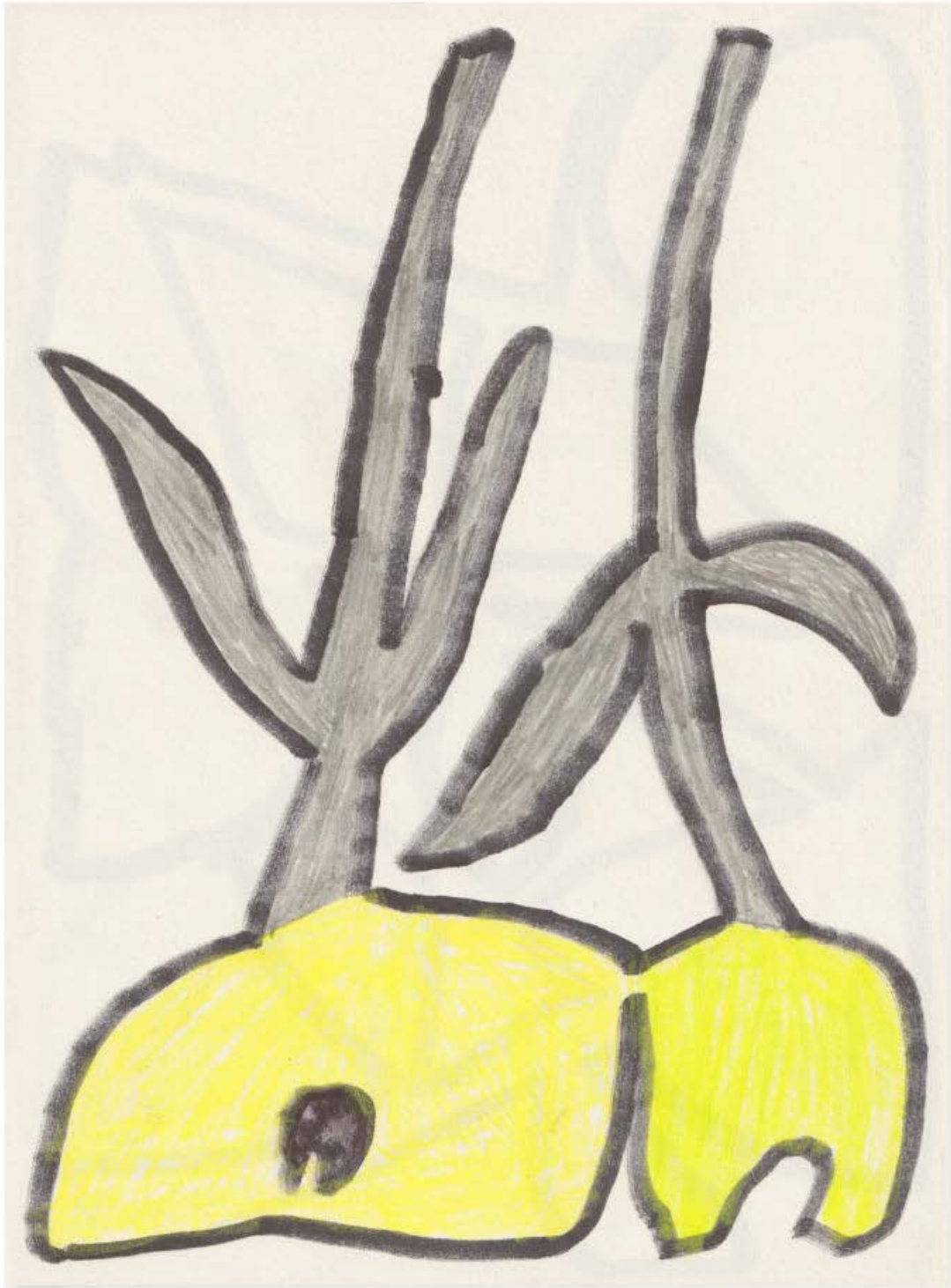
To accompany the original drawings, Ajay has produced a short-run single-colour artist book printed on Risograph, and all profits from the artist book and 50% of artwork sales will be donated to Emerge Australia ([www.emerge.org.au](http://www.emerge.org.au)) – a nationwide patient organisation providing services, evidence-based education, advocacy and research about ME/CFS.

Exhibition text by Michael Kruger



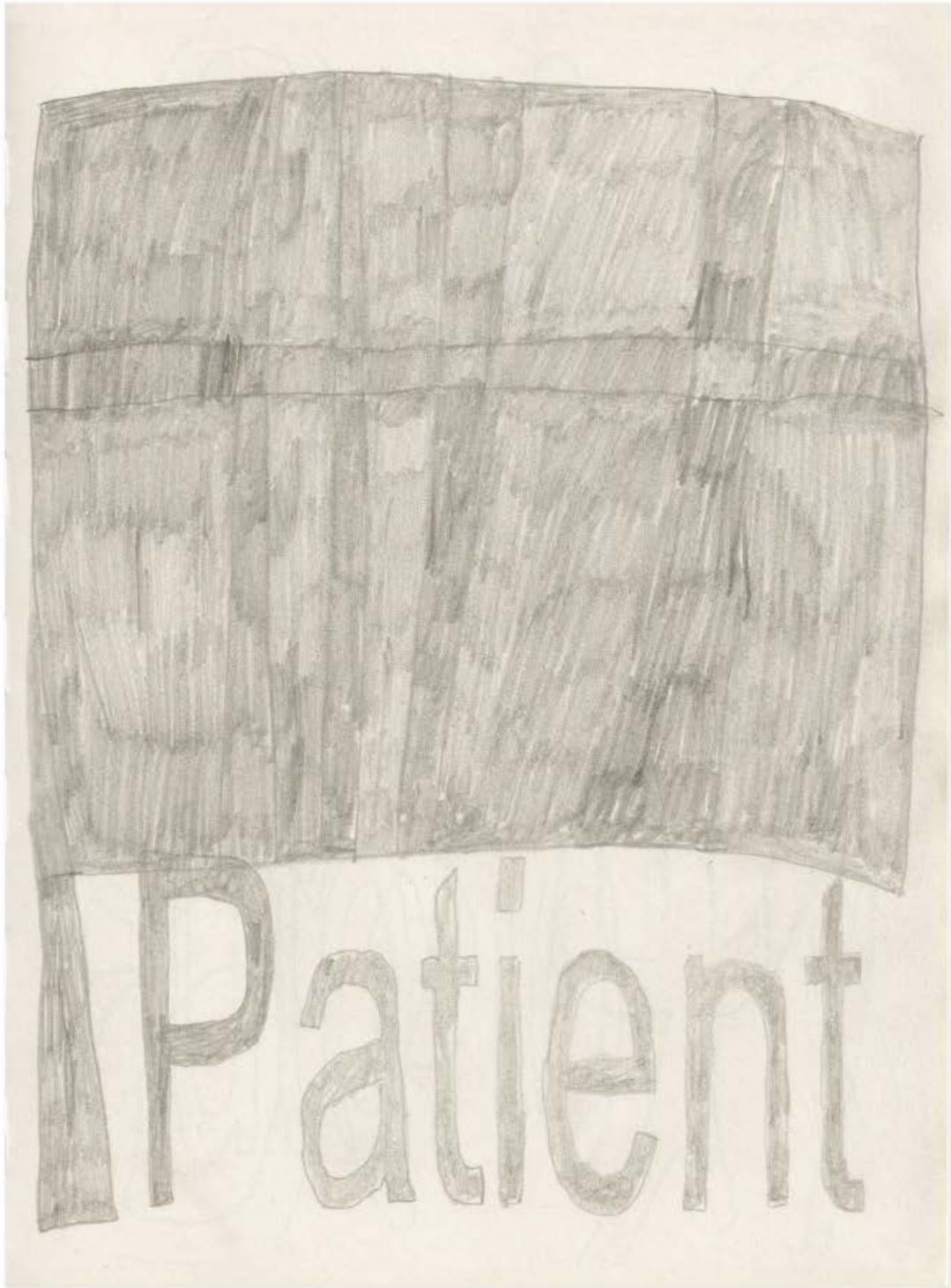
*Resolve 01, 2024*  
Ink and pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



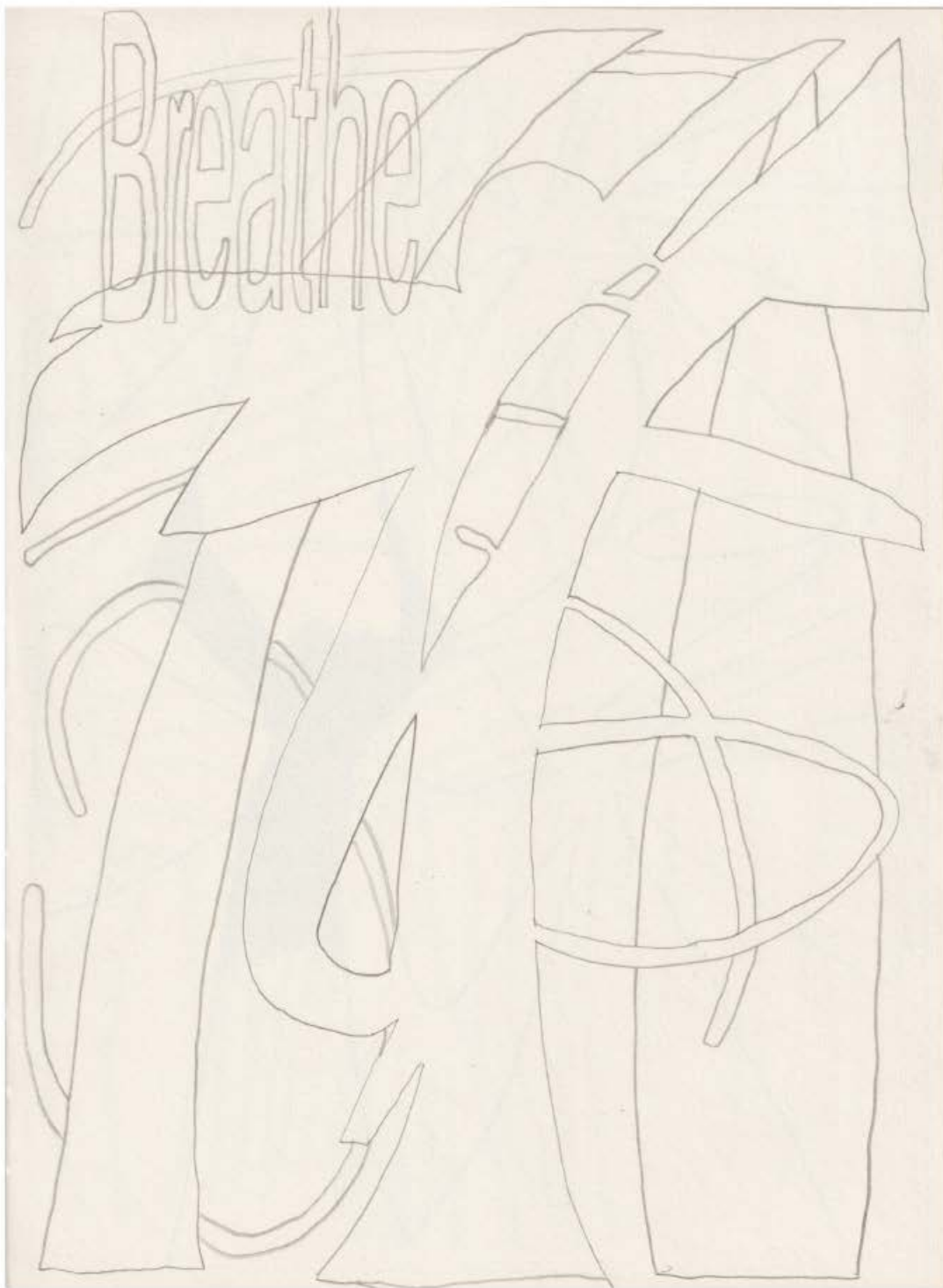
*Your Flowers, 2024*  
Ink and pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



*Patient*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD



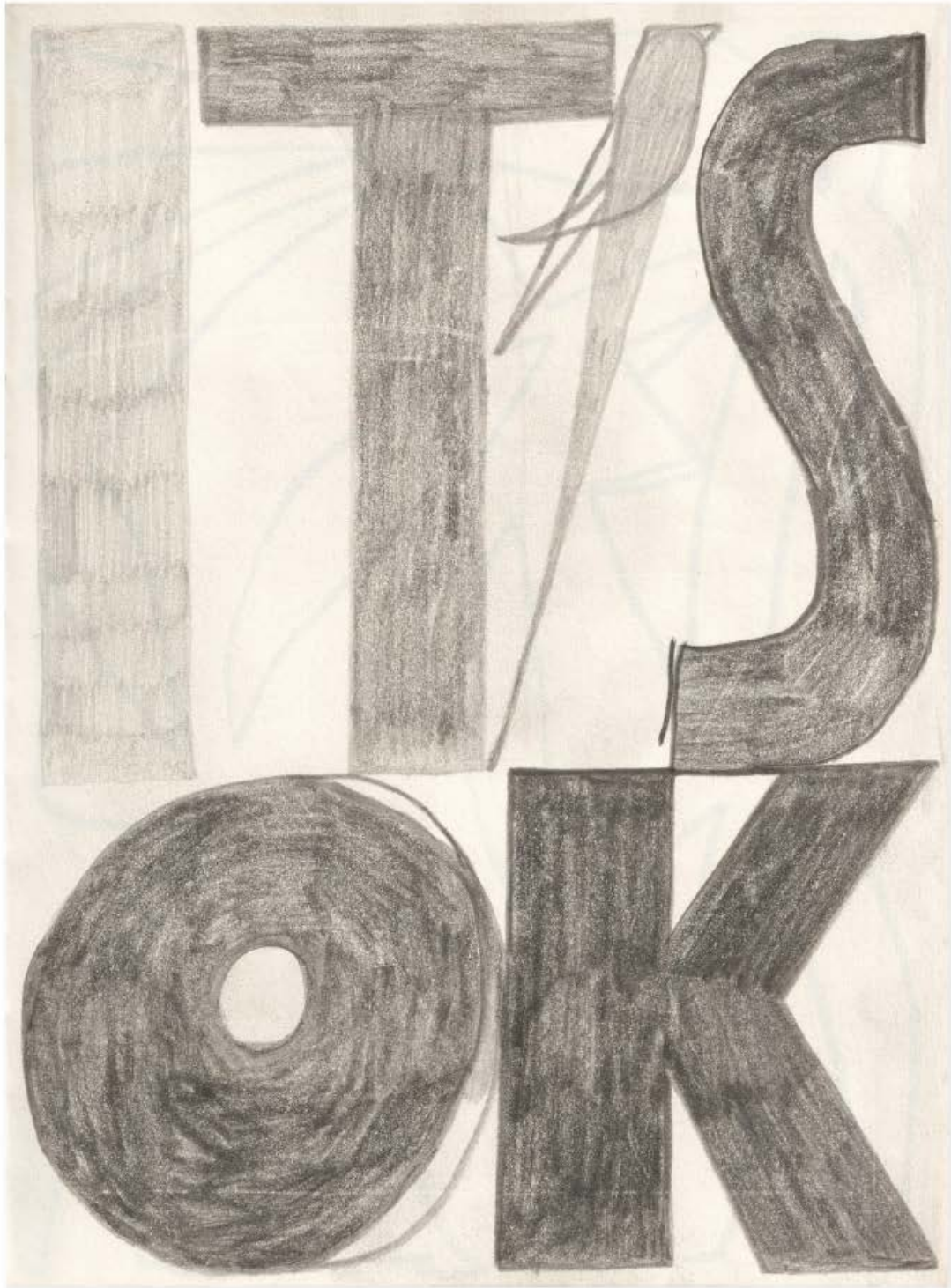
*Breathe*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD



*Triplets, 2024*  
Ink and pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



*IT'S OK, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD



*Breathe, Ready*, 2024  
Pencil on paper  
254 x 203mm

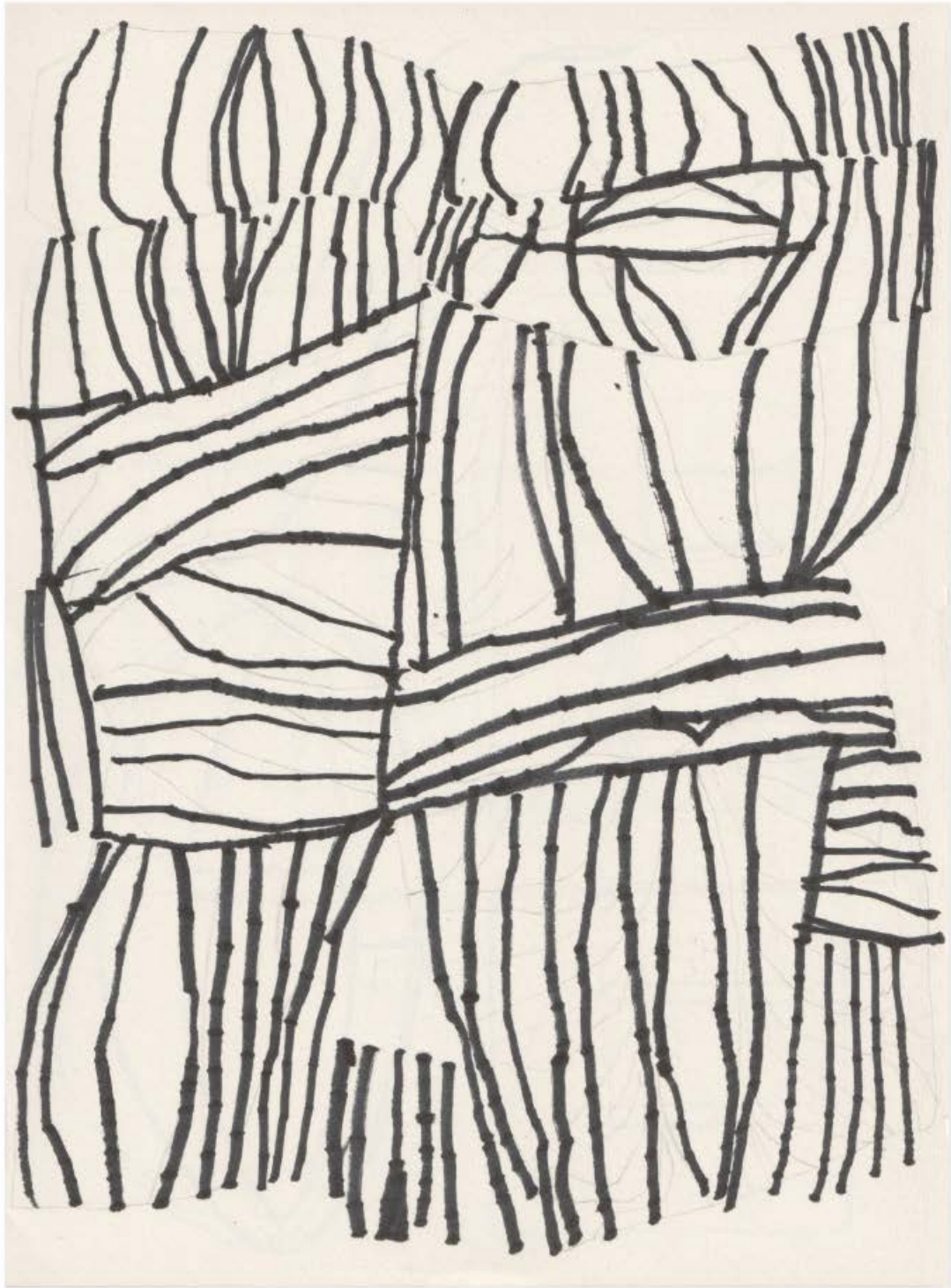
\$100 AUD **SOLD**





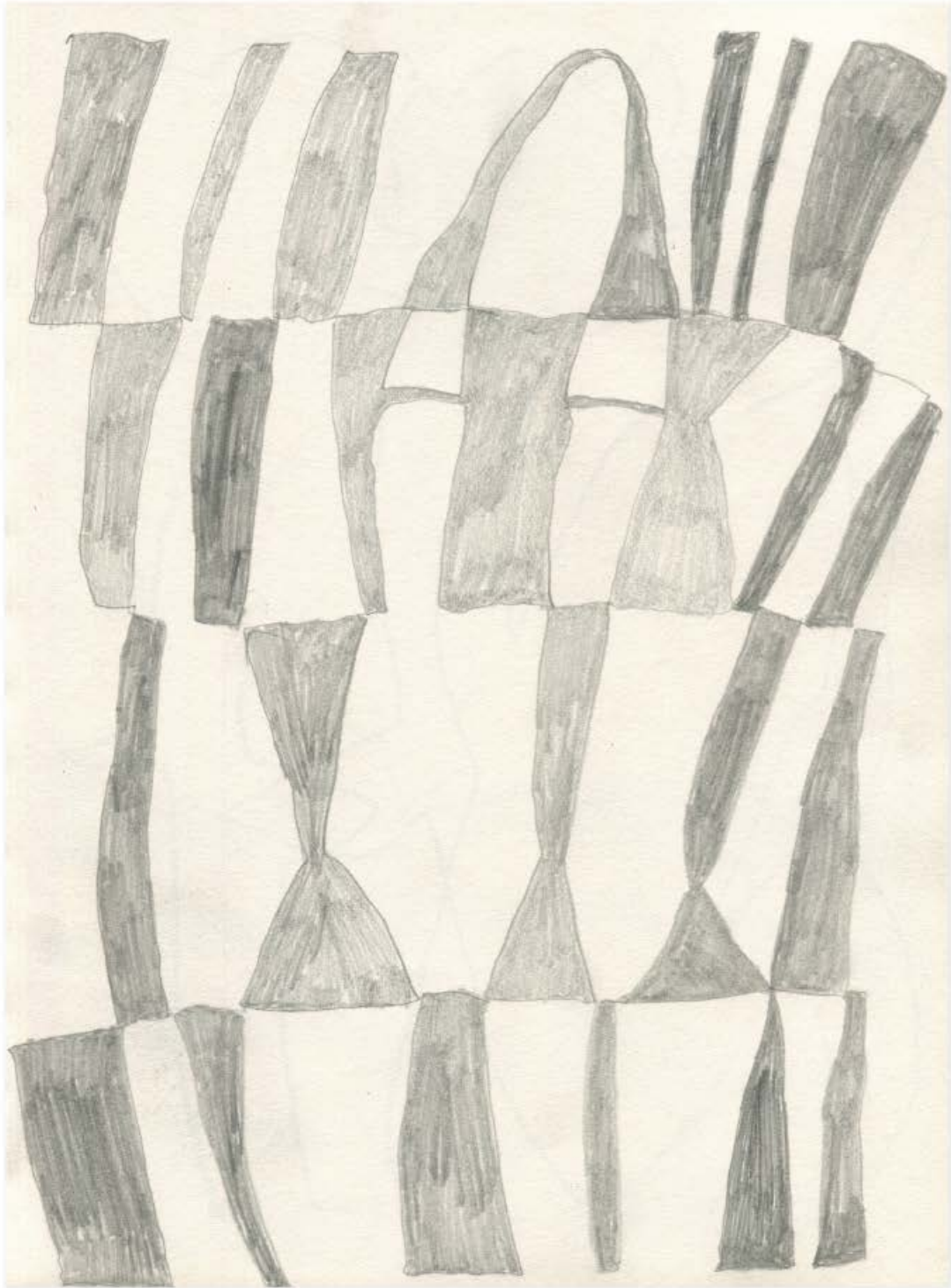
*RID*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD



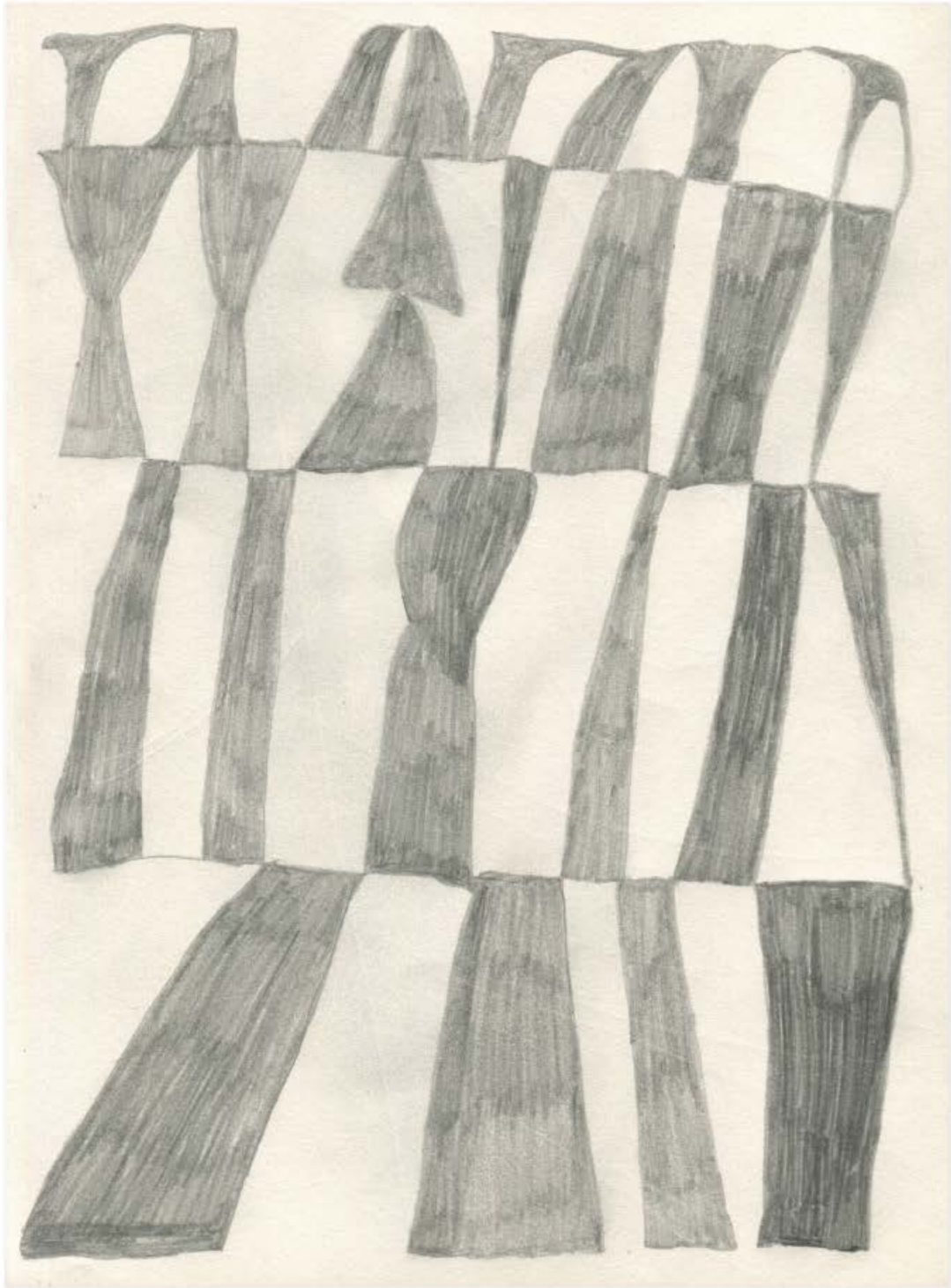
*Untitled 01, 2024*  
Ink on paper  
254 x 203mm

\$100 AUD **SOLD**



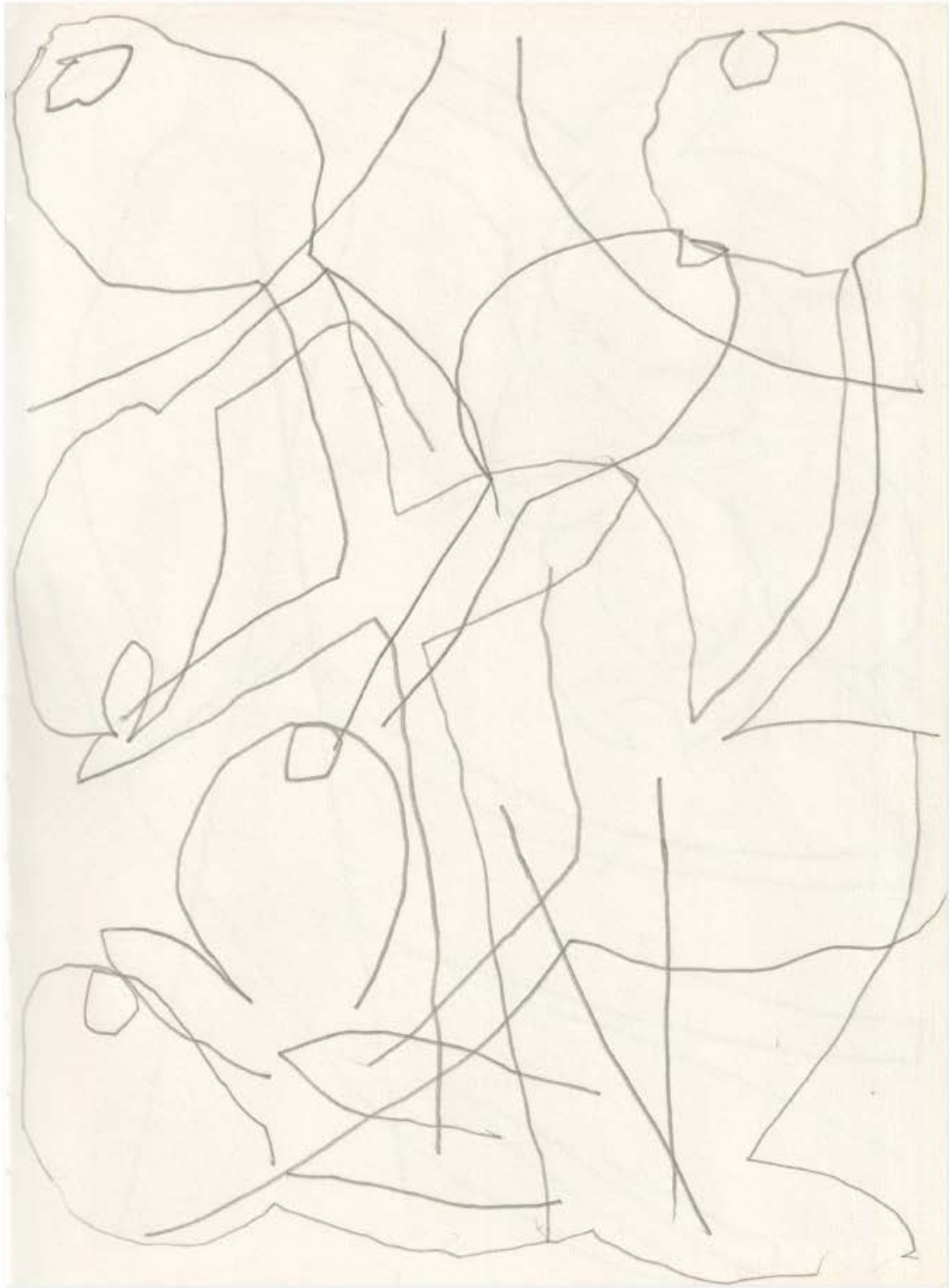
*Untitled 02, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



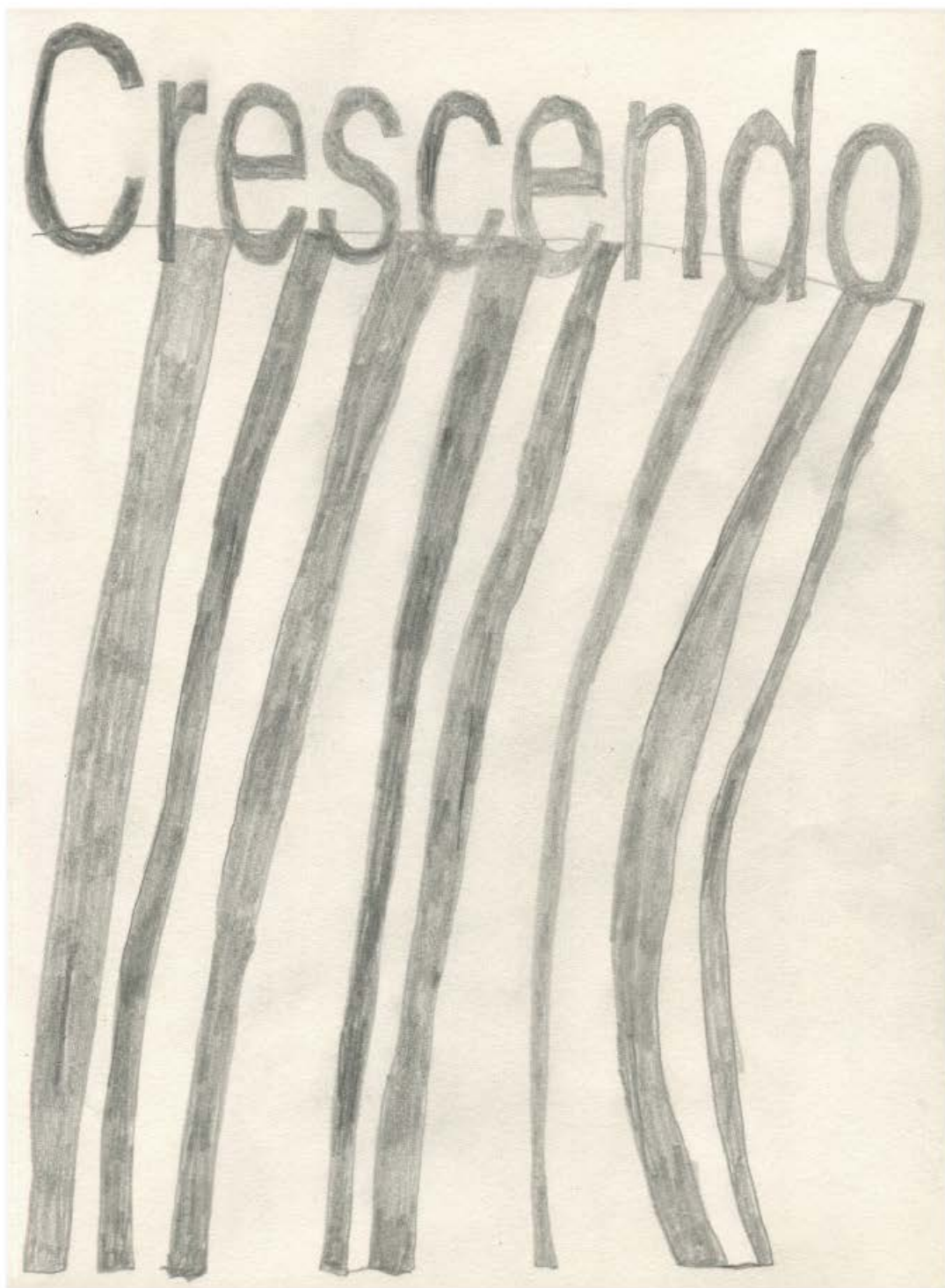
*Untitled 03, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



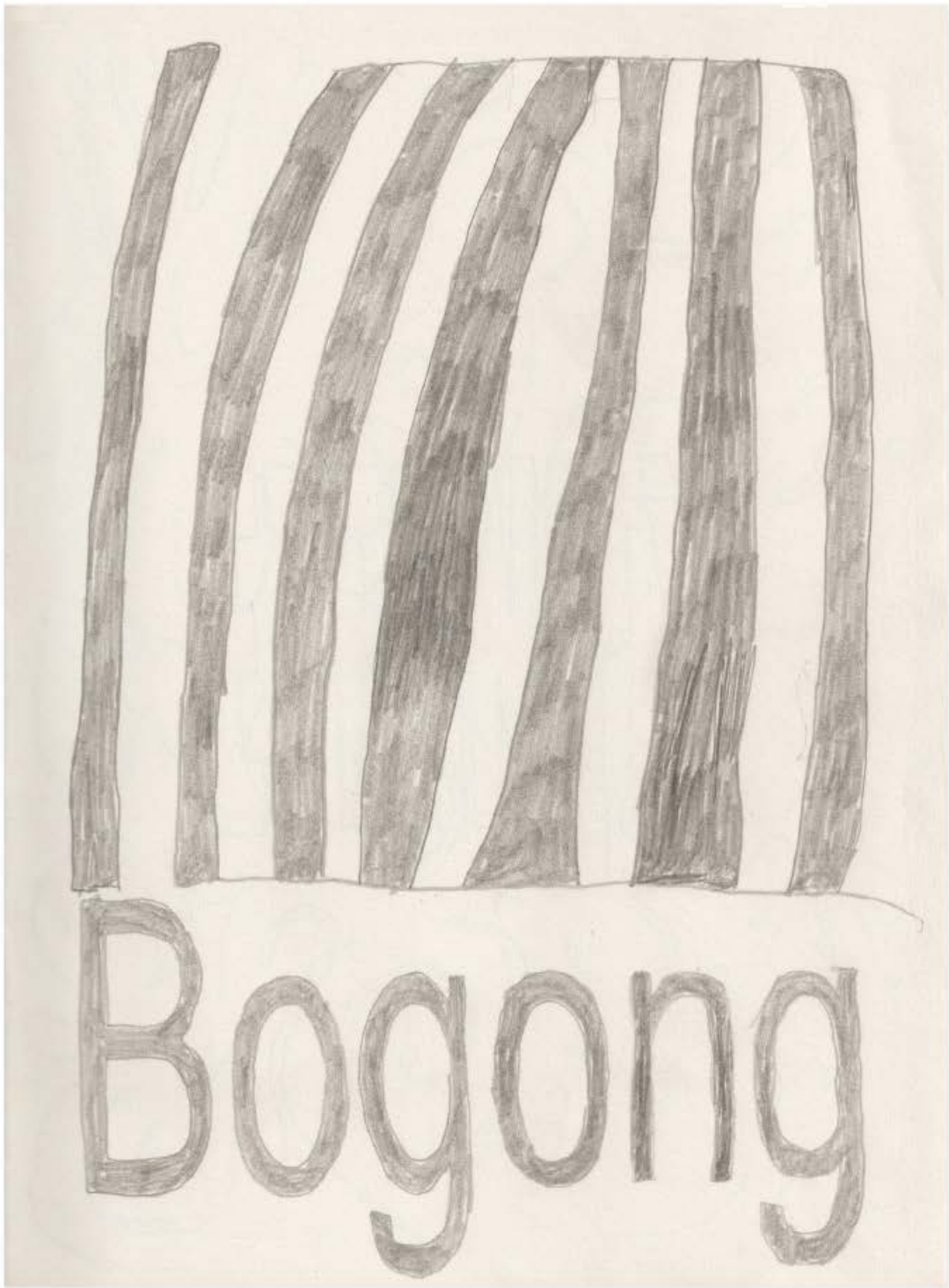
*Broken Flowers, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD



*Crescendo*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD



*Bogong*, 2024  
Pencil on paper  
254 x 203mm

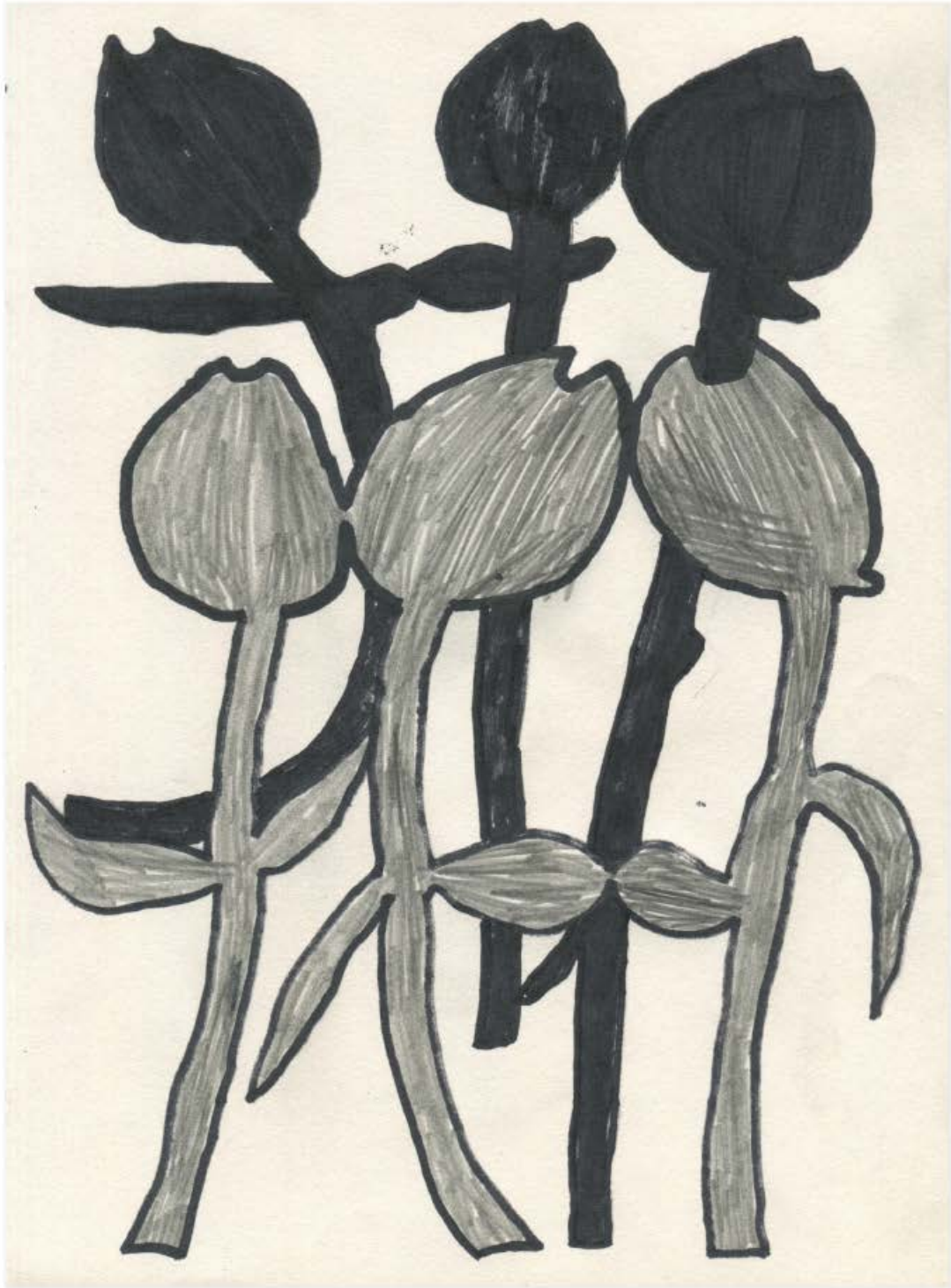
\$100 AUD



*New Flower, 2024*  
Ink and pencil on paper  
254 x 203mm

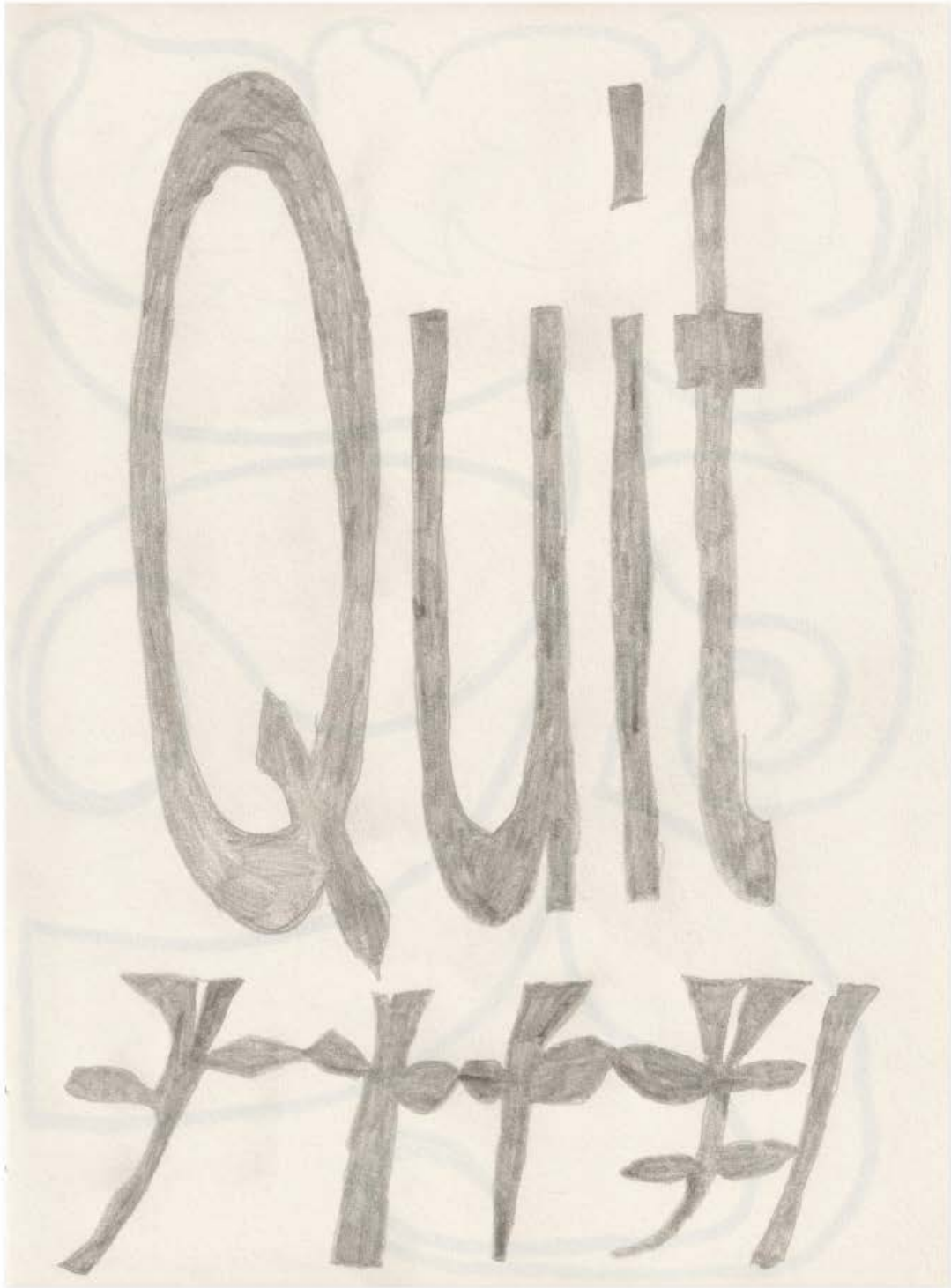
\$100 AUD **SOLD**





*Dancing Tulips, 2024*  
Ink and pencil on paper  
254 x 203mm

\$100 AUD



*Quit*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



*Resilient One, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD **SOLD**



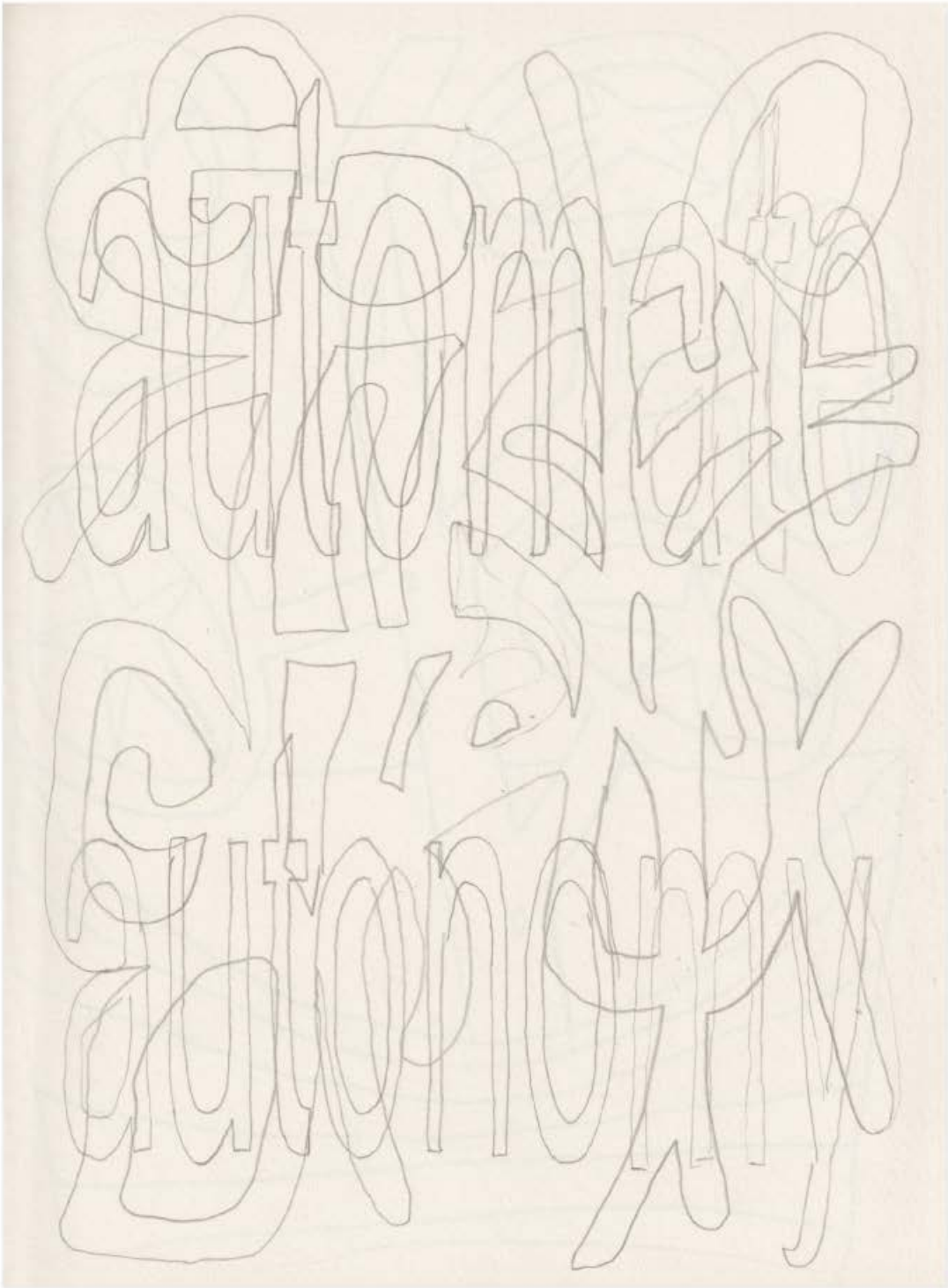
*Resolve 02, 2024*  
Pencil on paper  
254 x 203mm

\$100 AUD



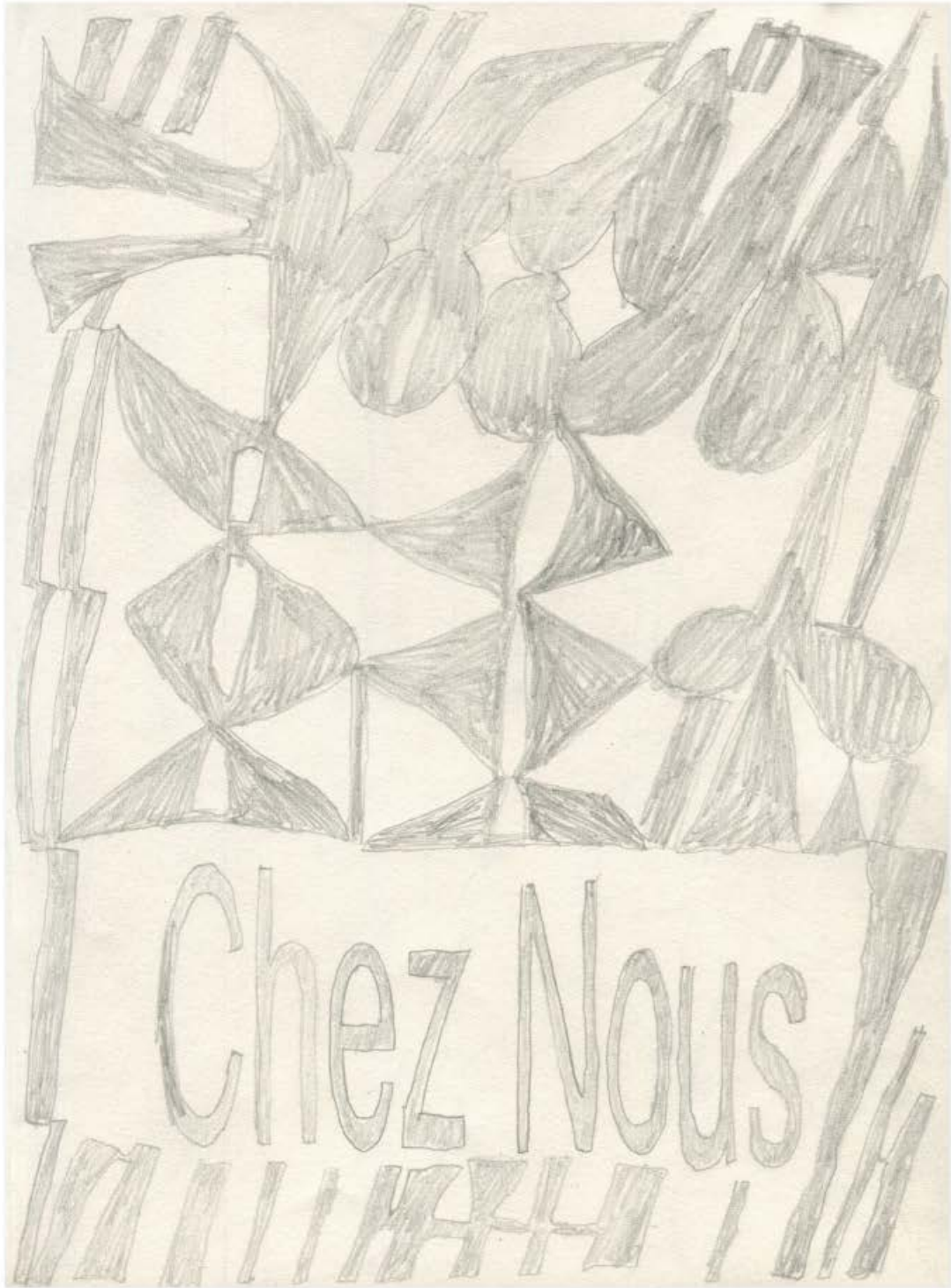
*Funghi Flowers, 2024*  
Ink and pencil on paper  
254 x 203mm

\$100 AUD



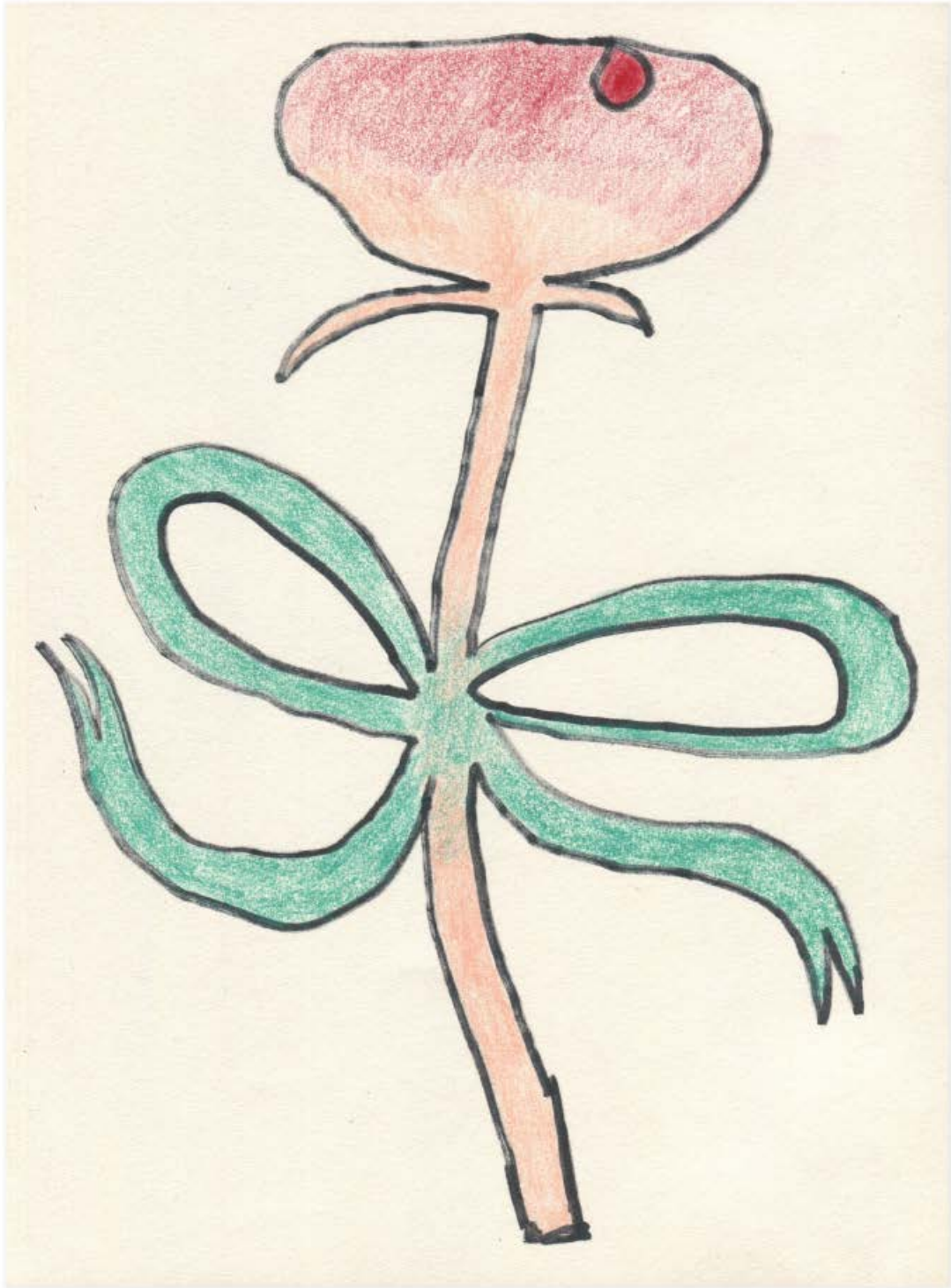
*Automate Autonomy*, 2024  
Pencil on paper  
254 x 203mm

\$100 AUD



*Chez Nous (Our House)*, 2024  
Pencil on paper  
254 x 203mm

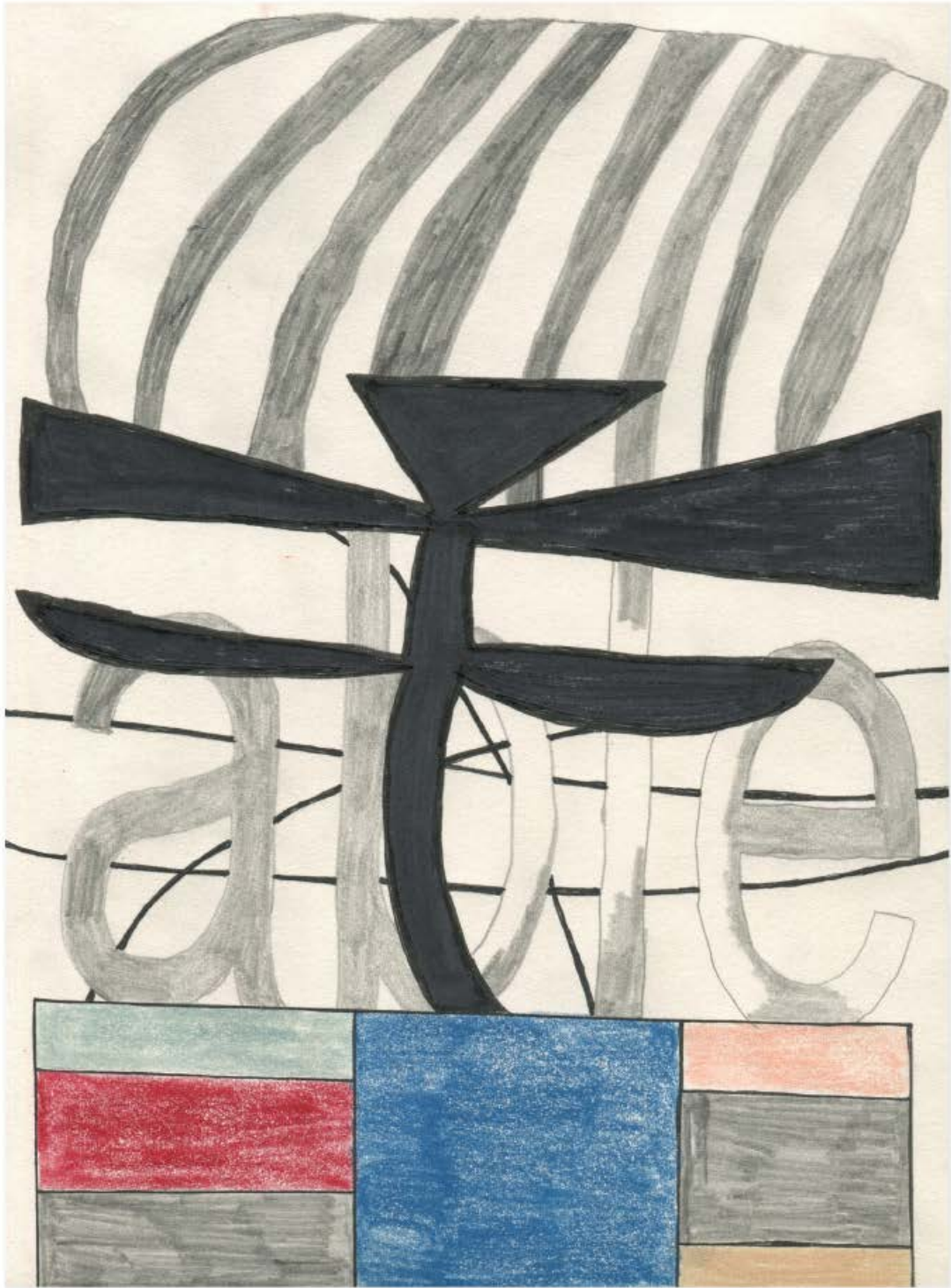
\$100 AUD **SOLD**



*Of My Love*, 2024  
Ink and pencil on paper  
254 x 203mm

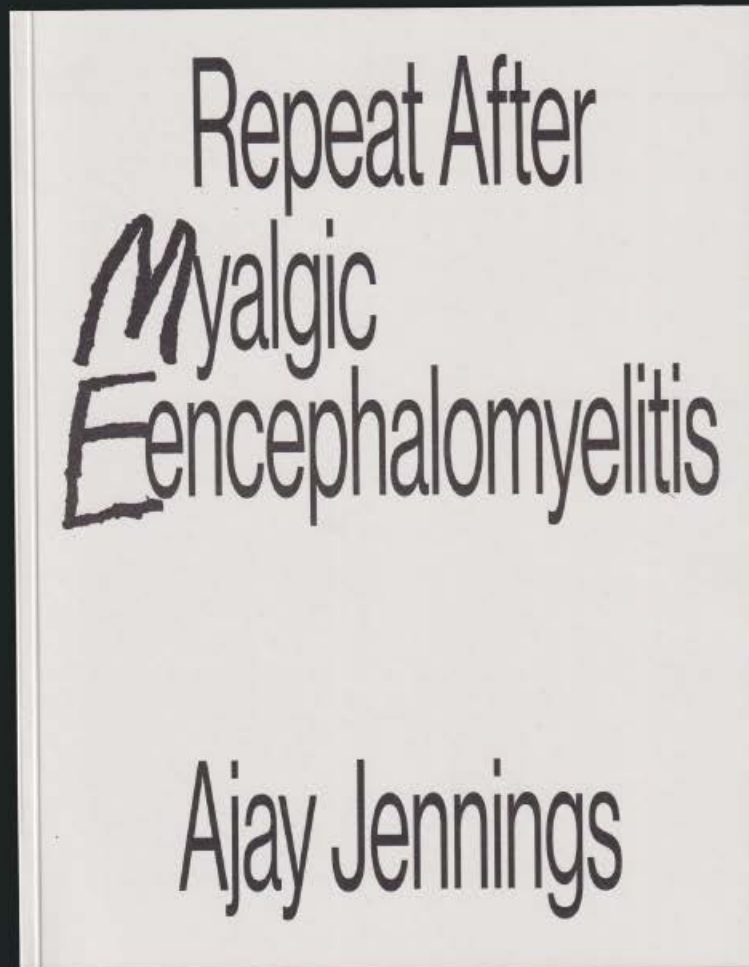
\$100 AUD





*Able*, 2024  
Ink and pencil on paper  
254 x 203mm

\$100 AUD



*Repeat After ME, 2024*  
34 pages, 254 x 191mm  
Single-colour Risograph on Envirocare  
Limited edition of 50

\$22 AUD (shipping included) **SOLD OUT**

Repeat After ME

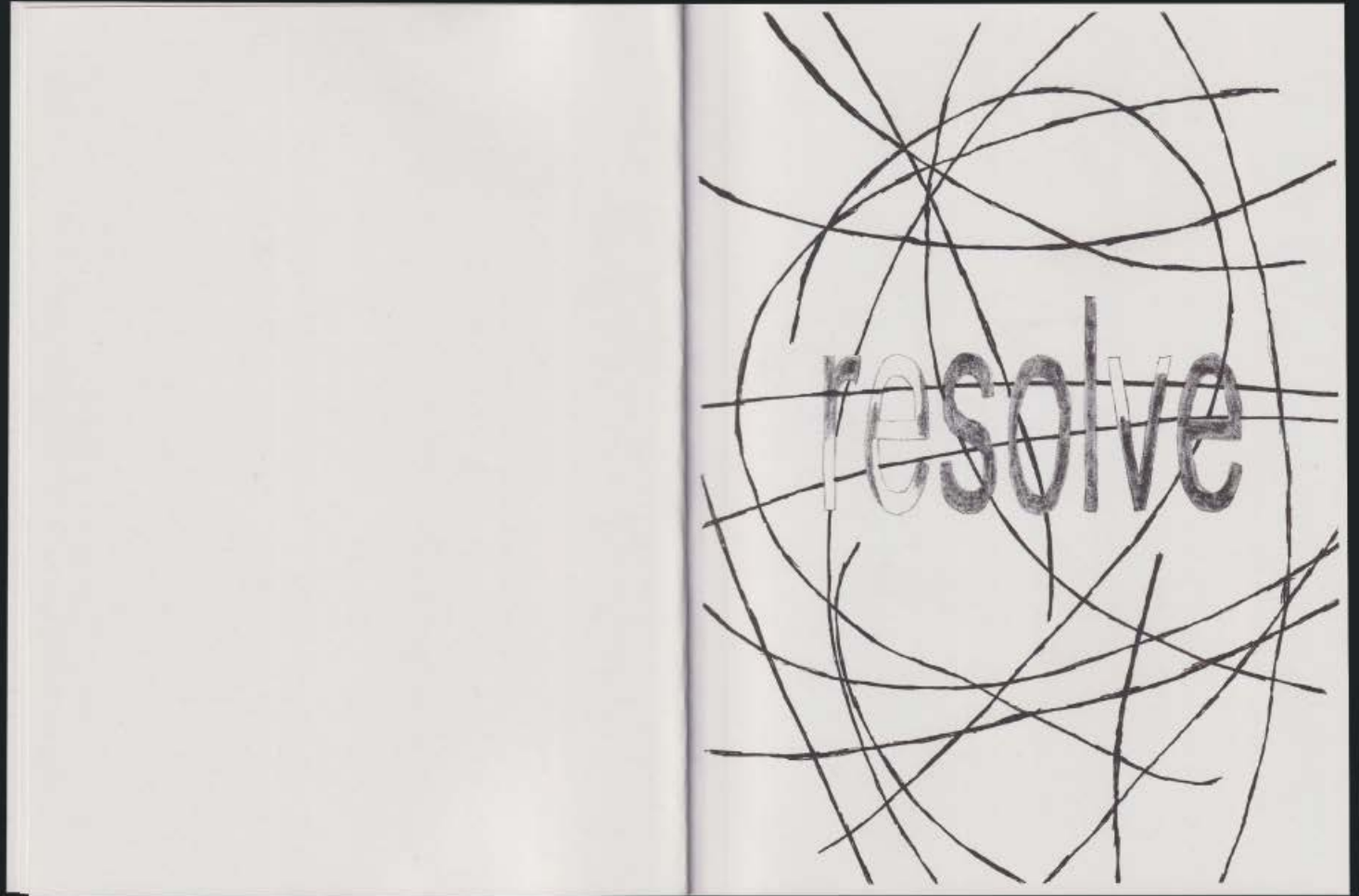
*For Briar*

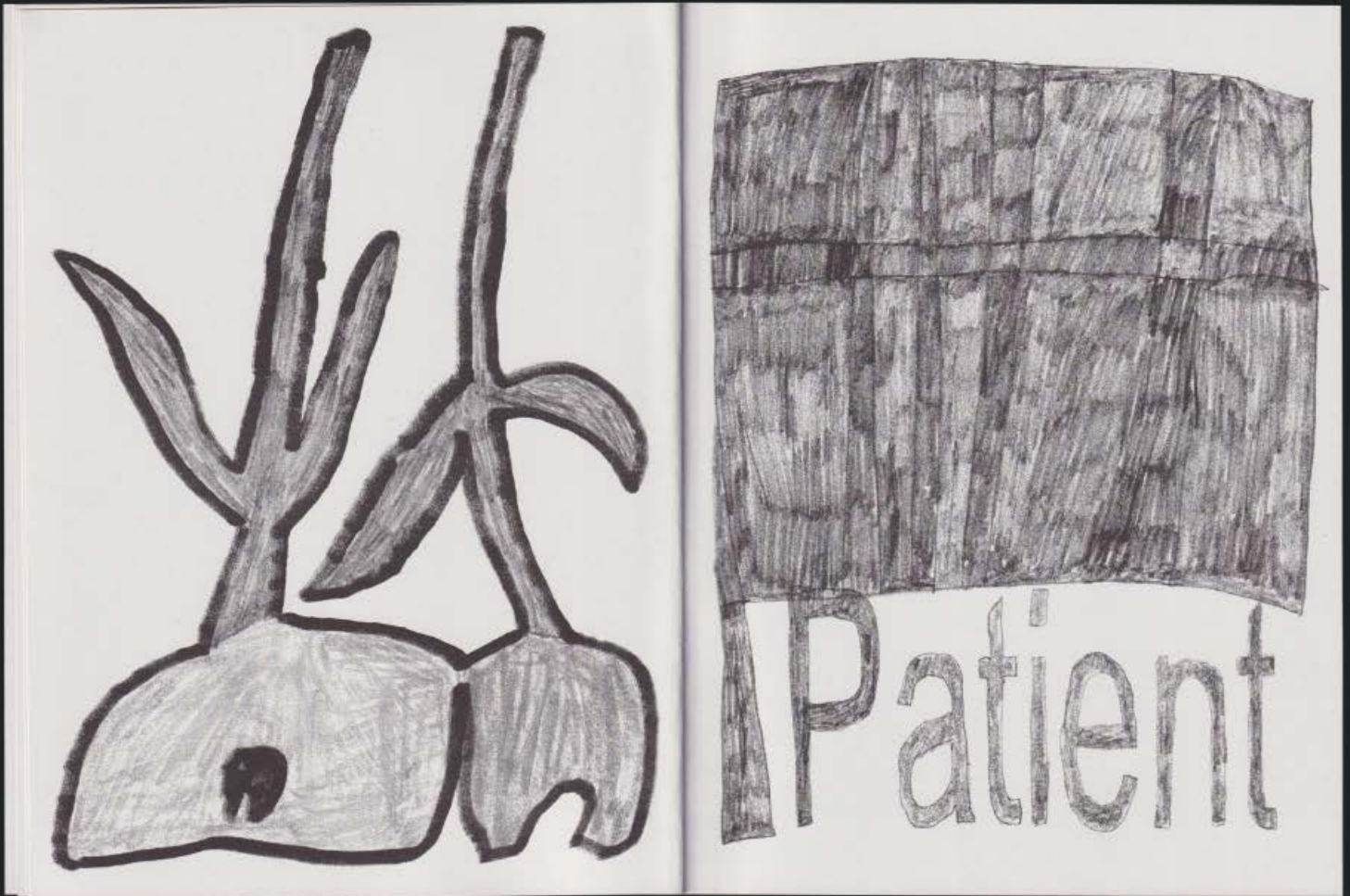
Ajay Jennings

10.9.2023

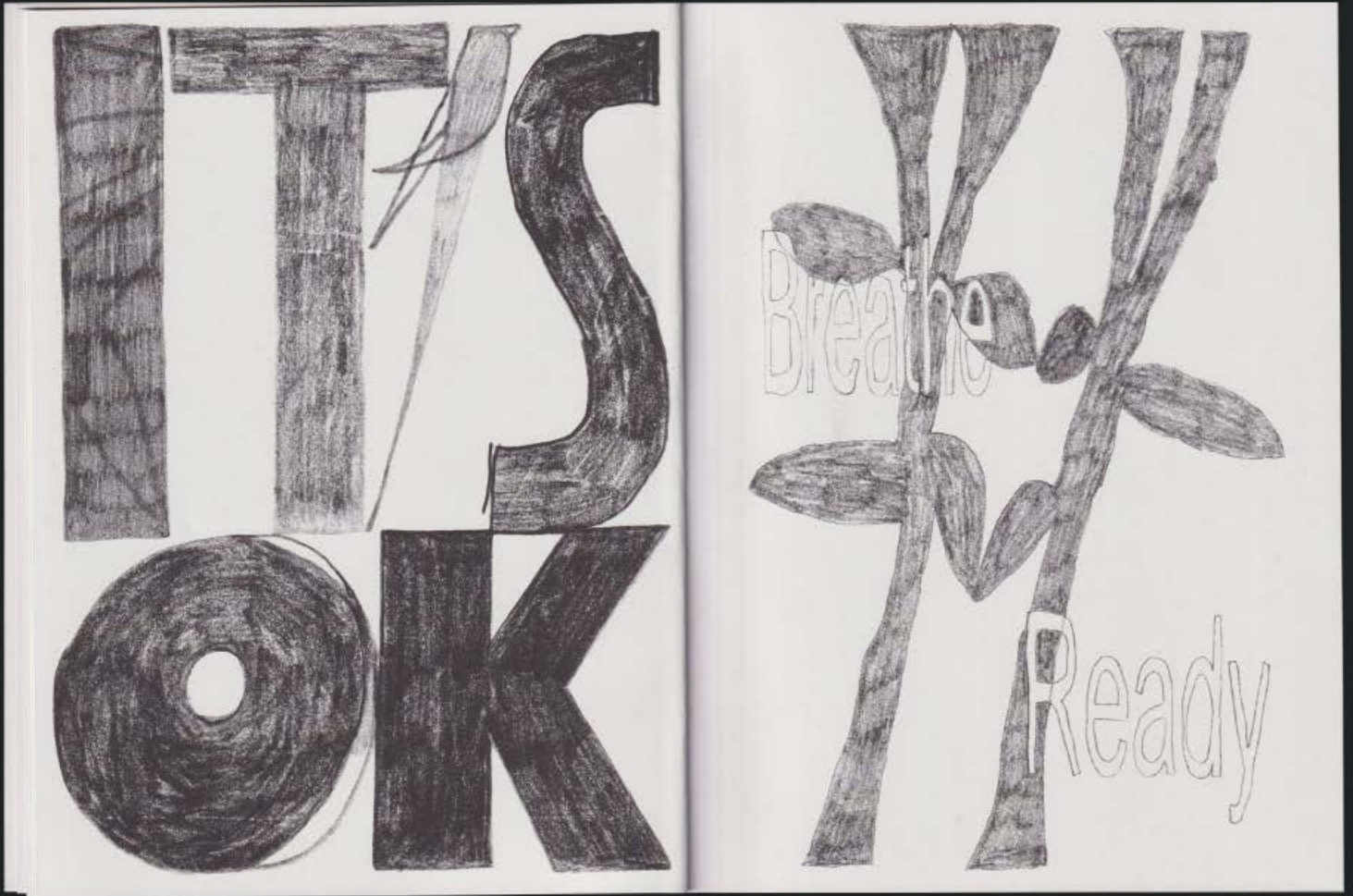
Thumbs, fingers, palm, quads, knees, shins, arch of my foot, upper back, neck, upper arm—a constant low hum of pain pulses through these parts of my body, akin to the lingering ache after a blow or the aftermath of a fall. At the moment, these sensations arrive in waves every week or so, staying for just a few days. Though not intensely severe, their unpredictable arrival feels like some trying to coax you into a fight. They are harsh, abrasive, poorly timed, and unkind, often accompanied by profound fatigue. It's the type of weariness that demands every ounce of strength just to get up for the bathroom or pour a cuppa.

These flare-ups thrust me into frigid tundras where peripheral vision dims and my sense of self and reason dissolves amid growing exhaustion. Here, the sky mirrors the deep purple of a sunset having just died, vast and cold like the Australian outback on any given eve. Shooting stars and residual light draped over the sand offer the only sources of light. Loved ones speak to me—my parents, siblings, partner—but remain unseen. I try to grasp their words as they slip fluidly through my mind. In these challenging times, I can only hold onto fragments of conversations and resort to quietly humming simple mantras, navigating this arid landscape in search of guidance amidst these falling words.









*Repeat After ME, 2024*  
pages 11-12



Repeat After ME is the second exhibition of an ongoing project by Ajay Jennings that uses digital platforms to share the experience of living with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS).

For all enquiries:  
email [gday@ajayjennings.com](mailto:gday@ajayjennings.com), or  
direct message [@ajayjennings](https://www.instagram.com/ajayjennings)

[www.ajayjennings.com](http://www.ajayjennings.com)  
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