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History of Modern and Contemporary Art

Lecture/ Recitation

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My everyday routine consists of various activities that become rituals. The act of repetition is a huge part of producing art. As artists, we are constantly making and reworking pieces as we evolve as people and as makers. One artist that I find great fascination with as a person, as well as an artist is Yayoi Kusama. Kusama is an extremely well known contemporary artist that specializes in repetition and exploring the world of “a dream-like state of mind”.

In my own work, I love to doodle and illustrate with a lot of patterns. Kusama’s artistic background derives from her mental disorder, Obsessive-Compulsive Disorder (OCD) and uses art as an outlet and as psychotherapy. I also use art as a form of relaxation. I’ve never been a person that likes to talk about her issues, so I let out my emotions through art. Art is more than an action or activity but is a part of my life that is needed. Many artists use art as a form of therapy and as an outlet.

One of my favorite art works is Kusama’s *Obliteration Room*, where the gallery space was transformed into an interactive space that included the viewers in the art making. Kusama designed an all white room and had the viewers place bright colorful stickers where ever they pleased. In one of my pieces from the semester, I focused on art therapy, more specifically the fad of adult coloring books. I designed a space that was filled with doodles and draped hanging markers from the ceiling letting the viewers color in the space as they pleased. This created a space that was visually fun and also a space that eliminated stress, and brought the viewers back to a more simple, easier, time in their life— their childhood.

