

## SABIN AELL | Artist Statement

BON, 2016

resin, ink & alvaflex on aluminum, plastic packaging

This work reflects on the two sidedness of our nature. The black and the white - the good and the bad. It creates constant tension. Everything good or bad that comes into our life is because of who we are. We want security and certainty and sometimes I find myself trying really hard not to be vulnerable. Within this lies the misunderstanding. Without embracing discomfort and unpredictability I will limit the fullness of the most important experiences that come along with uncertainty: Love, comfort, trust, inclusion and belonging.

It is a mindset and an understanding to give myself the chance to win. Armed with the knowledge that it is a conscious decision to live on the good side I launch myself into a life of adventurous success. The plastic packaging I used cascading down the wall shows how material can be used in a way we haven't seen. To see opportunities we have to let our old habits wander off and explore uncertainties.

BON means "Good" in French. I wish everyone a BON Voyage and the awareness that we all can have a good ride led by curiosity.