



Glimpse the Gift of Diversity

SacredEdge Exhibition Launch

Talk by Judy Stickland, co-curator.

I would like to acknowledge that we are on the land of the traditional custodians, the Wadawarrung, & I pay respect to Elders past & present. I recognise & respect their cultural heritage, beliefs, & relationship with the land, which continue to be important to people living today.

Art, music & poetry are the most powerful ways to touch the human soul. As human beings, we are surrounded by the most astounding canvas 'Nature' on our precious planet 'Earth'. A day never goes by without feeling how lucky I am, to be a part of such a beautiful place that gives, heals, & inspires me as a human being, & an artist.

For as long as I can remember, I have loved creating music & art. Having parents who were both singers, & who's lives were always involved with music, as a child, I was always surrounded by music. I was fortunate enough to be given the gift of 'singing'.

I have always believed & felt, that anyone who follows their passion in life, needs courage. I continue to do this as I grow older.

In 1995 through my studies in Jazz, I sought out musicians who practiced Yoga. I had heard & read about them, & started to practice Yoga myself. I realised this may be the key, to well being & balance in my life.

Yoga had an effect on my artwork, I started to create drawings of patterns, which I was to discover, came from of my inner consciousness. I realised I was meditating, but also healing myself, through these magical circles called 'Mandala's.

As I grew into becoming a Yoga teacher, I started studying the history of where 'Mandala' creating began, & found out that many cultures, going back over ancient times, used it as a practice for meditation. The psychoanalyst Carl Jung, also used Mandalas as a form of therapy for his patients.

Over the years I have given workshops in Mandala creating, & inspired others to start the practice. I've also given classes in 'Meditative drawing', helping others to relax, & get in touch with their creative centre.

In the year 2000, my husband Trevor & I opened our own gallery, & my 'Mandala' art became a part of a work in progress, over the years to come.

After 35 years of having the privilege of being a Jazz singer, & being interested in the voice & sound, I found myself exploring Japanese & Tibetan singing bowls or 'bells'. These are also used by the monks as a tool to invite meditation in the temples.

I started to practice throat singing or 'Harmonic singing' & combined them with the bowls. I found out that this was a very cleansing, & healing practice, but it also created a wonderful feeling of energy within myself.

In using the voice & sound, anyone who sings can tell you how 'singing' can energise, & lift your spirit.

Many artists often suffer from depression. Over the years I realised that I too, have suffered moments of depression. Being in touch with our creative centre is momentary experience. The unfolding of a 'spark'.... an idea, that grows into an art form, maybe it painting, drawing, music, writing.....

is expressing something deep within you. You may think it comes from another place in time.... some unknown force that moves within you.

A message which can touch us.

These words are taken from a book I am reading at the moment about depression called 'The Lost Connection' by award winning journalist & author Johan Hari:

*"There is something about engaging in the natural environment. Re-connecting with the earth, & noticing little things.

You stop hearing the sounds of traffic, & noises that invade our minds. You find peace.

You get a sense of just how tiny we are, our insignificance. Being in a forest or a garden, is not just connecting with the earth, but finding a 'sense of place'.

It isn't just us! There's the sky & the sun, & the wider picture, & we all need to be a part of that picture". end quote*

Finding our connections through helping each other.

Respecting & listening to our Indigenous peoples allowing their culture & stories to grow.

Accepting & understanding our LGBTI community who have found their true selves.

Finding compassion & kindness for Refugees who have lost everything, & finally caring for this amazing & beautiful blue planet we all have the privilege to be a part of.

I'd like to thank Kerrie & Charles for inviting me to help curate this exhibition, & to be a part of this inspiring Sacred Edge Festival, & for bringing us all together as artists & spiritual people, to help create awareness, about well being for all of us, no matter who or what we are.