

Sacha Kopelow Artist Statement

Art-making is both therapeutic and punishing. The creative process begins when one allows their mind momentary escape of the heavy burdens that life suffocates us with, and instead freely roams the expansive territory of daydream and subconscious. The effort that follows inspiration can be gruelling. Even when one finds the 'flow,' an artist expends great physical and mental resources realizing their idea in material form. And yet, the wellness derived from self-expression and immersion in the Process is just as profound.

This grouping of cast glass figures presents some lithe and active and some seated or bed-bound, seemingly passive. However, upon closer reflection, all figures are in stances conducive to both creativity and pensiveness. Contrary to popular myth, wellness does not have to be determined by physical activity. This 'new' insight has been proven by those disabled folk whose physical limitations inhibit or prohibit mobility, who nonetheless have developed copious wellness through curiosity, pondering deeply, exploring emotions, and expressing their research through an artistic practice.

I'm attaching some documentation (including a video showing lighting effects) of those pieces for your consideration.