

July – Dec 2018 – Exhibition, Artists in Momentum – “Through Glass” – An Art Series

Artists in Momentum’s art series “Through Glass” – Splintering Intransigent Perceptions ran from July to Dec 2018 in Toronto and Mississauga. It was a coming together of the artists community, giving them a platform to exhibit their work, while simultaneously creating awareness on the importance of art as a vehicle of self-expression and mental well-being. The objective was transparency. Breaking “Through Glass”, to raise awareness through individual stories, while breaking the stigma surrounding mental illness.

The six-month series brought together eight wonderful and talented artists:

Jason Bassels: an artist of unusual talent – a sensei, a classical martial artist who channels his great spirit using “out of the box”, innovative techniques to promote mental well-being among our youth.

Angela Chao: who uses art to read the images in her mind and translates them into meaning on the canvas. Her beautiful spirit moves freely helping her in her journey of self-discovery; from who she was to who she is now.

Marilou Frias: a sweet and gentle spirit is evident in the beauty of the simple yet complex intermixing of pigments on parchment.

Tom Goode: his curious spirit uses the hard lens of the camera to manifest his inner vision.

Ricardo Hernandez: his spirit is one of social commentary *“La creacion artistica es mi refuqueo ante los engates de la ansiedad ee la depresion; ee say abre una ventana a traves de la quull soy libre dhey ofrecerr mi amor al mundo – The artistic creation is my refuge I slip into anxiety and depression. It opens a window through which I release my emotions and feelings.”*

Murtuza Kitabi: his beautiful and bold spirit is seen in the faces of strangers, as he captures their emotions through the lens of his camera.

Ryan Monteath: simply says, “When I paint, I believe that in the same way my brush is a tool and an extension, I too become an extension of a larger construct of the natural flow of creation.”

Last but not the least a voice from the past, my brother **Jebby Jacob** “*the incomplete artist*”, urges **Anna Silgado** to move forward in this crusade to bring greater social awareness on the stigma that surrounds mental health issues.

From The Artscape Sandbox to the Central Library in Mississauga the eight artists came together to promote mental well-being through the arts. The series started with their YouTube teaser “*I am more than meets the eye*”– Breaking the mould.

https://www.youtube.com/watch?v=01TixZL_2sk