Bio

Ingrid McMillan is a Canadian painter who lives in Winnipeg. Her work is consistently about the human experience in this digital age. Each body of work consists of multiple oil paintings, sometimes in a range of different media, grouped around specific themes and meanings. During research and production new areas of interest arise and lead to the next body of paintings. Ingrid holds a BFA honours degree in painting and a Master's degree in art education, both obtained at the University of Manitoba, Canada. Her work is held in public and private collections in Canada and Europe. To view http://www.ingridmcmillan.com

Artist Statement

My work continues to be about our evolving consciousness in the face of daily distractions. Our addiction to social media raises questions about who we are becoming. These paintings show theatre stages as platforms for playing to an invisible audience, our thousands of virtual friends. The fantasized gaze of how we might be viewed by the other is self-objectifying, and no amount of careful contriving of who we project satisfies that we are seen the way we want to be seen. This tension between wanting to be loved and fearing rejection is the addiction hook programmed by social media engineers, and we are increasingly held hostage. Our sense of belonging triggers a steady release of happy hormones in our brains that ensnare us into scrolling infinitely to stay connected. The audience both project and consume the object fantasy, like a selfie filtered by a phone screen. What are the risks to our well-being when our self worth depends heavily on digital validation? When we relinquish our autonomy to social media, what are the implications to our consciousness? How do we know life in the absence of virtual connection? Social media facilitates communication but restricts human interaction. These paintings reflect a humanity that is emotionally barren and strangely vacuous.