



## Ingrid McMillan, 2014

This new series continues with the themes of *The Brain Uncoiled*. The setting for my inner world has evolved from a Petri dish to nature Winnipeg's own St. Vital Park, where I walk every morning year round. During my walks, I liken the patterns in the light to the human mind. The light appears to envelop the foliage, -like my aim to illuminate and assimilate distractions-, and finds its way past them to light up my path on the pavement.

*Dream Home* is about our evolving consciousness. Each painting explores how the mind, in a state of still surrender or as dense avalanches of brain activity, can be likened to light in nature. How does human consciousness merge with nature? How can we evolve a collective consciousness of grace? I believe that we have a responsibility to take care of our inner work of growing up and aligning our hearts with our heads and acting in accordance with knowing who we are.

I began to use myself as a reference. I watched how I asserted my thoughts and feelings. These paintings are about the merging of boundaries between head and heart to arrive at inner congruence, where intellect and feelings are aligned. To make my unconscious more conscious, I had to embrace my shadow, in Jungian terms, the characteristics that I didn't understand and usually was not proud of. A general way of describing my process is in the words of Marcel Duchamp who said, "To all appearances, the artist acts like a mediumistic being who, from the labyrinth beyond time and space, seeks his way out to a clearing." For me, finding inner congruence is finding the clearing.

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