

Statement and Bio, 2020

I LOVE YOU ANYWAY, Berlin 2019

Paintings by Ingrid McMillan

These paintings are about relationship and romancing our shadow to arrive at self love. They were made in the context of the energy and culture of Berlin, where I am currently artist in residence at // GALERIE 102. I think about the discomfort of facing our shadow, in Jungian psychology, that we unknowingly hide from ourselves until it appears suddenly like a stranger, exposing the opposite of who we think we are — a bully, an addict, a victim, a blamer, a liar, and so on. I imagine pulling these unwanted parts of ourselves out of denial into conscious awareness, to be disarming and empowering. I wanted this dissolving or untying to be like mining for gold in softness that moves in and out of light, enveloping humanity, deepening intimacy, making us more balanced and loving.

Ingrid McMillan (b. 1960 in Vancouver, Canada) is a German-Canadian painter who lived in Germany until age 4 and was subsequently raised by German parents in Winnipeg, Canada, where she still lives today. Her paintings consistently explore the human experience in this digital age. They are an imaginative response to psychological and emotional interpretations that either support or interfere with human connection. Each body of work consists of multiple oil paintings grouped around specific themes. During research and production, new areas of interest arise and lead to the next body of paintings. Ingrid holds a BFA and an MEd degree in art education, both obtained at the University of Manitoba, Canada. Her work is held in public and private collections in Canada, US and Europe.