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Artist Statement

Tension vs. rest
Chaos vs. peace
Centered vs. scattered
Free vs. controlled

How do we feel centered when the world is full of uncertainty, unrest, continual judgment and shame? How can we feel peace when our thoughts and feelings are all over the place? In the finding center series I hope to convey this dichotomy.

I find beauty in the ink splash on paper. It is so free and uncontrollable. The act of spinning yarn is cathartic for me. It calms me and I find peace in this repetitive movement. For me the yarn under tension stretched between nails symbolizes anxiety. By placing the free flowing splash next to the stretched yarn I hope to invoke a sense of balance. As life pulls us in all directions we try to keep our centers in tact.

Skeins of Yarn was created last summer during a research project about natural dyes on animal fiber of alpaca and wool. At first I used food that I had in the kitchen to dye the wool yarn: spices, beans, tea, and Kool-Aid. Then I branched out and started to try store bought natural powder dyes like lac and rich madder. These natural dyes come from plants. Each skein contains a different color but also a different texture and thickness as I improve my spinning technique. This skill takes practice, time to develop and cannot be forced, just as creating mindfulness in our everyday lives.