

Artist statement
Tam Helenske

This work addresses my experiencing, at times, an alteration and distortion of reality due to mental health challenges. I represent my experiences with raw visual and audio representation of natural environments. The work is translated into a minimalist form, intended to capture a sense of loss of place and identity. The struggle is presented in submerged, traveling and floating rhythmic steps that which give way to a distortion of control that becomes hyper-focused and distorted.

I explore content by capturing fluid in motion intended to exude emotional and internal responses. During editing process, I add and reduce layers of footage, searching for balance and varied communication within the decompensation of the recognizable. The audio exists in a language with-out words designed to be familiar, similar or not.

This time-based work intended to distort reality and capture an endless narrative. Erratic rhythm is used to detangle the visual and audio experience. Direction, linework, content source and cohesiveness play a key role in tying the sound and images together.

