

KAIROS

*A Non-Linear View Through Altering
Realities*

By Tammy Helenske

10/14-10/18/2016

R.W. WITT GALLERY

Artist Statement

Interactive Gallery Instructions

Sculptures

Artist Statement

Kairos visually represents a personal perspective that few will ever experience or fully understand in their lifetime. When I was twenty-four years old, I was diagnosed with a form of psychosis. I experience paranoia, delusional and distorted thinking, hallucinations, hearing voices, and detachment from reality during the occasional episodes. Due to the social stigma and fear around this type of mental illness I have fought intensely to keep my illness and the daily struggles that go with it, hidden.

Kairos is the recreation of paranoia, voices, loss of identity, intensity, and disconnection from the daily life. Leaves were brought into the space, introducing my theme of connecting with nature. Recently I decided to stop hiding my illness and express my experience through art. I became a speaker with “Stop Stigma” which raises awareness about mental illness in the community, and I will have my first

speaking engagement on the last day of the show
Nov. 18th.

Kairos is a term used in classical rhetoric and refers to the opportune time and/or place—the right or appropriate time to say or do the right or appropriate thing.

Kairos Participation Art Instructions

1. Create a mask
2. Enter the space wearing mask
3. Carve a message into a sculpture (Carving tools in interactive area) (optional)
4. View live stream during gallery hours (live stream hours and link see the Kairos postcard or visit tammyhelenske.com)

***This is live streaming show, by going into the space you are agreeing to participate in a “live stream” event.**

The live stream recording maybe used for a future video compilation that will be available for public viewing. If you would like to opt out of the video, please email me a photo of the mask you wore @ helensket@yahoo.com.