

## Artist Statement

My intention is to create a work that addresses the notion of “home” as a dwelling where we are nurtured and can thrive. Whether the word pertains to a shelter, immediate surroundings, the environment or a feeling of comfort and security, a home is fundamental to life.

My artwork over the past decade has related to similar themes of equilibrium and the interplay of natural laws. This is in reference to the concept of a duality of existence. Polarities of masculine and feminine in homeostasis are inter-dependant, inter-related and co-dependant - the basis of all life. Finding flow and stability, although difficult at the best of times, is seemingly what all living things ultimately strive for, though it may not always be a conscious act. Balance is an ever illusive state that is fleeting and yet at the crux of human existence in its most basic sense.

Each individual work explores the interaction of these forces and the dynamic between the feminine and masculine, the physical and psychological, man versus nature and the conflicted social constructs of our time. The forces that can constrict and restrain are also inextricably dependent and irresistibly attracted to their counterpart. The universe is always striving for equilibrium between the tension and release of these magnetic influences.

Using recycled lumber, paint, tree branches, drywall mud, and a variety of other materials, my work is an interpretation of the play between opposing ideals. I strive to achieve a measure of resolution in each work, in the way of a convergence, a renewal, blending or transformation. Each work resolves itself through a stable juncture, intermediary point or ultimate stasis. Although natural elements are seemingly hostage to the structures that contain them, they appear to grow through and beyond what confines them - evidence of their natural interdependence.

On a personal level, my work is an expression of my own experiences with these forces and the ways in which they have defined me in body and spirit. They are a testament to my own humanity and the search for principles that are in support of well-being and feeling whole.

Nadine Stefan