

# IMAGINATION

Katie Christensen

## ***Common Humanity: Grief of the World***

Coptic-bound sculptural book created with mixed media, BFK paper, linen thread, and glue.



## **Artist's Statement**

There's no doubt that Covid-19 has rocked the world, literally and metaphorically. At some point during the pandemic and working from home (some people don't like the term shelter in place), I read an article about the collective grief our world is struggling through right now and for the past several months titled "Our Lungs hold Our Grief: What COVID-19 might be Trying to Tell us." There's no doubt to me, and demonstrated in Eastern spiritual practices, there is a direct correlation between our individual experience and that of the collective, the whole world and generations. When one suffers, we all suffer in some way. When we all take the time to love and protect ourselves and each other, it gives us time to heal. Our earth can heal, our divides can become less distant and our bodies can breathe life and move through grief.

This piece is about grieving and healing on our own terms. It's embracing and honoring ancestral wisdoms, as well as generational trauma and healing. The making of this book was about taking the time for me to reflect and heal, and encourage myself to rest in the value of a long slow breath. To breathe more often and ground myself in my own circumstances, as beautiful and painful as they can be at times.

My meditation practice has ebbed and flowed well over a decade. Recently I began including Self Love and Compassion practices, with one of three tenants being the idea of common humanity. This book is about coming back to breath, and common humanity, in a time that the world needs all of us, and needs love. We need love more than ever to move through the grief.

**Biography**

Katie Christensen is the Curator of Education at the University of Wyoming Art Museum where she oversees a team who implements in-house education and programming, as well as outreach for arts learning across the state. She received a Master of Fine Arts from Bowling Green State University and BFA from the University of Wyoming. Katie has worked at the Wyoming Arts Council where she partnered with educators in all arts disciplines and Wyoming Department of Education, and was the founding director of Brush Creek Foundation for the Arts. She was a recent fellow at the Getty Next Gen Leadership Institute.

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