

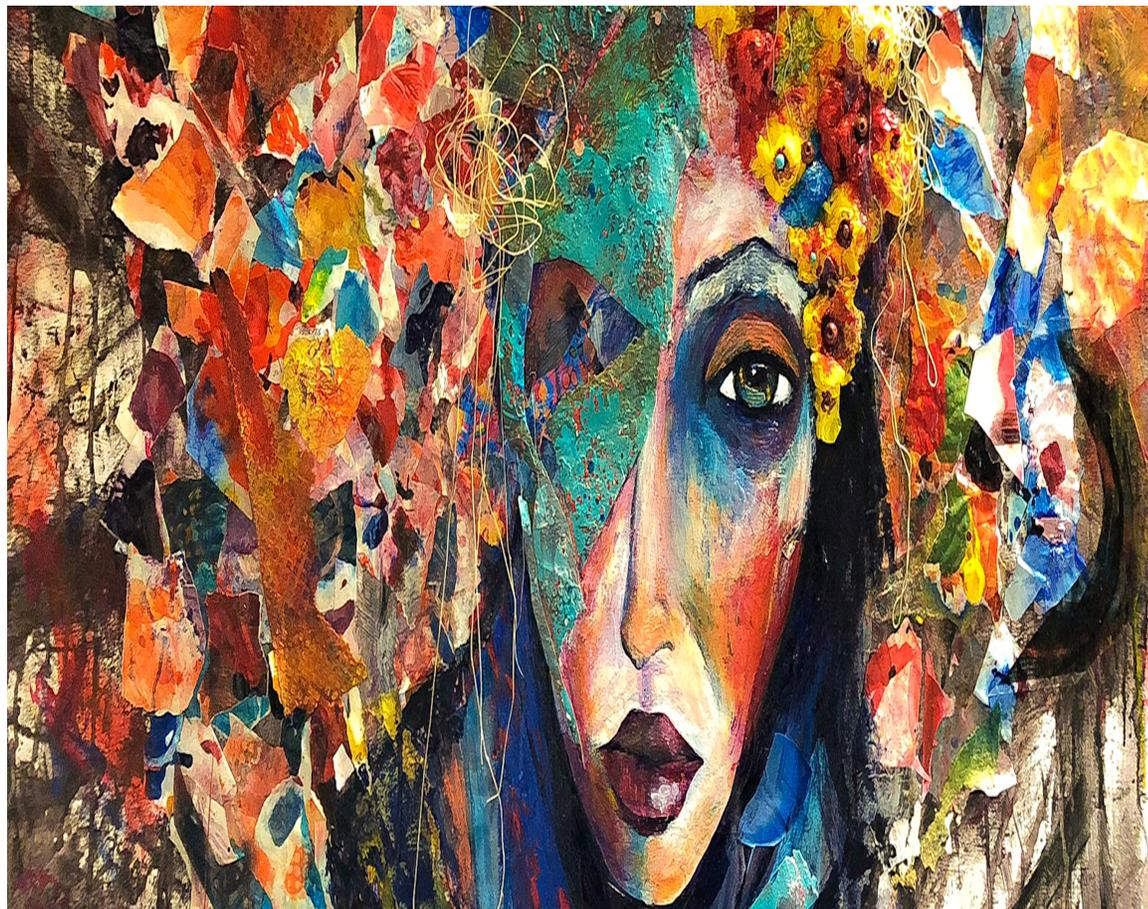
FILOMENA PISANO

September 10, 2018

every
painting

i create
creates
me
i paint
so that
i may
know who
i am

filomena



‘Viva la Vita’ At Niagara Image Gallery till september 30, 2018

Filomena Pisano began painting intensively in July 2016. It has become a faithful and rewarding endeavour as her work has grown exponentially to the point of creative large “_size here_” pieces. One recently sold across an ocean. She says, “I am dedicating the next phase of my life to art. Making art gives me so much joy. The hours I spend between myself and the canvas are exhilarating. I feel an immense renewed taste for life.”

Filomena has a bright and large personality; she loves to laugh! Like many Italians, she expresses herself easily and has a boisterous, loving and

hugely affectionate approach to the world. She is a nurturer, a mother and a passionate woman. Negativity of any kind cannot penetrate her point of view. Her life is a prosperous and large achievement of extended family, children, a husband that’s a great support to her work and a best friend. She is rich in heart and soul and she knows that the mind follows.

Filomena came to Canada at 3 years old. Learning English was difficult and she struggled with it at a young age. Today she lives in Woodbridge, Ontario but has a desire to move to the picturesque and quaint area of Niagara on the Lake and Vine

country. An innate desire to connect to her European roots and its lush lifestyle of landscapes, large body of water close by and vineyards country is a warm and hospitable area where she feels she can tap easily into her artistic inspirations. “I aspire to retire there with my husband to paint among the vineyards. Added bonus is I love to drink wine.”

“I quickly adapted to the new found freedom.” — filomena

By Trenz Pruca

Filomena has 4 children that she claims have taught her to never give up on anything you believe in and she is a “Nonna” of two children. “Beautiful Children who teach me about the beauty of spontaneity.” Filomena has a giving and playful approach to living that shows itself as she claims, “my doggies moved out with my children.” Though when the last two of her kids moved out to attend university she admits it was unsettling, “I quickly adapted to the new found freedom and picked up my paint brushes! We are living like teenagers again!”

On September 16, 2016, just before turning 56, Filomena decided to embark on a challenge that changed her life. She shut down many personal and professional activities and devotedly went into 102 days of art-making. The experience evoked a depth and scope of inner exploration that many find challenging and difficult to commit to yet, strive to and wish to partake in.

Upon reading Patton Oswald’s experience with grief something personal and inspirational was deeply cathartic as it triggered, inspired and released a fully focused, devotional experience of drawing, painting and building a studio of visual arts practice.

every
painting
i create
creates
me
i paint
so that
i may
know who
i am

filomena



This is her story:

As a young girl in Catholic high school I drew one-eye consistently. I was fascinated with the one eye, maybe as early as 7 or so. There's an Egyptian symbol of the one-eye and I feel it must be tied to some ancient inspiration that I can connect to for meditation. One of my teacher's in class questioned me as to why I was drawing only one eye. I recall her tone; it made me feel that this approach was somehow wrong. In high school, I would walk past the art room and weep because I had told myself I could never draw.

While drawing a well-meaning relative, they decided to question me on why I was drawing outside of the lines, somewhere between these two incidents, discouraged, I put the pencil down and left art behind. Later on in life, by my forties, I picked up a pencil on a catholic retreat. Nuns were housed there and one in particular decided to hang over my shoulder and question my drawing of the 'one eye'. The one eye was a great entrance point for me to begin my drawing inspiration. She judged my work and went on to tell me it was evil to portray a one-eyed woman. I put the pencil down, once again.

A year or so ago I met a lovely woman in my yoga class who mentioned art classes taking place in Mississauga's port credit area. I decided to try it out. I was anxious and nervous. I lasted a few classes because I was afraid. An old record in my head seemed to replay itself and I'd give in to it. Gratefully, I met another wonderful teacher who came to my home and encouraged my process with visual art. During one of my sessions she said; "Filomena you may just become a better artist than I." She had no idea that that comment could heal the fear and the would I carried.



“You do not have to be good. You do not have to walk on your knees for a hundred miles through the desert, repenting. You only have to let the soft animal of your body love what it loves. Tell me about your despair, yours, and I will tell you mine. “

Mary Oliver

I realized with the inspiration Patton Oswald's story is that I have allowed others to take away my passion of improving my ability to draw with that in the background of my mind. I came to understand that the one-eyed experiences blocked me subconsciously from exploring what I've always wanted to do, which is to paint. The fears of judgement, by the elite world of art reminded me of the nun that claimed my one-eye had evil implications. I had buried a passion and internalized grief until the attempt to follow and use Oswald's experience with focus and determination. I believe that for a long time I was angry and hurt. Today I am no longer angry but I do feel, at times, great loss. This is why the challenge of a commitment to returning to art for 102 days has been so healing and I see clearly how I was so ready to embark on that process. In all things, we must never let anyone steal our thunder!

Since July 2016, I have had numerous pieces sold. I have destroyed my basement turning it into a studio but that has been worthwhile when I see the joy the work brings me, my family and others who appreciate the art. I have shown my work in Toronto, Niagara-on-the-Lake and other locations in Southern Ontario. Recently one of my pieces was taken to Italy and I have had pieces printed on special paper as well as textiles. It's been an exciting and overwhelming journey of flying into a whole new artistic space within just over a year.

'I have many people to Thank for supporting me throughout this fascinating process of going inside, loving myself and finding my way back to art.' — filomena

www.filomenapisano.com