



Abundance Becky Fixter

January 9 - February 23, 2019

Opening Reception: Thursday, January 10, 2019 at 7PM



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Abundance: Becky Fixter

When the body shuts down in the winter of our lives, it lets us know. The inner energy is drained. Life retreats into the dark passages of a hard cocoon. And fighting against it as we may, will not change the sheltered wait. We have to listen. Rest. Let the process take its course.

Becky Fixter's new exhibition *Abundance* travels the metamorphosis from the winter of one's cancer to the glowing evolution of spring recovery. Fixter is a free form abstract painter whose emotive use of colour captures the cyclical nature of a female life.

Fixter's artistic process begins with an emotion, a feeling. Then, she chooses a colour palette that represents that sensation. She begins with large, loose, sweeping strokes initially, filling the new space with the emotion. For Fixter, the painting is living; it tells her what it wants to be, and what colours it needs. She listens. If the painting begins to feel too contrived or structured, she stops. She walks. For Fixter, the most successful pieces are those that flow intuitively with the colours and sensations easily entwined.

Sanctuary lies in wait at this cellular level. Dark blood lies dormant between the snow and glimpses of the fall beneath. There is a tough, protective layer there beneath the lighter glimpses of colour. This living experience of shutdown and recovery threads through all of the work. *Meandering* advances the theme of recovery. A fleshy subsurface hibernates and begins to spread beneath the larger light and emerging pockets of colour. The dark

institutional core of the hospitals that treat tender and malleable bodies are hard. Materials die within the same canvas they recover. Hard metal cars and ambulances transport the ill with small inner lights of hope.

"My body would tell me what it was capable of. For awhile I was unable to do what I wanted to, but there was always the hope that one day, health and energy would return. My illness has taught me to listen." And Fixter has always had gratitude for the abundance of support and life she has been witness to.

It is those sunny, waiting seeds of healthy growth that Fixter focuses on in *Abundance*. The acrylic paintings 'meander' through the subcutaneous levels of blood clotting, dying, and re-generating themselves, to light clouds of hope, healthy oranges, opening pinks and emerging embryos. "Nature fortifies," says Fixter, "yet its detail also offers such immense natural beauty."

When Fixter 'was given the all clear' after her treatments, an awakening occurred. The vivacity of nature was an integral part of her recovery. The knowledge that the winter was behind her, brought forth the immense *Windblown*, skyscapes of *Esperanza*, paintings that are freely moving with loose and great brush strokes of light and liberty. The painter had just broken out of her hard winter captivity, and found the sky. Fixter's emotion at receiving news of health was spiritual: "Suddenly my world was more vibrant, sounds were more lyrical, and specific moments in my life stood out. Everything seemed richer."

Abundance describes a cyclical and evocative response to the natural palette of our earth and planet. Rather than focus on the deficit aspects in our world, Fixter is alert to the rich details in nature. She celebrates the soft colours and emotions of the natural world around her.

Abundance is a celebration of our life-filled earth and planet, and the magnified richness therein. This is the celebration of a gleaming, transformative spring after a dark layer of winter and recovery.

Kara Ghobhainn Smith is a Canadian writer and poet who works out of the University of Windsor, Canada and the University of Highlands and Islands in Scotland.

cover image: *Abundance*, acrylic on canvas, 2018
middle image: *Sanctuary*, acrylic on canvas, 2018
right image: *Windswept*, acrylic on canvas, 2018

