

Open Hands: A Visual Essay Crystal Benallick

November 30, 2022 - January 14, 2023

Opening Reception: Friday, December 2, 2022 at 7:00 pm

Curator: Phil Vanderwall

Assistant Curator: Michaela Lucio

Design: Donna Nolan

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List of works

Aged to Perfection, 2022. Encaustic mixed media, 24" x 24"

Open, 2022. Encaustic mixed media, 4" x 4"

90, 2022. Encaustic mixed media, 4" x 4"

Palms Up, 2022. Encaustic mixed media, 4" x 4"

Stepping Out, 2022. Encaustic mixed media, 6" x 6"

Inside Joke, 2022. Encaustic mixed media, 6" x 6"

Heard, 2022. Encaustic mixed media, 6" x 6"

Tortoise and the Boy, 2022. Encaustic mixed media, 6" x 6"

Phone Home, 2022. Encaustic mixed media, 5" x 7"

Keys to the Kingdom, 2022. Encaustic mixed media, 8" x 10"

Golden Hour, 2022. Encaustic mixed media, 12" x 12"

Blink of an Eye, 2022. Encaustic mixed media, 24" x 24"

On the Move, 2022. Encaustic mixed media, 24" x 36"

Hold Loosely, 2022. Encaustic mixed media, 8" x 36"

Eyelet Dreams, 2022. Encaustic mixed media, 8" x 36"

Enjoy the Ride, 2022. Encaustic mixed media, 3" x 24"

Present, 2022. Encaustic mixed media, 8" x 8"

Upstream, 2022. Encaustic mixed media, 8" x 8"



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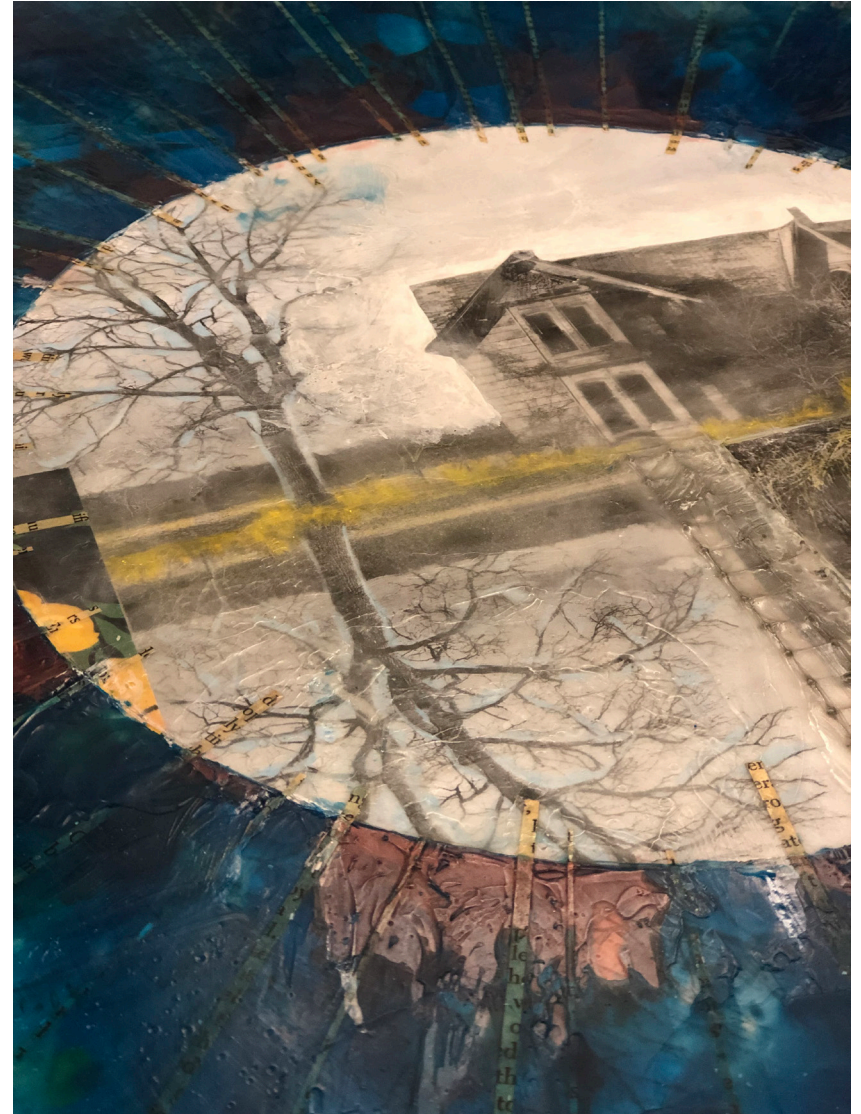
Crystal Benallick, *Inside Joke*, 2022. Encaustic mixed media, 6" x 6"

Open Hands: A Visual Essay

Unexpected answers and opportunities come our way when we step forward with our palms up. What if you let yourself be vulnerable and release the tension in your hands? The simple act of flipping a clenched fist over and showing the sky the underside of your wrist while allowing your fingers to loosen can change an outcome. This is the posture of both releasing and receiving.

Approaching decisions and life's circumstances with a willingness to be shaped and contribute requires courage and humility. Control is an illusion that holds many in its clutches and masquerades as the safe and sure option, only to disappoint repeatedly. Joy has space to surprise when given room to do so. Parenting becomes a dance when we hold our children's futures loosely and aging will share its wisdom once it is embraced with open hands. Life's journey is just that, a journey with twists and turns, refusing to be broken into submission through a strong will and white knuckles.

Dare to live with open hands, holding loosely.



Crystal Benallick, *Aged to Perfection*, 2022. Encaustic mixed media, 24" x 24"

Bio:

Chatham based artist, Crystal Benallick, has been working in encaustic for the last sixteen years. She describes her first encounter with encaustic as love at first sight.

Encaustic allows many transparent layers to blend together into the creation of one cohesive piece of art. The viewer is invited to look closely to see what shows through the semi-transparent wax. The sense of sight is not the only sense engaged by the encaustic medium. The smell of wax draws the viewer in close where the textures can be felt with a gentle touch. This medium is meant to be experienced through multiple senses - a multi-layered and multi-sensory expression.