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As they pertain to my work, the concerns of social and environmental mindfulness are inextricably linked – the environment I'm referring to in this case being the whole of our collective livelihood on this strange, ever-changing planet. The fundamental goal of my work is to promote in its communities a consideration of the wonder and precarity of our shared environment and, in turn, an urgent sense of empathy toward all its inhabitants.

I approach the work as a terrain for staging visceral, philosophical movements

Installation view of *Stay alive*, 2017



That These Things Take Time, 2018

– a means through which we might exercise our muscles of empathy, humility and wonder, returning to our lived environment with those merits that much closer to the surface.

With a practice so rooted in mindfulness and a contemplation of our place in the grand scope of the cosmos, I can think of no more fruitful of an environment for my work to incubate as a vast, remote site like that of the Montello retreat. My two weeks in that cabin were, above all, an important and expansive step in my mental, emotional and spiritual development -- an evolution which then naturally shaped and illuminated the work I produced there and that I've produced since.

There are no words to express the gratitude I feel to have had the rare opportunity to experience that kind of true and uninterrupted solitude in nature. And what a gift it was to study and live under the roof of that self-sufficient structure -- always acutely aware of the resources I was spending in relation to the weather systems; always surrounded by this immensity of nature, able to step out at any moment and give my attention to the plants and the animals and the elements, to absorb the lessons and the poetry they bring. Living those two weeks felt like an artwork of its own, a collaboration with the desert.