



Lulu NGIE: The Sensitive Body

Exhibition period: 29 October – 26 November, 2022

Opening reception: Saturday, 29 October, 2022, 2pm–6pm

Gallery EXIT is pleased to present Lulu NGIE's latest solo exhibition 'The Sensitive Body'. This is NGIE's first solo exhibition since 2019, showcasing the artist's old and new oil and ink works on the body as a vessel for emotions and sensibilities, manifesting the various states of inward meditation and outward experience. Exhibition starts from 29 October to 26 November, 2022. The opening will be held on Saturday, 29 October, from 2 pm to 6 pm.

Quoted from the artist's own statement about her creative process and exhibited works: 'I always wonder how much I know about this body which I have been using for decades: Other than having different allergic reactions to certain drugs, foods, and substances at different points of my life, whenever I encounter certain situations that elicit emotions, my body also becomes allergic!

My emotions seem to be recorded somewhere in the body; an allergy attack happens whenever certain situations come up. And the most annoying thing of all is not being able to locate the source of the allergens!

I cannot be reconciled to the pains and discomforts caused by these involuntary physiological reactions, and to regain control over my own body, I have to find out their source. In addition to seeking medical help and undergoing treatments, I am more interested in looking for ways of self-healing, to learn to interpret the signals sent out by the body.

During my research process, I discovered that the body plays a vital role in all things related to the mind. Just as some bodily responses are a result of our emotions, some intense emotions come from our memories; even when we cannot accurately place some major events in our memory, some emotions and details associated with the events may have been deeply impressed somewhere inside us, and whenever a certain situation chances to evoke that memory, the body reacts accordingly. This condition keeps recurring so much that I feel like being trapped in the past, perpetually frozen somewhere in time. Every time this happens I have to remind myself to return to the present. To achieve self-recovery, the sense of security is key to our defense mechanism of self-regulation and restraint. When humans feel safe, the autonomic nerves will coordinate in its operation in such a way that the fight or flight mechanism of the sympathetic nervous system will not be constantly activated, and the perception of danger can be readjusted. Then the body will also be able to self-regulate to optimally support health, growth, and repair.

Currently a common psychiatric treatment is systematic desensitisation, i.e. to reduce the patient's emotional or physiological sensitivity towards certain emotion or sensibility. I, on the contrary, would like to perceive these happenings and experiences through the hypersensitive bodily and emotional reactions, and observe the interrelations and mutual transformations of physical and mental activities. All these have become the inspiration for my paintings, while the hypersensitivity of the body has become the theme of this exhibition. Although they are all very personal and private experiences, I hope to express them through the portrayal of the gestures and movements of bodies in lines and brushstrokes.'

倪鷺露：《敏感體質》

展期：2022 年 10 月 29 日至 11 月 26 日

開幕：2022 年 10 月 29 日星期六下午 2 時至 6 時

安全口畫廊呈獻倪鷺露最新個人展覽《敏感體質》，是次展覽是倪鷺露繼 2019 年的首次個展，展出藝術家的新舊油畫及水墨作品，題材關於身體作為情緒及情感的載體，作品呈現了藝術家內觀自身及感受外界的狀態。展期為 2022 年 10 月 29 日至 11 月 26 日，開幕將於 10 月 29 日星期六下午 2 時至 6 時舉行。

引述藝術家對是次創作過程及展出作品的描述：「我總是疑惑，自己對於用了幾十年的身體，到底認識有幾多：除了對某些藥物、食品與物質在不同時期有不同的過敏反應，一旦遇着某些情景觸動到情緒，身體也會出現敏感反應！

情緒就好像給記錄在身體某處，遇上某些情境就如敏感發作，而最傷腦筋的是未能確切找出致敏源！

這些不由自主的生理反應所產生的痛楚及難受，讓我很不甘心；想找回多點自身的主控權就要找出源頭。除了看醫生和做各種治療，我更感興趣的是尋找自我療癒的方法，解讀身體發出的訊號。

在看書找資料的過程中，我發現身體在任何與心靈有關的事情中都扮演了至關重要的角色。就如有些身體反應來自情緒，某些強烈的情緒亦來自記憶；即使是記憶深刻的事件，時序可能已變得模糊，然而當刻的情緒或當中某些細節卻鉅細無遺的緊緊記錄下來，烙印在身體某處，一旦遇到某些情景喚起該段記憶，身體就會作出反應。這些狀況不斷循環的發生，就好像自己被囚禁於過去，一直停留在某個時間點，每次都總是要提醒自己回到當下。要自我修復，安全感也是一種調降和限制防衛機制的關鍵；當人類感到安全時，自律神經就會協調運作，不致於讓交感神經系統負責的戰或逃模式長期處於啟動狀態，可以重新整理對危險的知覺，人體亦會自行調節到能支撐健康、成長和修復的最佳狀態。

現時一般心理學普遍以減敏感法作為其中一種治療方式，即是減少病患對某些情緒或感覺的反應。我卻想借着身體及情感的過敏反應，去感受這些發生和經驗，觀察身體和心智活動上的聯系和互為變化。這種種都成為了我繪畫的靈感，容易敏感這身體特質亦成為這次展覽的主題。雖然一切都是很個人很內在的經驗，但我希望透過線條筆觸描繪人物的姿態動作將之表現出來。」