

Artist Statement

Courtney S. Nelson

Equanimity is about finding my own inner peace and balance. During the process of creating this piece I had to sit for many hours with rubber and plaster on me as I created a mold of myself. This time of pause during the process became like a meditation as I sat and reflected upon myself. I chose a pose that composed of my chest, neck, and partially my head with my chin lifted slightly up to illustrate a slightly confident body language. My own inner balance comes from those places so that's is where I decided to focus the composition.