



Holding Nothing Inside.

Lili Davis
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Holding Nothing Inside is a reflection on and a manifestation of constipation. Constipation is the physical embodiment of trauma, unfinished processing, and suppression. Our bodies hold and restrict themselves just as tightly as our minds do. Our bodies and minds need habitual release to grow. The process of holding in and holding back is the consequence of existing in a society that profits on marginalization and othering. We are forcibly the sedentary participants in these systems--capitalism, the institutionalized legacies of racism, to name a few, are all faceless and therefore hard to blame. The effect of these systems and their anonymity in the restriction of minds and bodies is violent. We shy away from conversations about release. We value endurance. We normalize silence.

To reflect the organs already present in our bodies, I created a ceramic urn in the shape of busted intestines, and a weak, limp stomach as the lid. I used the extruder to create the intestines, letting them break naturally as they came out. I layered them on top of each other in coils. I brought holes in the extruded pieces to the outside of the vessel to be in the view of the observer. I constructed a purposefully thin and fragile stomach that slightly caves in. My goal was to bring these structures out of the body to confront their functions and the meaning of their ugliness. I wanted to marry the grotesque view of anatomy with this sense of release. I poured black, perfect white, and then paprika red onto the piece. After firing, the glazes had bubbled in their layering, creating what I think looks like the flowing of blood cells or tissue cells. The outside of the vessel is smooth, and the inside is coarse and raw.

I hope that my piece questions what it means to *hold* onto *nothing*. This vessel is an empty urn to house the invisible traumas that we constipate in our body, and its physical form acknowledges the relief in bringing forward these traumas.

Work that inspired me



Fred Wilson

Drip Drop Plop

2001



Kiki Smith

Untitled

1992



Sedentary.



A top to close.



A bottom to hold.



Reflecting on

Function in

Form.