

Exhibition Catalogue

"Useful suffer"

by Lino Lithium



ART.NUMBER23 | p

Introduction

Lino Lithium, 1985 born in Sittard NL.
Graduated ABKM 2010.

Without suffering there wouldn't be art. Suffering is useful.
In my conceptual art I create to self-express, not to make a product.

The suffering both physically and psychologically has become meaningful. The macabre of my work reflects my emotional journey.

A true self transformation as I went on a journey within my own soul and body.
After having had personal suffering as subject and it has made it's way for healing, the focus will shift.

Exploring the thin line between life and death, what it means to be alive. The connection between lust and pain, opposites full of contrast and symbolism.

Without dead life has no meaning.

The materials I work with are all natural. Real pigs blood, tissue, bones, tree branches I find in the woods etc.

I tried expressing myself first with paint but that didn't cover the intensity and meaning of the subjects I was expressing. Paint fell too superficial, literally because it only covers the surface when the problems I was facing lied deeper within my body, deep where my blood flows.

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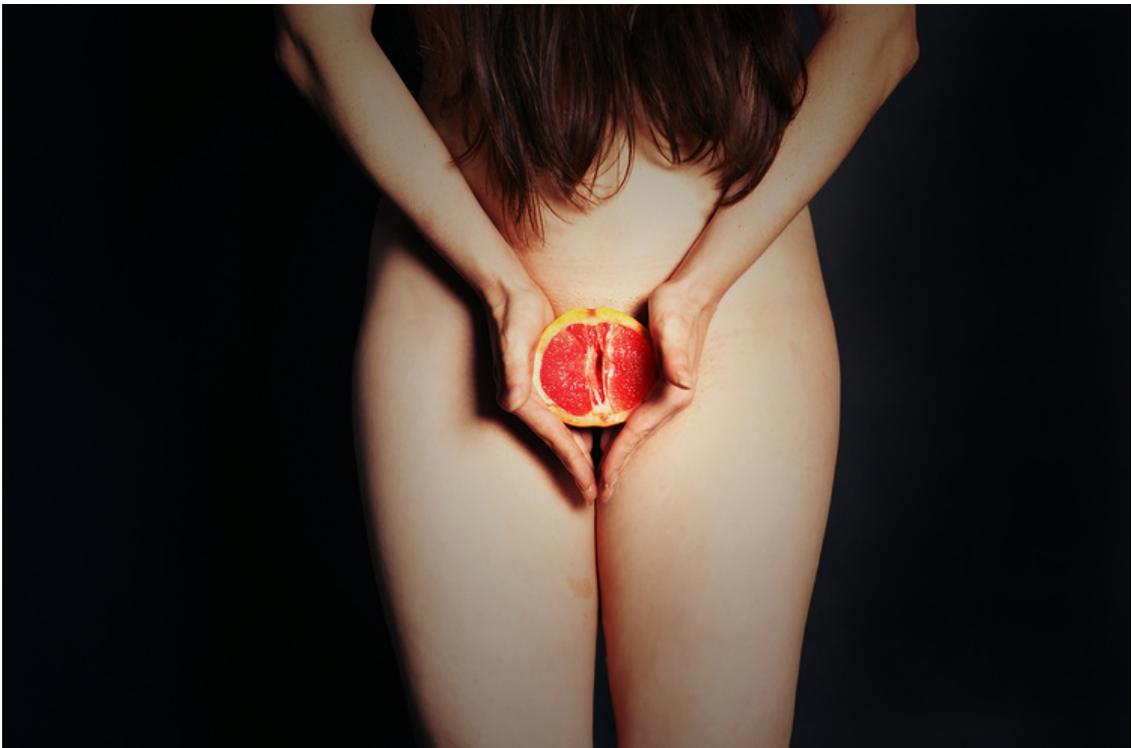
'A flower doesn't bloom in a body that's been torn apart'



'Flowers for the person I used to be'



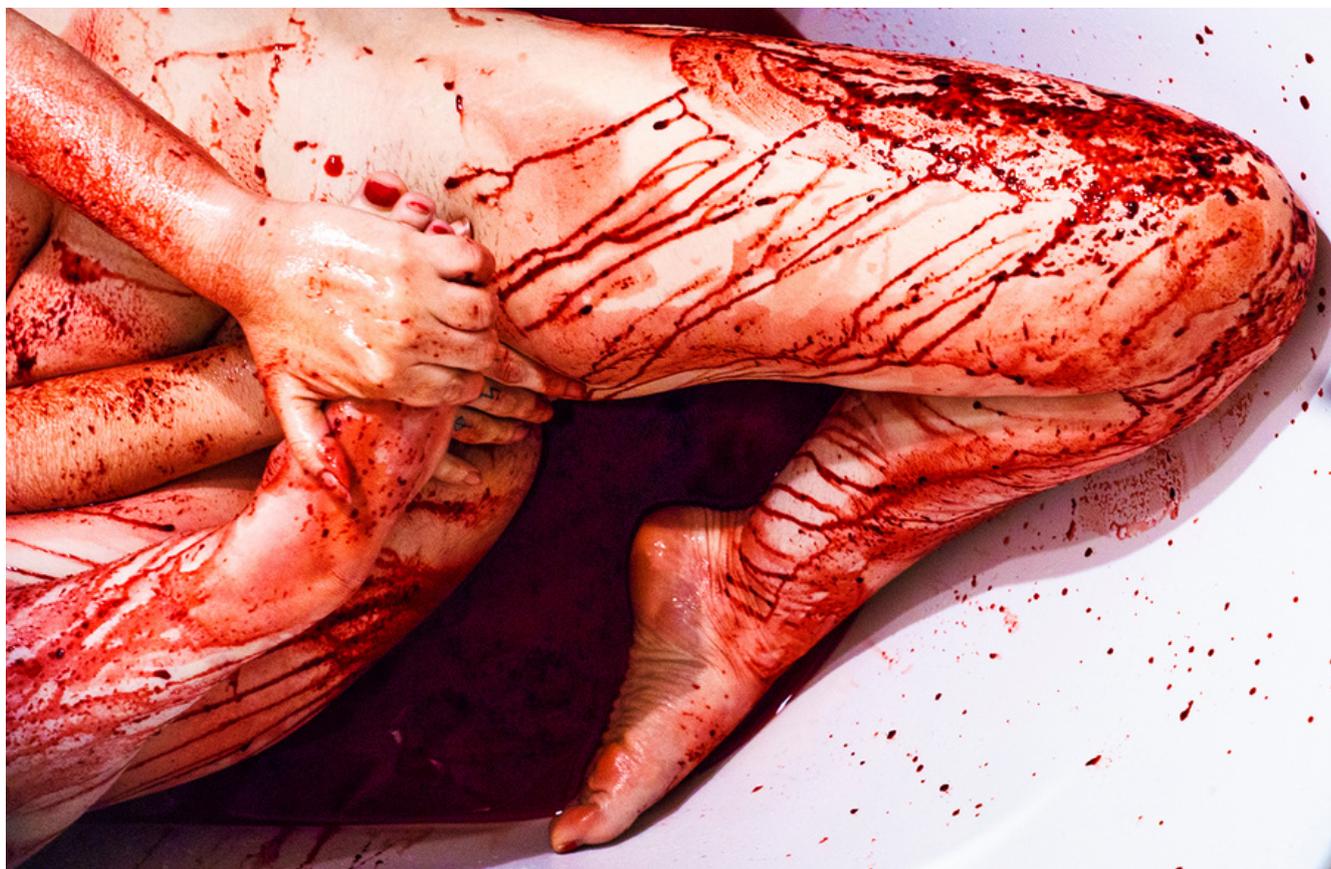
'Hard fruit 1'



'Hard fruit 2'



'Bloodscapes, landscapes filled with broken DNA1'



Artist Interview

Which contemporary trends in the art scene are you following and who are your biggest influences?

Which trends I follow is a hard question.. I consciously don't follow trends I guess. I Always liked to do the opposite. I do like to keep an eye on the local museums and art houses, and art/artist who have expo's there and who seem interesting to my soul I go and pay a visit. One 'trend' I'm looking into atm are NFT's. The concept is just so out of the box and possibly the future in art trading. Its best to be one step ahead the wave. One artist that is a big influence to me is Berline de Bruyckere. She also likes to point out the same subjects as me and she also works with raw natural materials. Her work makes me look deeper into my own soul and makes me question large issues.

Is there any advice you would give to your younger self?

DO IT! Don't care what other people might think, you will get critics anyway. I always worried too much about what other people thought or how other people will receive my work or me. When you worried about that there's no space for personal growth or reflection.

What is your most important artist tool? Is there something you can't live without in your studio?

My work couldn't exist without left overs from Mother Nature. The blood is a rest product of the bio industries, so are the bones, my hair and nails are done growing and tree branches have fallen off.

How do you choose your themes? Is there a theme you return to regularly?

I choose what thrives me. What worries me, what keeps me busy. Making art is a way of expressing my feels, feelings words can't describe. Feelings otherwise would be ignored and locked away. After having had personal suffering as subject and it has made it's way for healing, the focus will shift to other subjects that keep wondering my mind.

Is there a connection between your process/the materials you use and the message you want to convey in your work?

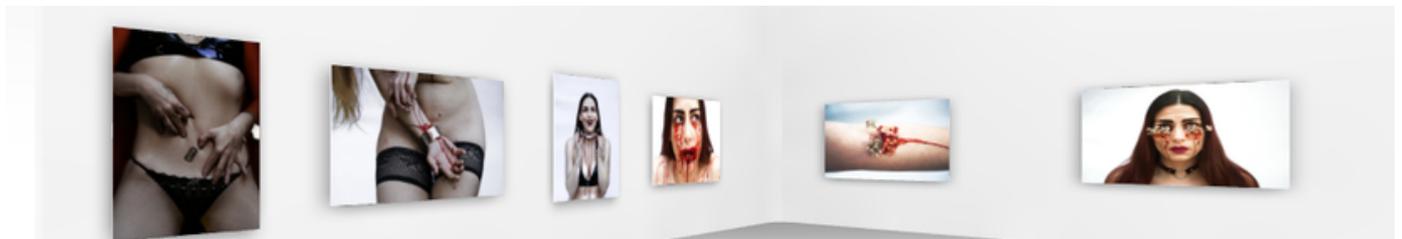
Yes I absolutely think so. The macabre of my work reflects my emotional journey and also reflects my subjects. How can you question life or death, something so natural with materials that would be synthetic? Blood literally is life, it floods through are veins, pumped by hearts. Tree branches that have fallen off are literally representing death and decay.

How do you define success in an artist's career?

I was talking about this the other day with a friend of mine who is a poet. She hasn't published in a while and was questioning herself if she even was worth the name poet. We both came to the conclusion that you don't have to be active publishing or active in having exhibitions or selling art for major prizes to be successful. That is the capitalistic way of viewing success. We measure our success in dollars while the art of creating and expressing is way more important than the capitalistic way.

Is there something people need to know about you or the way you think so they can understand your artwork?

Learn to feel. Dare to feel. I've learned to feel my emotions on a deeper level because of the art I make. If people watching my art are feeling a little bit discomfort or cringe, I succeeded. I want people to feel. It is making us human and somehow we live in a society where feelings aren't appreciated. How on natural are we becoming?



What do you think is more important: the concept, the techniques or both?

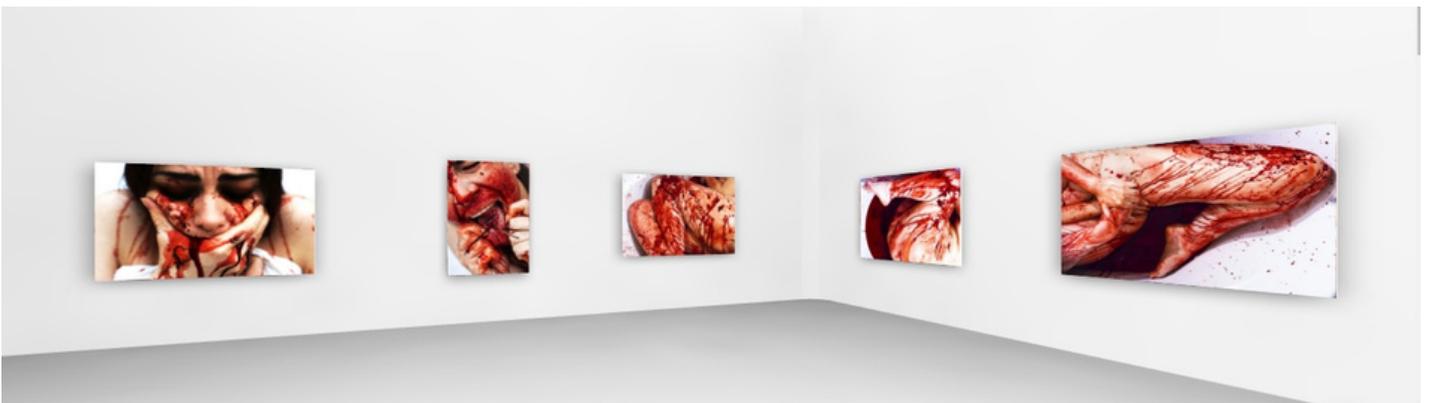
Maybe none of the above. Creating for me isn't to deliver an end product. The way to my end product is much more valuable than the product or the concept could give me. Sure, without the concept there even wasn't a journey to start in the first place and the techniques are only 'tools' to express the journey in a image kind of way. But for me personal the way of self-exploring is therapeutic. You couldn't give yourself a more beautiful gift than an eased mind.

What is your opinion on censorship in art? Do you think there are any sensitive topics that an artist should not work around?

Definitely not. Art is the perfect way of pointing out sensitive topics. Regardless the art form. Standup comedy, spot prints, modern art, music, theater etc. Censorship in art would kill the free opinion, and the right to have an opinion and the right to self-express.

When people view your artwork what do you want them to experience?

My goal is to make them 'feel'. Regardless if its discomfort, agony, anxiety, horror, loathing, my main goal is to loosen up what we have lost along the way. The society we live in has made us humans dull. We teach our young boys 'to get over it' and our young girls 'not to whine' so much when its actually normal to have our feelings burst out once in a while. Feelings and emotions are there to be FELT, let them, feel it. In order to heal you need to feel first.



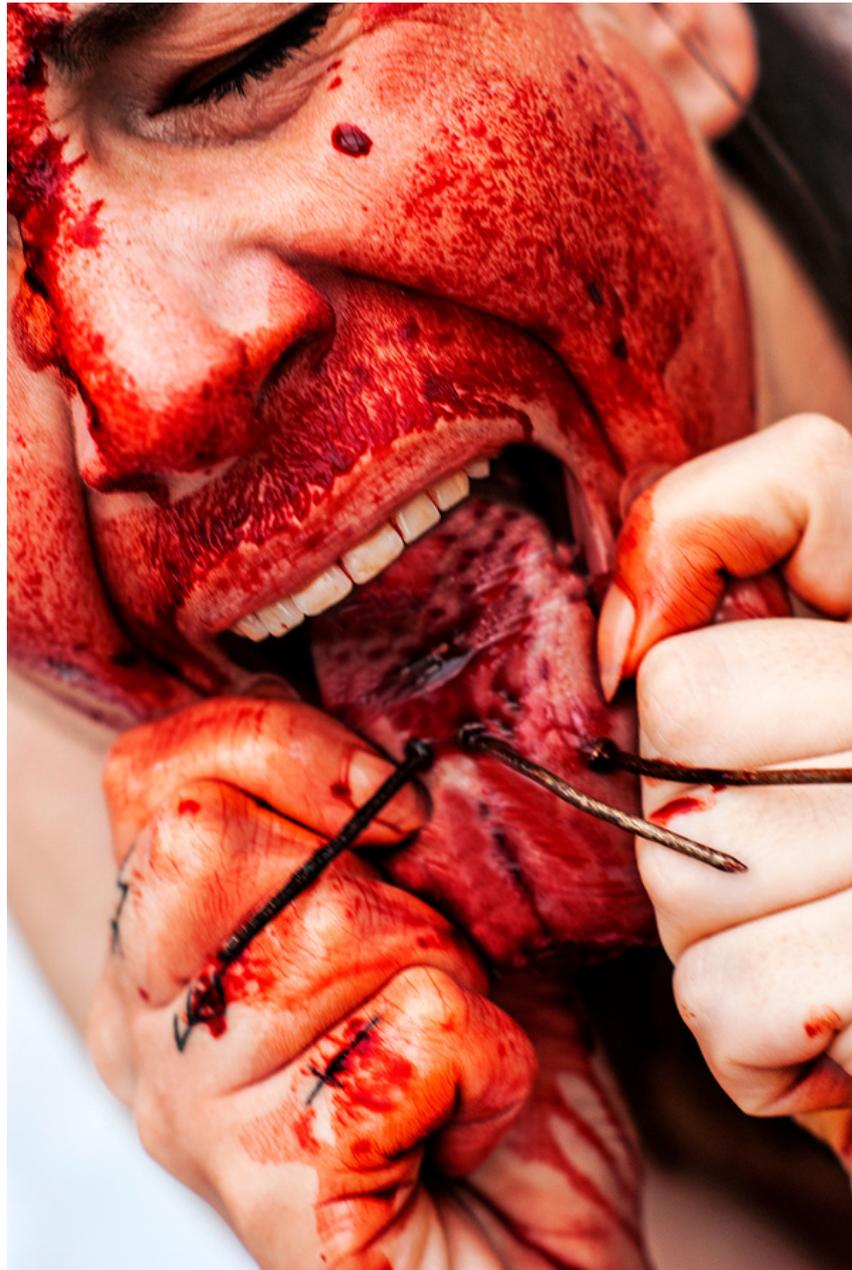
'Bloodscapes, landscapes filled with broken DNA2'



'Bloodscapes, landscapes filled with broken DNA3'



'Needles through the skin, nails through my tongue.
Stabbing in my heart and everything falls apart'



'Barf'



'Bite Me'



'Useful Suffer 1'



'Useful Suffer 2'



'Useful Suffer 3'



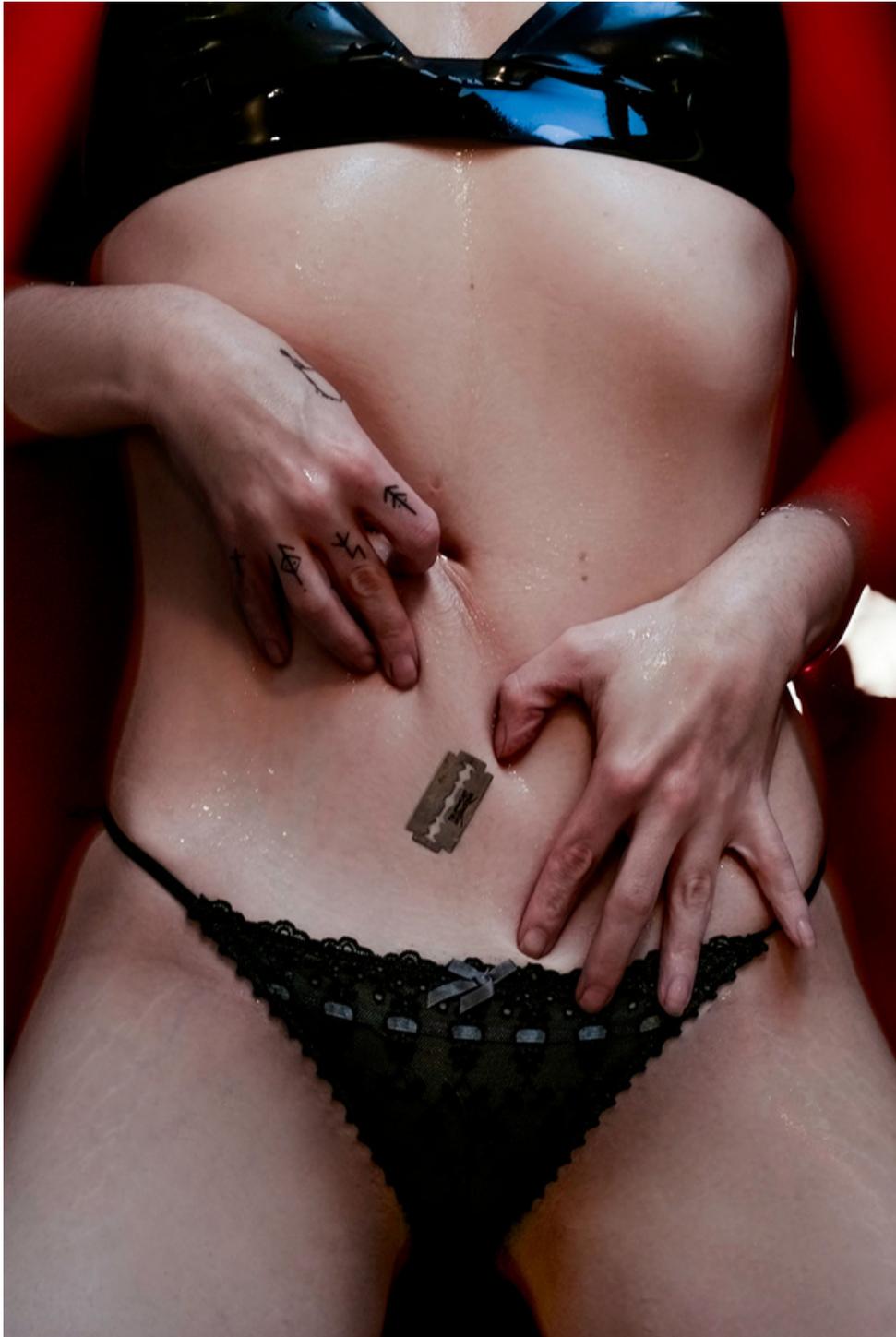
'Useful Suffer 4'



'Useful Suffer 5'



'Useful Suffer 6'



'Despair 1'



'Despair 2'



'Despair 3'



'Despair 4'



'Despair 5'



'Despair 6'



'Despair 7'





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