

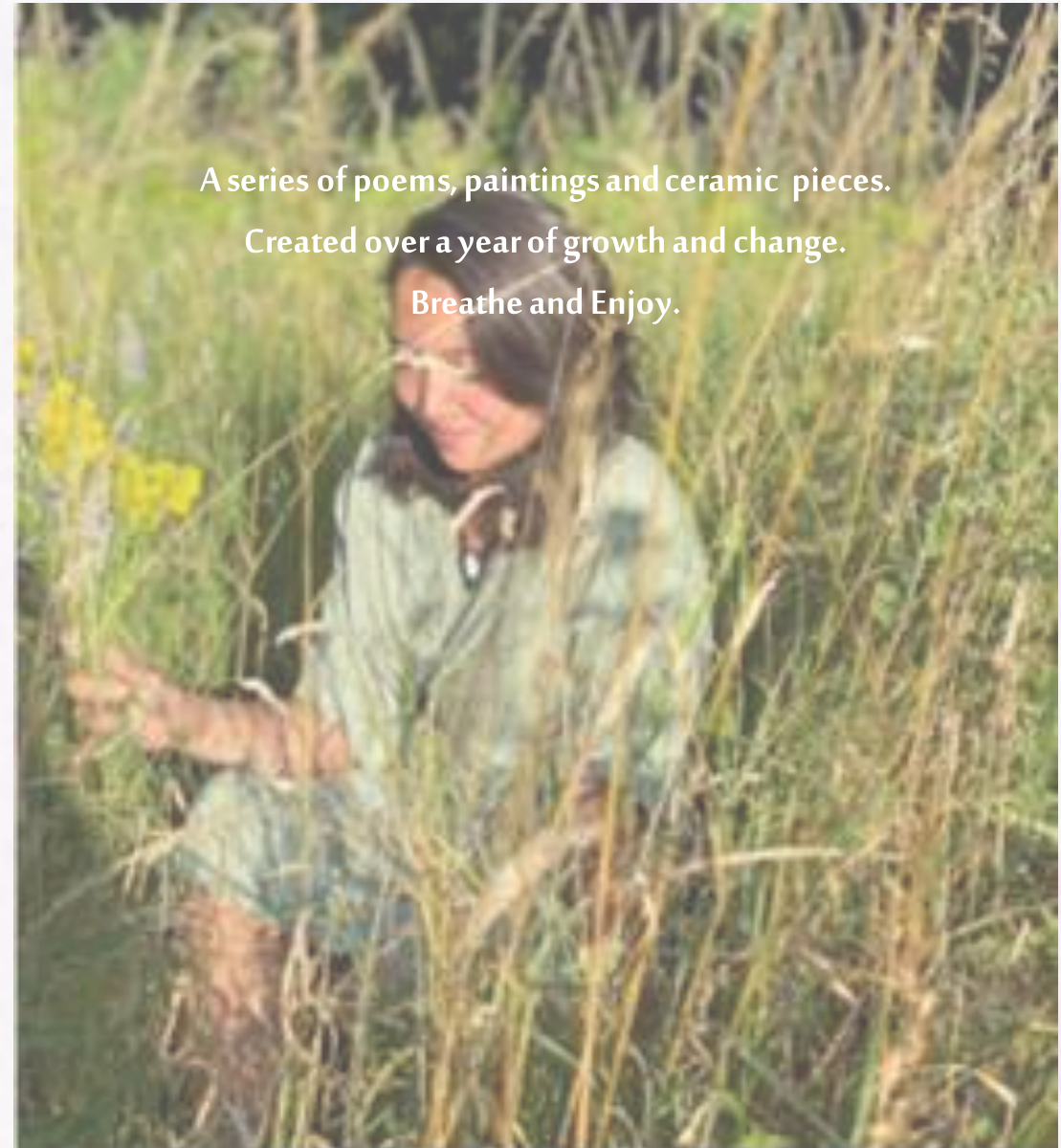
Healing Women

By Mitsuka Shimazu



Contents

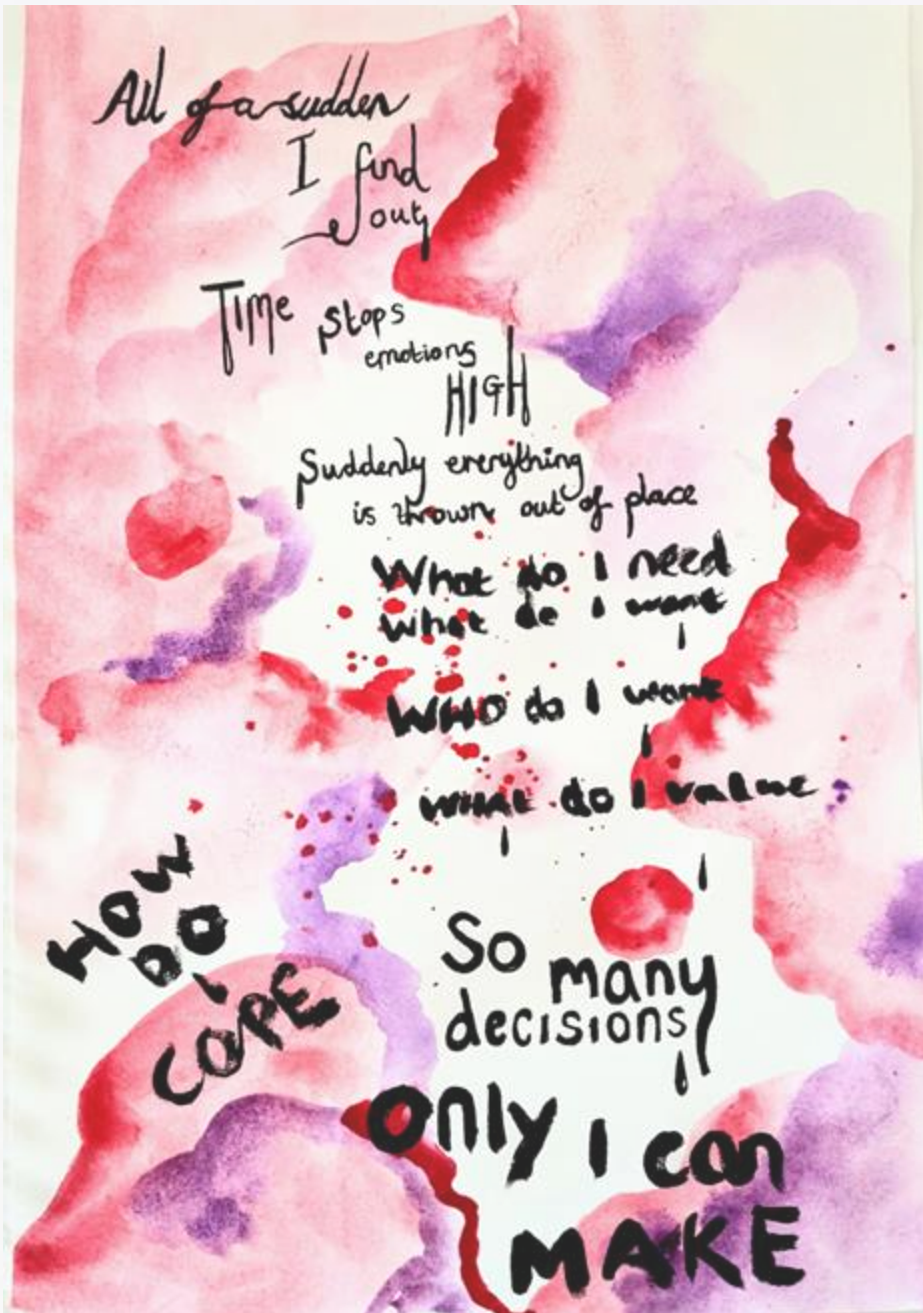
- The Experience
- Not just me
- Introversion and Making
- Painting into Creating
- Fluid Feminine, Fluid Form
- Beautiful Mistakes
- Finding meaning
- Flourishing like the flowers
- Acknowledgements



A series of poems, paintings and ceramic pieces.

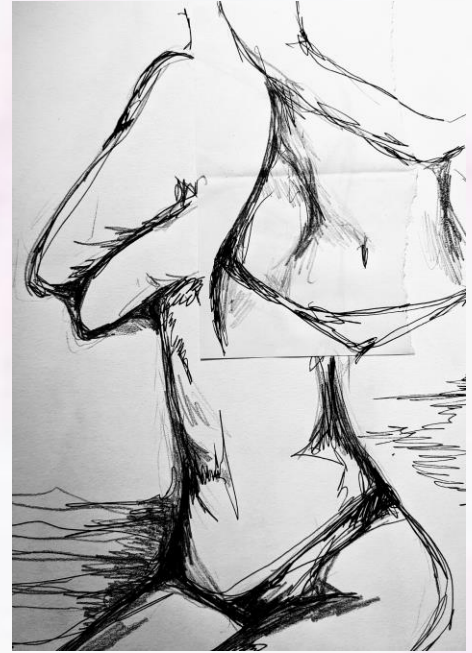
Created over a year of growth and change.

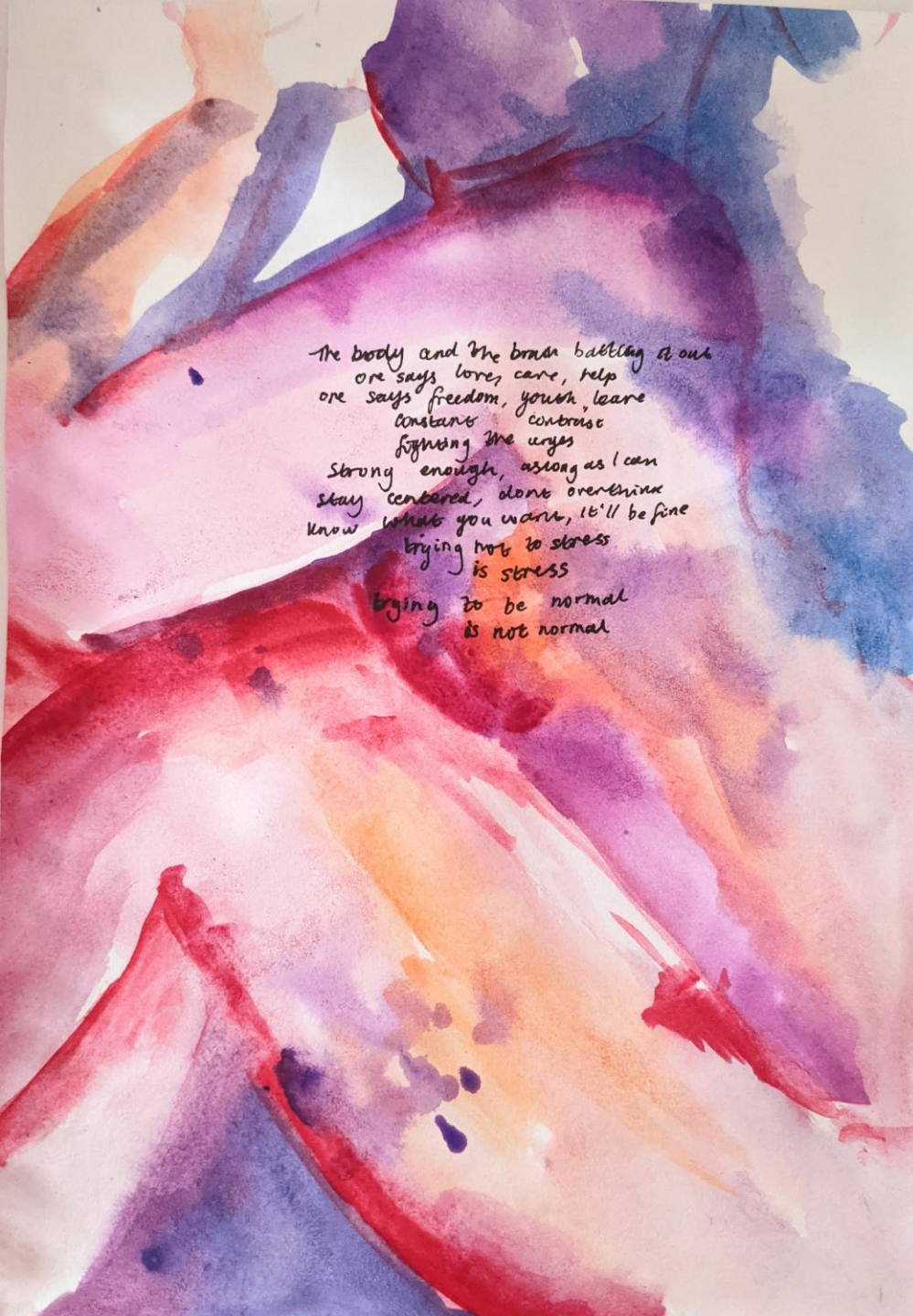
Breathe and Enjoy.





Twist
Turn
Cramp
Draw





The body and the brain battling it out

One says love, care, help

One says, freedom, youth, leave

Constant contrast

Fighting the urges

Strong enough

As long as I can

Stay centred, don't overthink

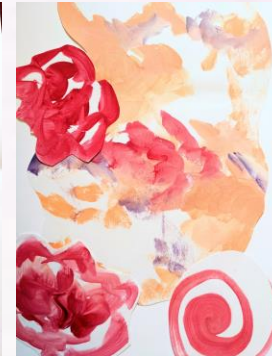
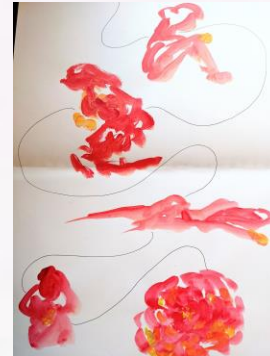
Know what you want, It'll be fine

Trying not to stress

Is stress

Trying to be normal

Is not normal



"Do not abandon me"

Series by Louise Bourgeois and Tracy Emin

Not just me

Powerful words
Powerful Images
A Taboo topic
Look away
Look closer
The reality of post-abortion trauma



1. L. Bourgeois and T. Emin, *Reaching for you*, 2009-2010



2. L. Bourgeois and T. Emin, *A million ways to cum*, 2009-2010



3. L. Bourgeois and T. Emin, *I wanted to love you more*, 2009-2010



4. L. Bourgeois and T. Emin, *I held your sperm and I cried*, 2009-2010



Martin Hudáček's "Memorial for Unborn Children"

A Woman in great sorrow grieving her aborted child.
The child comes to her offering forgiveness.

"People who experience abortion trauma have 30% increased risk in anxiety, alcohol/drug misuse and suicidal behaviour. Guilt and remorse is common, men too have emotional fallout but no platform to voice their feelings"

(Dr Helen Chen <http://ionsg.blogspot.com/2013/08/martin-hudaceks-memorial-for-unborn.html>)

1. <http://artobserved.com/2010/09/go-see-new-york-louise-bourgeois-and-tracy-emin-do-not-abandon-me-at-carolina-nitsch-through-november-13-2010/>
2. <http://ionsg.blogspot.com/2013/08/martin-hudaceks-memorial-for-unborn.html>

Introduction and making



Where the pain is stored
Where the love is produced
Where it gets confused





**Cold on the inside,
Warm on the outside**







I hate feeling so vulnerable
feeling so needy
So weak
So fragile
So emotional
So out of control
I hate that I feel so out of
control
Nothing really makes sense
anymore
Even when I think I've
figured it out
Something goes and
surprises me



2 paintings, 9 months apart.



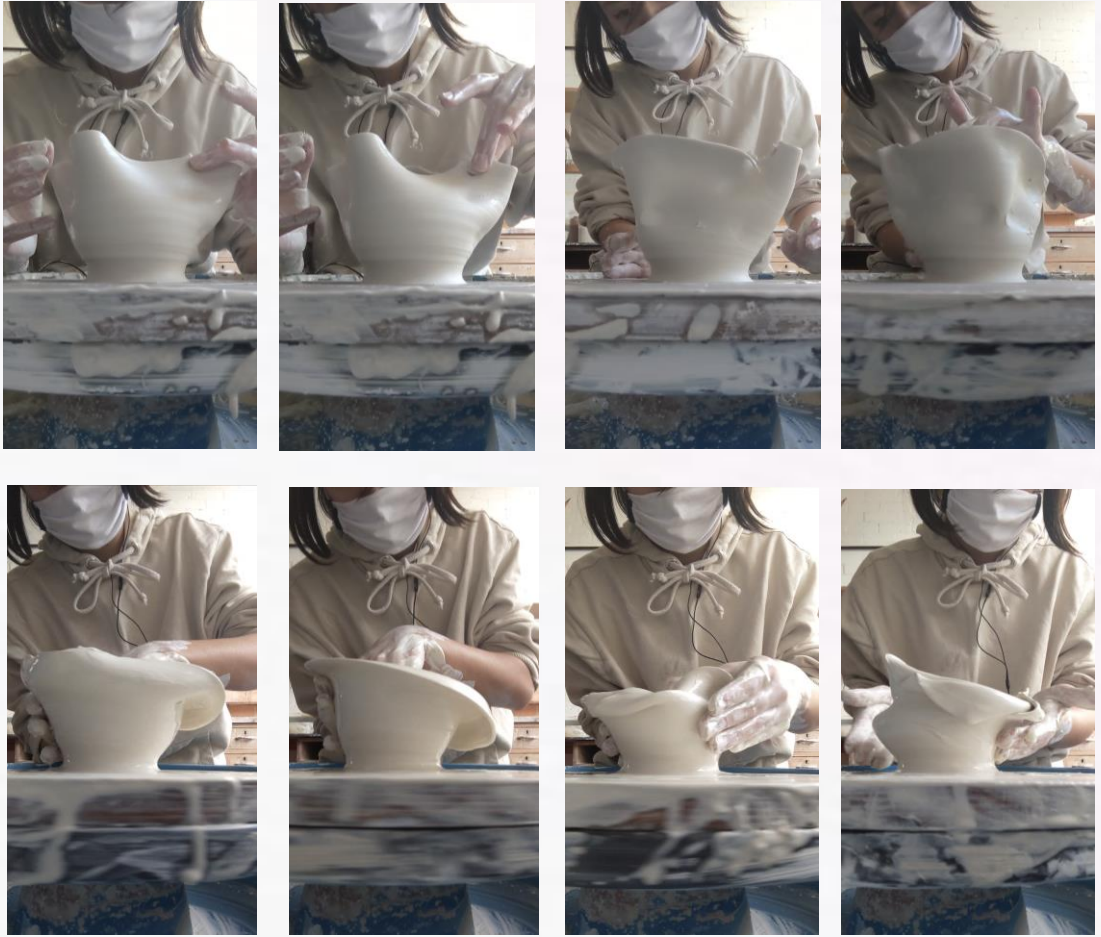
Becoming lighter.



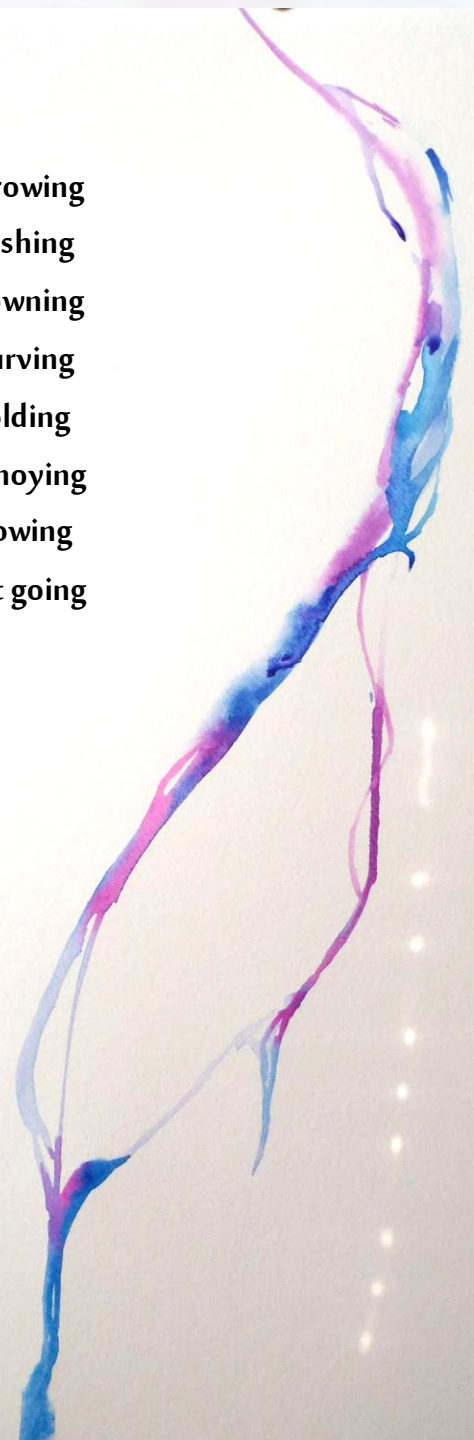
How the deep turbulent emotions will eventually soften, not leave, but soften.



Fluid Feminine, Fluid Form



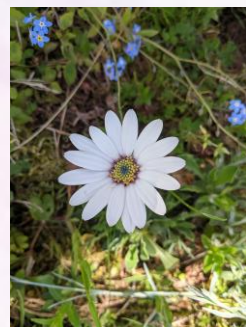
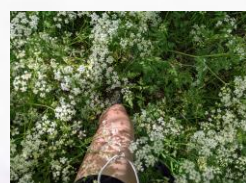
- Throwing
- Pushing
- Frowning
- Curving
- Folding
- Annoying
- Slowing
- Get going





Beautiful Mistakes







From a diary extract on a piece of paper ~ To something forever

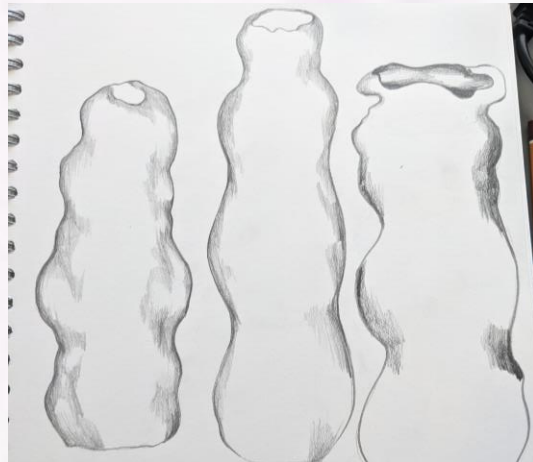
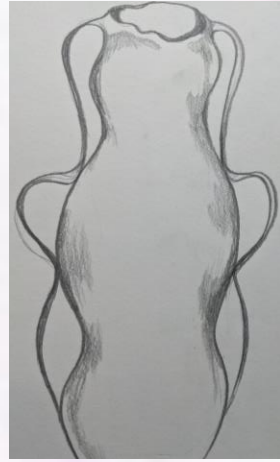
Everything is
going to be
okay



Finding Meaning



everythingisgoingtobeokayevythingisgoingtobeokayeverythingisgoingtobeokayeverythingisgoingtobeokayeverythingisgoingtobeokayeverythingisgoingtobeokay





The birth of the pattern





The grief in my heart is shifting, but I
look back
It's almost been 9 months
Since you were with me
I would be heavy
With love and doubt
It's almost been 9 months
sometimes it doesn't feel real
I think about you
and what could've been
In a world that could've been
In a world that isn't what it is
I would be holding you
And everything would be different
I am only twenty-one
My life is so old and still so young



The most unspoken
act of self love





I woke up proud
I woke up sad
I woke up stronger
although my body was weaker
I woke up, heart aching but fuller
I always underestimate myself, my love, my
ability
I want to remember that feeling I woke with
Grounded, despite the clouds of emotion
constantly surrounding me

Flourishing like the flowers







As time passes
I settle, hibernate,
Nourish, grow,
Flourish and reflect.
Like the flowers do.





Thank you to everyone who
has supported me through this
Journey.
I appreciate you.