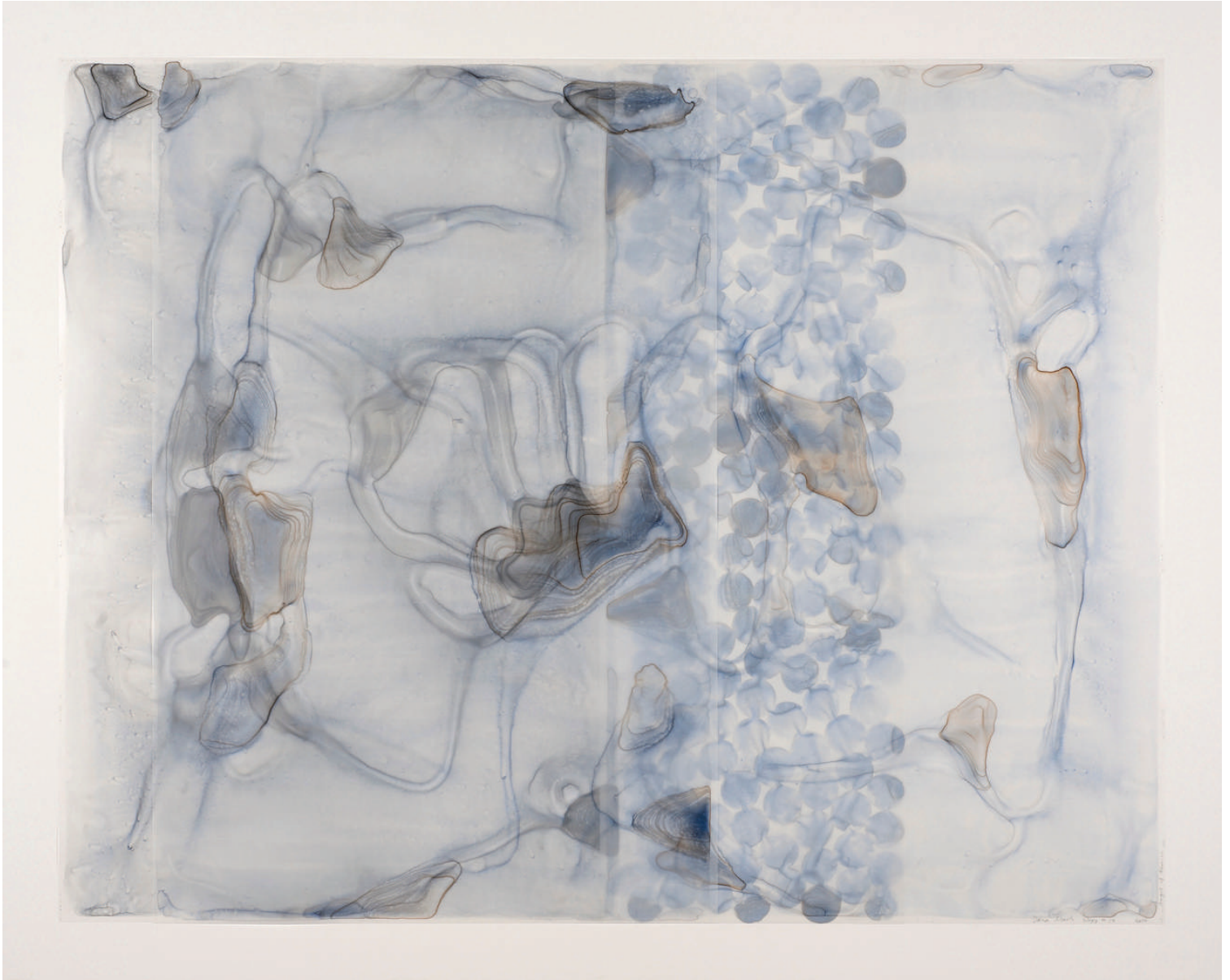


# IN THE GARDEN OF HEALING

DARA MARK

GALLERY B

DECEMBER 3, 2021 - MAY 7, 2022



Exhibition statement.....	1
About the artist .....	2
Educational activity .....	3
Installation images .....	4
Works in the exhibition .....	5-8
Gallery walkthrough.....	9
Thank you.....	10

*Dara Mark's installation presents a translucent narrative of healing – healing in heart, body and spirit. The abstract watercolor paintings move the viewer through the artist's trajectory of personal growth from despair and grief to a renewed joyful connection with life.*

Transparency and translucency, light and color, are the big draws for me.

I work intuitively without much planning to allow the watercolor paint its maximum expression.

The work begins with a wash of watercolor over non-absorbent synthetic paper (Yupo paper). A gentle chaos of liquid flows naturally into streams and settles into pools. Temperature, humidity and even the time of day will affect the results. When the paint is dry, the translucent sheets of color are layered and sewn onto a mat board. The

finished painting has areas where multiple sheets are layered, rather like a transparent quilt.

Certain colors call to me depending on my mood or what is going on in my life. When I was working through the grief of losing my husband, first black, then blue was necessary. Then, during a few years of personal health challenges, I turned to warm healing variations of peach and rose. The colors seem to choose me, rather than the other way around.

I intend the paintings to serve as beautiful, balanced fields for contemplation and possibly for healing. I invite the viewer to turn inward to spaces that are, paradoxically, expansive.

Growing up near New York City, Dara Mark enjoyed an early exposure to the arts, especially the abstract expressionist movement that was then current in the galleries and museums. As a child she was encouraged to explore many media, including textiles and fiber arts. Her father, a watercolor artist, was a major inspiration.

She was one of the first women to graduate from Yale College in 1971, with a major in architecture. Later, her Master's in ceramics from the University of California, Santa Barbara gave her experience with the unpredictable fluidity of ceramic glazes, which continues to reverberate in her approach to watercolor. Much as the ceramic artist relies on the interaction of fire and chemicals for her effects, Mark invites gravity to direct the flows in her paint washes. Her affinity for unforced consequences has

been further developed over decades of chi gong practice, traditional Chinese energy work engaging the vital flows in the body.

Mark received artist grants from the California and Missouri state arts councils and served as a master artist for talented high school students in Santa Barbara County, California. She has taught art to all ages, from kindergarteners to seniors. Her work is owned by private and corporate collections across the West, including Neiman Marcus Corporation, Gulfstream Corporation and the University of New Mexico Health Sciences Center.

Since 1997 she has been painting full time in Lamy, New Mexico. She lives and shares a studio with her son, Turner Mark-Jacobs, a graphic artist.

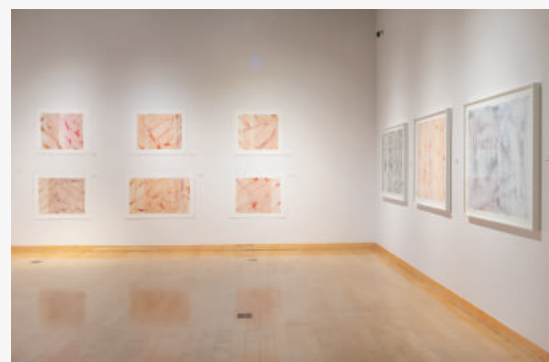
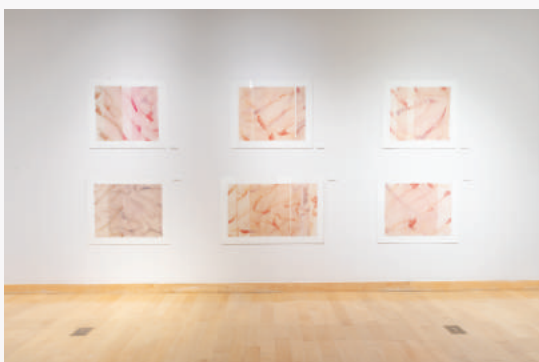
**Materials:** Paper, Watercolor pigments, Water, Brush



Dara Mark's work is influenced by emotion. In the depths of her grief, she used just black and blue pigments. She chose warmer, brighter colors as she moved through other life circumstances.

Think of a situation in your life and assign a color that represents how that situation makes you feel.

Start out with a blank page, adding only that color. Then, think of how that situation can shift in your life and what colors you might choose to represent those shifts. Begin adding colors to the original color to represent how your situation may change through time.







**Dara Mark**

*Water/Roses for Lena, 2018*

Watercolor and thread on Yupo paper



**Dara Mark**

*Mineral/Roses for Lena, 2018*

Watercolor and thread on Yupo paper



**Dara Mark**

*Lily/Heart/Memory, 2018*

Watercolor and thread on Yupo paper



**Dara Mark**

*Lily/Heart/Memory #2, 2018*

Watercolor and thread on Yupo paper



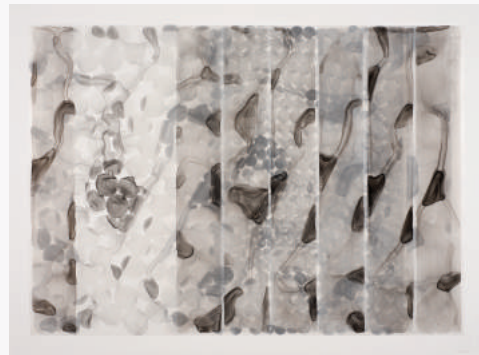
**Dara Mark**  
*Lena's Light Garden*, 2018  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Elegy #27*, 2015  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Elegy #19 / Angel of Absence*,  
 2014  
 Watercolor and thread on Yupo  
 paper

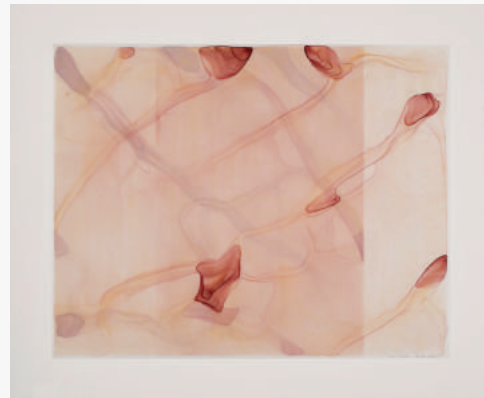


**Dara Mark**  
*Elegy #7*, 2014  
 Watercolor and thread on Yupo  
 paper





**Dara Mark**  
*Winter Garden #7*, 2018  
 Watercolor and thread on  
 Yupo paper



**Dara Mark**  
*Winter Garden #10*, 2020  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Winter Garden #9*, 2020  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Garden of Healing #4*, 2018  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Garden of Healing #5*, 2018  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Winter Garden #8*, 2020  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Elegy #24*, 2015  
 Watercolor and thread on Yupo  
 paper



**Dara Mark**  
*Garden of Healing #1*, 2018  
 Watercolor and thread on Yupo  
 paper



[Click here to watch the video](#)

IN THE GARDEN OF HEALING



THANK  
YOU

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