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Prompt #24: "I know for sure that art saves lives" - Colman Domingo

Title: The Art that saved my life (Fashion design + Video)

After reading the prompt, and Colman Domingo's quote: "I know for sure that art saves lives", I immediately thought "Yes, it does". For I have experienced this through my battles with addiction. As an addict, you often feel as though no one around you can understand you, you feel like an outcast, you feel alone. But that is when the beauty of art can really show itself. When you're in your darkest place and you hear a song, or watch a movie, or read a book and the artist or character is describing exactly how you feel. It's as though a hand made of light reaches and pulls you out of the darkness. This is what I wanted to communicate with my project.





THE TRIUMPH JACKET

This Jacket is made from selvedge denim and features patches I make using free motion embroidery. Each patch is based on music which helped me during my addiction, where many of the artists are talking about their own struggle with their vices. The songs included are: Not Afraid by Eminem, Reborn by Kids See Ghosts, Love by Kid Cudi, Objects in the mirror by Mac Miller, Love Yourz by J Cole and That's Life by James Brown. In many ways I believe music can touch your soul deeper than any other medium. In some of the darkest places of my addiction, I recall sitting on the cold bathroom floor feeling so alone, but then a certain song would come on, and it would feel as though a light had begun to shine at the end of a dark dark tunnel. You realised you were not alone. You had hope.



THE CHIAROSCURO KIMONO

'Chiaroscuro' is an Italian term which literally means 'light-dark'. It is a term commonly used to describe paintings but I think it fits with the idea behind this kimono. The kimono is made from patchwork denim and, like chiaroscuro, goes from dark-light. I chose patchwork as I wanted to showcase all the little steps that make up the road to recovery, it is no quick thing. Kimono's are traditionally worn ceremonially, which is why I chose to make the piece misshape, to show a celebration of rebirth and new found life. I also chose to make the kimono super long, some might even say uncomfortably long, because I wanted to be able to really convey how long becoming sober can really take. I first thought about getting sober when I was sixteen and it wasn't until I was twenty two that I achieved this. And if you ask many people they will say I was lucky to get out so quickly, or even get out at all.

