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## A Walk With The Cailleach

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Shelley Wallace, *A Walk with the Cailleach* (2024), Mixed media.

**Shelley Wallace** is an artist, writer, and curious. Whether it's woven with words, etched in painted brushstrokes, or cut and collaged, it's all syntax, poetry, and lyricism.

Wallace writes this about her work: I've been working to get my whole body involved in the movement. It's taken time for me to work this intuitively, to allow my body to shape spaces that communicate beyond words and the small, tight, figurative works I've long squeezed me into. For me, the silent paint, and mixed media, speak louder and connect on a deeper emotional level in abstract form, and speak when words fail me.

I work spontaneously and instinctively, but I'm also shaping a visual language through the poetry of line and movement, and the poetry of emotion, space, and color. Body talks to body through the intimacy of drawing and gestural mark-making. In embodied art I explore the materiality of creating and communicating, the way it feels in my body, and discover I'm able express what I used to hold in. I shape an emotional and visual aesthetic, intimate, raw and gestural, in a space of my own particular harmony of elements.