



Visible & Judgeable vs. The Invisible Reality

About this Art Piece:

Visible & Judgeable vs. The Invisible Reality shows the 2 sides of life with a brain injury. The perception YOU have based in what YOU can SEE & the invisible reality that's INVISIBLE to you.

It was challenging to create this piece, as I didn't think a side by side piece would have

shown what I was trying to communicate.

An art piece that spins, similar to a coin, shows you 2 sides of the same item.

There's the calm, the acceptance, the visible & judgeable, the things YOU believe to understand based on your visual comprehension and social norms. It doesn't show you the invisible reality we live with.

Spin the piece around and you have an insight into a normal day for me, where I LOOK "Normal", "Healthy", etc. but my brain feels like it is exploding inside a pressure cooker in my head.

I can't count the amount of times I was told:

- BUT you don't LOOK sick/disabled!
- BUT you are TOO YOUNG for that!
- BUT you LOOK great so OBVIOUSLY you are HEALTHY!
- BUT it's all just in your head! (Um,... yes, that's where the brain is located.)
- BUT have you tried YOGA? (If you have an invisible disability, you either just laughed or rolled your eyes, because you get exactly what I am saying.) and so, so many more.

I get it, many individuals never had to deal with the challenges of invisible disabilities, and I am happy for them. Canada has a whole month dedicated to Brain Injury Awareness, but if you are not affiliated with a



brain injury association or know someone with an ABI, you likely never heard about it, as it is a damning silent affair.

This piece is my attempt to show the 2 sides of our lives. The visible, the judgeable, the what society allows us to understand, the expectation based on masses, and the invisible, incomprehensible reality that simply can not be truly understood by anyone but those who lived it.

Meet the artist:

Cyntia Carson, is a severe traumatic brain injury survivor, who turns trauma into art, one piece at a time.

Unwilling to simply give up and accept her fate as a medically lost case, she decided to start her own kind of rehab. In the beginning it wasn't about creating art. It was about relearning lost skills. A way to work on her cognitive function, fine motor skills, concentration, endurance, and overall rehabilitation. She started with 5 minutes here, 10 minutes there, some days, sitting down at the table was all she could do before calling it a day.

Her art pieces help her work through trauma and emotions and are symbolic of our unrecognized inner strength, fragility of life, letting one's soul dance even if physically unable to do so, the rediscovery of one's own imagination, and many other.

Cynthia's art became a CAN in a world of CANNOT's. She adapted the mantra "When life is filled with things you can no longer do, you need to find something you CAN do."

Cynthia plans to donate part of the proceeds of this art piece to non-profit's that have helped her along the way.



