

THE 4 FOUNDATIONS ORAWAN ARUN RAK

16.12.2023 -27.01.2024



BANGKOK CITYCITY GALLERY is proud to present The 4 Foundations, a contemplative new exhibition by Orawan Arunrak, which probes the depths of presence and awareness in the tapestry of everyday life. The gallery welcomes visitors to explore its transformed space, now serving as a training room where individuals can practice and prepare themselves for the uncertainties of the world.

In The 4 Foundations, Arunrak presents an odyssey that traverses the terrain of personal and shared experiences through an intricate melding of visual and auditory elements, marking a continuation of her ongoing dialogue with both the self and the collective unconscious. Woven into the fabric of the space, the four cardinal pillars of Mindfulness, Perception, Mentality, and Form offer a reflective mirror to the audience by serving as a guide on a profound journey of self-discovery and personal development.



© 2023 Orawan Arunrak, 12 Self Massage Courtesy of the Artist and BANGKOK CITYCITY GALLERY

The exhibition is a testament to adaptation and the search for connection in times of silence and solitude. Arunrak's work unfolds as a series of vignettes — each a chapter in a larger story of resilience and introspection. The artworks, ranging from paintings and audio installations to embodied sculptures, coalesce to form a gestalt that captures the essence of the artist's quest that she now seeks to relay to audiences.

Arunrak transforms the gallery into a living, breathing entity where the ambient sounds of life - church bells, the cadence of a washing machine, and the unceasing undertones of a bustling city — merge with the visual stimuli. The tactility of silicon forms derived from massage implements, signify the profound connection between the body and its practices, reiterated by paintings employing massage techniques in their creation as well. Meditation cushions and curtains, both embroidered with patterns that echo the rhythms of breathing, carve out a space for contemplation

Her employment of skin-tone colors and the incorporation of soil textures across the various elements reflect a constant reference to the body, grounding the ethereal concepts of the exhibition in the corporeal. The orange lights, reminiscent of warmth, complete the sensory experience giving rise to an atmosphere where one can draw vital energy from. The repeated motif of clocks around the space symbolizes its omnipresence in our lives and its synchronization with our personal and architectural spaces. In such a recontextualization of the everyday object, the clocks invite consideration of time's flow and memory's role in distinguishing and counting moments.

The 4 Foundations is an invitation to pause and engage with the elements that shape our daily existence, often unnoticed. It is Arunrak's call to recognize the profound embedded in the routine, the narratives laced within silence, and the depth of simplicity. Amidst the harmonious interplay between life's quiet moments and its resonant, chaotic crescendos, the artist charts a course through the layers of consciousness that invite a deeper understanding of self, cultivating in audiences a more empathetic perception of others.

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MAIN GALLERY



 Swan Dive. Boomerang. Mermaid. One Leg Circle. Cobra. Breaststroke. Rolling Back. Clam. (2023)
 Silicone sculpted using reflexology and physiotherapy tools 17 × 19 × 11.5 cm, 16 × 18 × 14 cm, 10 × 29 × 10 cm, 9 × 21 × 14 cm, 8 × 24 × 7 cm, 23 × 26 × 5 cm, 9 × 19 × 8.2 cm, 16 × 28 × 4 cm

Your space (2023) 12 embroidery on fabric cushions 60 × 60 × 5 cm

Be careful (2023) Non-slip mat 30 × 30 cm

Repeating Reminding (2023) Bell ring and washing machine sound, 4 minutes long, playing every 12 minutes

2 Clock (10) (2023)

11 Clock (5) (2023)

Custom analog clock 28.2(d) × 4.1 cm

3 *Clock* (*11*) (2023) Custom analog clock 28.2(d) × 4.1 cm

4 *Clock* (*12*) (2023) Custom analog clock 28.2(d) × 4.1 cm

5 *In - Out #3* (2023) Embroidery on fabric curtain 241 × 363 cm

BODY HOME (2023) Single channel video 2 min 57 sec

6 *Clock* (*1*) (2023) Custom analog clock 28.2(d) × 4.1 cm

7 *Clock* (*2*) (2023) Custom analog clock 28.2(d) × 4.1 cm

8 *Clock* (*3*) (2023) Custom analog clock 28.2(d) × 4.1 cm

9 *In - Out #1* (2023) Embroidery on fabric curtain 241 × 363 cm

12 Self Massage (2023) Acrylic massaged onto linen with fingers 80 × 80 cm

10 *Clock* (*4*) (2023) Custom analog clock 28.2(d) × 4.1 cm Custom analog clock 28.2(d) × 4.1 cm

12 *Clock* (*6*) (2023) Custom analog clock 28.2(d) × 4.1 cm

13 *In - Out #4* (2023) Embroidery on fabric curtain 241 × 363 cm

HOME BODY (2023) Single channel video 2 min 7 sec

14 In - Out #2 (2023) Embroidery on fabric curtain 241 × 363 cm

Your Building (2023) Mirror 180 × 180 × 0.6 cm

15 *Clock* (*7*) (2023) Custom analog clock 28.2(d) × 4.1 cm

16 *Clock* (*8*) (2023) Custom analog clock 28.2(d) × 4.1 cm

17 *Clock* (*9*) (2023) Custom analog clock 28.2(d) × 4.1 cm

18 Your form (2023) Acrylic mirror 278 × 247.5 cm



19 Swan Dive. Boomerang. Mermaid. One Leg Circle. Cobra. Breaststroke. Rolling Back. Clam., + (2023)
Archival pigment ink print on ILFORD Galerie Smooth Pearl 310gsm, mounted on aluminium with archival tape; pool noodle frame
105 × 87 × 6.5 cm

20 Swan Dive. Boomerang. Mermaid. One Leg Circle. Cobra. Breaststroke. Rolling Back. Clam., x (2023)
Archival pigment ink print on ILFORD Galerie Smooth Pearl 310gsm, mounted on aluminium with archival tape; pool noodle frame
105 × 87 × 6.5 cm

21 *Clock* (*0*) (2023) Custom analog clock 28.2(d) × 4.1 cm

ORAWAN ARUNRAK

Born in 1985 in Bangkok, TH Lives and works in Bangkok and Berlin

Orawan Arunrak's artwork – largely inspired by her everyday life – encompasses diverse forms such as drawing, painting, and installation, employing tools like pencils, pens, paper, but also photography and the internet. Her practice meticulously engages with local communities, endeavouring to dissolve boundaries between conventional art and non-art spaces. She navigates through multifaceted terrains of national, cultural, and spiritual identities, crafting pieces that reflect both similarities and divergences of her domiciles in Asia and Europe. Each work transcends visual representation, embodying dialogues and narratives that explore the complex relationships and stories entwined with each unique location and culture, offering viewers insights into the interplay of art, identity, and geography inherent in her oeuvre.

From 2021 to 2022, Arunrak took part in the BPA Berlin program for artists. She has exhibited in institutions such as Sa Sa Art Projects (KH) and KW Institute for Contemporary Art (DE). Arunrak was an artist in residence at Künstlerhaus Bethanien in 2016–17 (DE), LIA -Leipzig- International residency program (2021, DE), Sàn Art Laboratory (2014-15, VN), Pisaot Experimental Residency Program, Sa Sa Art Projects (2014, KH). She has also been widely exhibited internationally, with solo exhibitions in Cambodia, Thailand, Germany, and Japan. Her group presentations of significance include, *DREAM OF THE DAY*, Ilham Gallery (2022, MY), *Nation, Narration, Narcosis*, Hamburger Bahnhof (2021, DE), *Public Spirits*, Centre for Contemporary Art Ujazdowski Castle (2016, PL), amongst others. *The 4 Foundations* ORAWAN ARUNRAK 16.12.2023–27.01.2024 BANGKOK CITYCITY GALLERY

CONCEPT DESIGN: Orawan Arunrak PRODUCTION: Paraform Studio, Bloom Pro Lab, Be Famed Fabric Co., Ltd.; Pitak Sureechainirun, Bannpandinyen Kansculpture; Kan Kwankaew, Amin Thongchai

INSTALLATION: Paraform Studio; Itsaret Sutthisiri, Tonkao Kwannak, Narupon Piriyapittaya, Charintus Sangroengrith, Attapon Hanskul, Mathus Wattuya, Phurinad Sugtamna VIDEOGRAPHER: Wolfgang Bellwinkel

VIDEO EDITOR: Abhichon Rattanabhayon

SOUND TECHNICIAN: Phiphattnaphong Wongsombat, Piti Boonsom

POSTER DESIGN: Win Shanokprasith

BANGKOK CITYCITY GALLERY: Op Sudasna, Supamas Phahulo, Setapa Prommolmard, Kantida Busaba, Kamolkarn Kosolkarn, Kanteera Sanguantung, Chollaphat Nuchthongmuang, Kritthathat Taveetanathada, Sirichart Jitrai, Wichai Ueaareevoralkul, Chutipapha Chaloert

Produced by BANGKOK CITYCITY GALLERY Supported by THINKK Studio

Special thanks to: Family and friends, Aunty Da, Ming, Mook, Mee-pooh from V.P. Tower, Wichai Ueaareevoralkul, Wolfgang Bellwinkel, Tom Meddings, Phatarawadee Phataranawik, Napat Vatanakuljaras, Nantawan Arunrak, Kanako Hayashi, Natthapong Samakkaew, Pitak Sureechainirun, Chadchada Tantisiriwat, Komkrit Tepthian, Supattra Juntharaporn, Ho Rui An, Durong Mạnh Hùng, Pongsakorn Yananissorn, Ananta Thitanat, Theresa Kampmeier, Kathrin Brandt, Matthias Sohr, Willem de Rooj, Christina Scheib, Berlin program for artists

LOCATION: Kunstverein Arnsberg, Germany, Stadtbad Schöneberg "Hans Rosenthal" public swimming pool V.P. Tower, Rangnam, Bangkok