

BANGKOK
CITYCITY
GALLERY

THE 4 FOUNDATIONS

ORAWAN
ARUN
RAK

16.12.2023
– 27.01.2024



© 2023 Orawan Arunrak, *Clock (0)*
Courtesy of the Artist and BANGKOK CITYCITY GALLERY

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.

The 4 Foundations
ORAWAN ARUNRAK
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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 Piriypittaya,
Charintus Sangroengrith, Attapon Hanskul,
Mathus Wattuya, Phurinad Sugtamna

VIDEOGRAPHER: Wolfgang Bellwinkel

VIDEO EDITOR: Abhichon Rattanabhayon

SOUND TECHNICIAN: Phiphatnaphong Wongsombat,
Piti Boonsom

POSTER DESIGN: Win Shanokprasith

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

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Komkrit Tepthian, Supattra Juntharaporn, Ho Rui An,
Dương 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

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