

## Grisli Soppe-Kahar

b. 1990, EE

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In our current world communication has very limited meaning often. Communication are words - language and communication happens between humans. In my opinion it makes us lonely and afraid. Everybody and everything have they're own being. We should communicate with ourselves through everything what we do because when we do or use something then we become this thing - our beings are mixed and we are extended. Like when I eat then I am me but I also am this food and I am able to give the mood, feeling... to it - so my physical being can get help for healing or something else what it needs.

Through communicating some behaviours will fade away because it helps to see yourself in everything.

### CREATIVE BIOGRAPHY

Grisli Soppe-Kahar (1990) is a freelance painter who lives and works in Tallinn. She has graduated Estonian Academy of Arts in painting department BA (2014) and MA (2016).

She deals with painting in traditional ways. She works with her own experiences and perceptions. Right now she is preparing a set of paintings for upcoming exhibition in November 2017 (with Danel Kahar).