

Heart Speaks: To Heal and Be Whole Project

by Golar Haghtalab and Jum Jirapan

Women's History Month March 1 Kick-off

This project explores the idea of healing for all who suffer from any type of trauma through this participatory art installation. All individuals are invited to join this journey of healing. Such journey requires us all to first realize the emotional state we are in, and let ourselves express the emotion whether it is pain, hate, love, or hope through a word of our choice.

Writing with a lipstick on a vanity mirror is one of the most feminine and private ways in reacting to an uneasy feeling. We write our pain on the mirror or we hide it by wearing a simple bold lipstick. Inspired by such act of healing, Golar and Jum created this art installation of a heart shaped sculpture to invite people to express what their hearts want to say. **Choose a word** from your heart. **Pick a lipstick** in the color that reflects your emotion. **Write on the heart.**

This heart shaped sculpture signifies the heart that has been battered. We all have lived and dreamed. We all have been let down and broken. Let us all be gentle and compassionate towards our own and each other's heart. Through this interactive art installation, we are giving our hearts the opportunity to speak and heal, together. All written words by unknown people shall provide support and eventually help us all "heal". No one is truly alone; we are one. Let our hearts speak, from heart to heart, in the healing journey to become whole.

Both genders are invited to interact with this piece as the artists believe that every human soul has both feminine and masculine qualities. It is an opportunity to let our feminine side to show herself and soften our own hearts. Nurture ourselves. Let art and love help us heal. Show the world, no matter what and how hard we have gone through; **NONETHELESS, WE PERSISTED.**

The Artists:



"As an artist, my approach emphasizes storytelling and vibrant colors. I seek a strong connection with each of my artworks, and want to represent more than simply the two dimensional image in front of me."

Golara Haghtalab is an Iranian-American resident of Charlottesville. She graduated from University of Virginia with a degree in both chemistry and studio arts. She has shown her art in galleries on UVa Grounds and in Charlottesville, had art published in several local publications and created paintings for the Omid Foundation, UVa Student Entrepreneurs (Works in Progress), and the Bridge PAI.



"Approaching art as therapy, I am particularly fond of painting abstract and creating forms and images in an attempt to express my understanding of love and life."

Jum Jirapan is a Thai-American artist, making Charlottesville her home since 2016. Born, raised, and educated in Thailand with M.A. in TESOL from the University of New South Wales, Sydney, Australia. Love and life fascinate her; she always strives to understand and find a way to live fully. Thus, they brought her to painting after conforming to the social norms failed her miserably. She paints her way out of misery and now devotes herself to help others through art and education.