

Lizard Tail

by Hiromi Tango



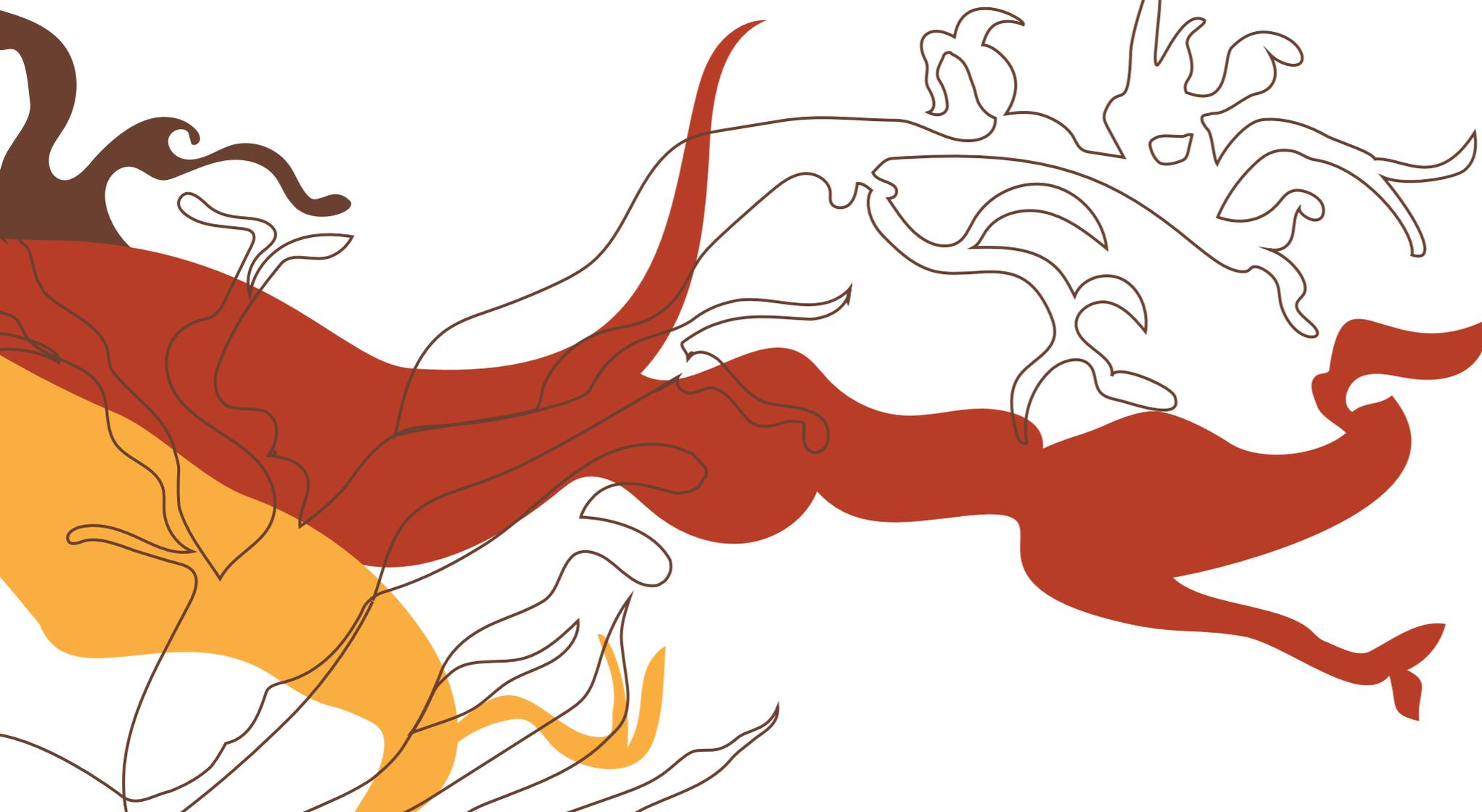
Lizard Tail

Lizard Tail explores the idea of the lizard's unique ability to drop its tail, and how we might somehow be able to do the same with difficult memories and emotions. My work often explores natural metaphors for neuroscientific concepts. The ability to separate oneself from a body part as a protective mechanism is an appealing idea, particularly with things that are difficult to cope with, such as bad memories or illness. The *Lizard Tail* for me is a powerful symbol of nature's ability to protect, nurture and regenerate.

Cover

Lizard Tail (Breaking Cycle) #3 (2015), pigment print on paper
Photo courtesy the artist and Sullivan & Strumpf





When we make art, or even just experience different kinds of art work as an audience member, it can have a positive effect on our brains and our emotions. For example, activities such as sorting, categorising and wrapping all help to organise our thought processes, and create a sense of calm. Certain types of sensory experiences can impact how you feel, such as colours or aromas that are calming, light that makes us feel energetic, or even textures that can evoke different feelings.

Originally the idea of *Lizard Tail* was to leave behind difficult memories and feelings, to separate oneself just like the lizard drops its tail to confuse predators. But the 'lizard tail' keeps growing back. Then one day I dreamed that the 'lizard tail' transformed and could fly. Crystallized, it became a light, and shone gently like a pearl. I realised that, instead of trying to separate our heavy, difficult memories of the past, we could transform them.

I hope your imagination will keep growing. Enjoy making your Lizard Tail!

- Hiromi Tango

What would your 'lizard tail' look like?

If you could wrap something up and transform it, what would it be?

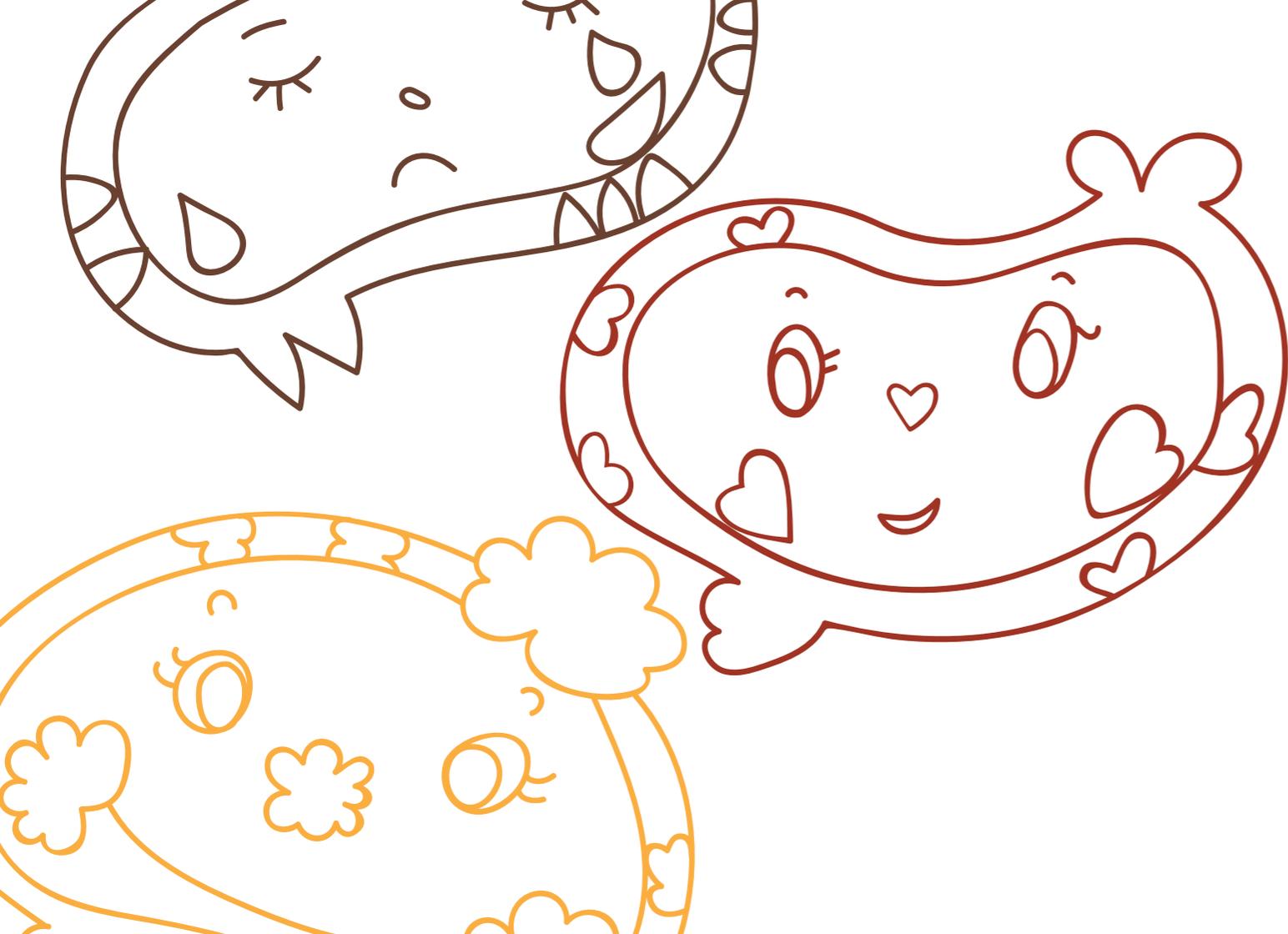
Would your 'lizard tail' be quiet and contemplative, or would it be dancing with light and music?



Opposite

Lizard Tail (Breaking Cycle) #4 (2015), pigment print on paper
Photo courtesy the artist and Sullivan & Strumpf

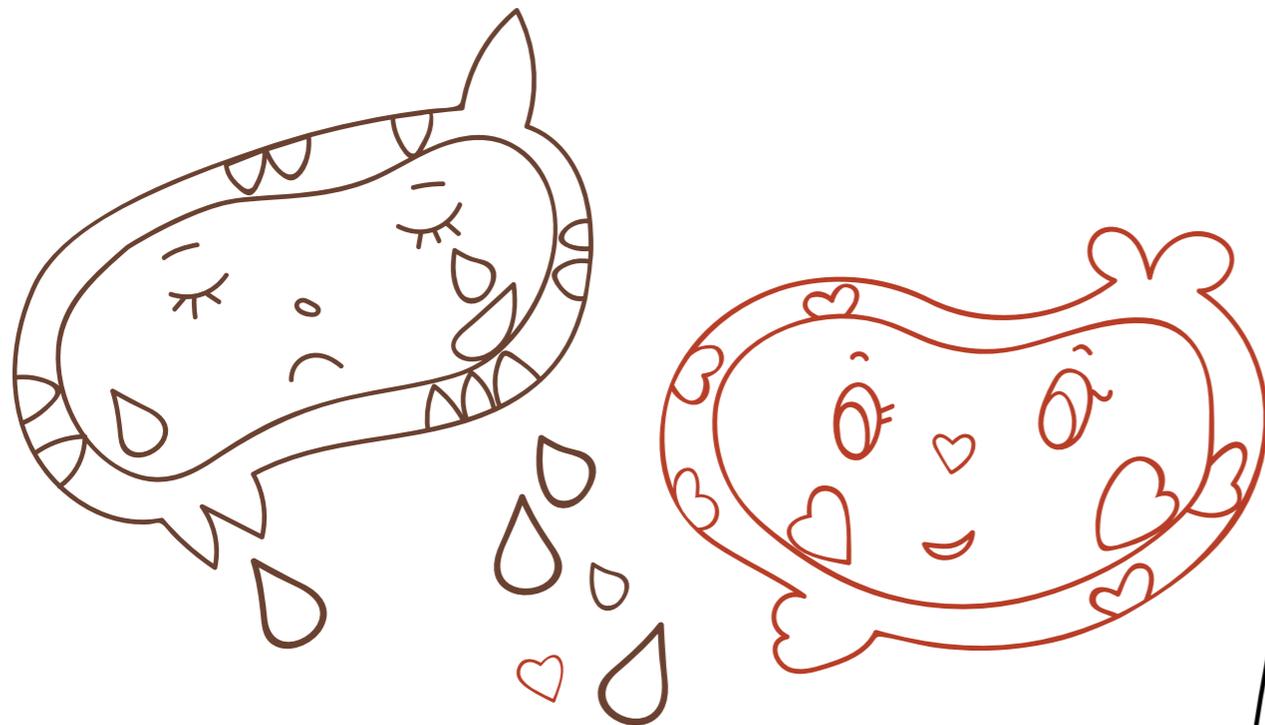




Lizard Tales

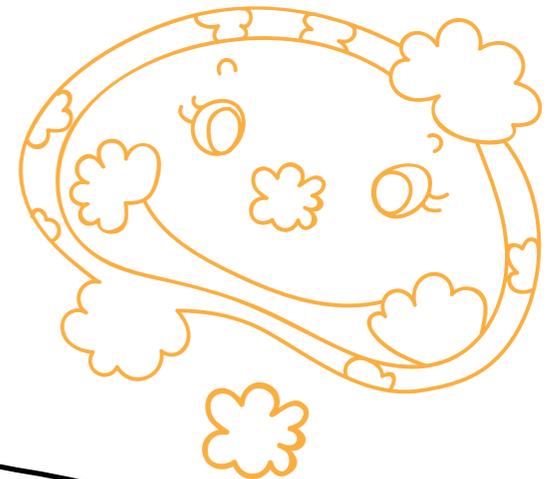
...meet **TELLY**, **LIZZY** and **ZARR!**

Telly is feeling very sad, and doesn't feel like doing much. Tears gently fall, as Telly shares what is bothering her. Luckily her friend Lizzy is a great listener, and wants to help Telly feel better. Lizzy loves making music, and wonders what kind of sounds would make Telly feel good again. Lizzy shakes the bells on her tail, making a beautiful sound.



Suddenly, where Telly's tears have fallen, *hearts* appear.

Their friend **Zarr** comes along, beaming brightly.
Zarr is always so cheerful, and when he hears the music, he starts to dance.
His tail has a light that shines and bounces as he moves.
This makes everyone laugh.
As the light gently shines, the hearts turn into beautiful *flowers*.





How are you feeling today? Are you sad or worried?

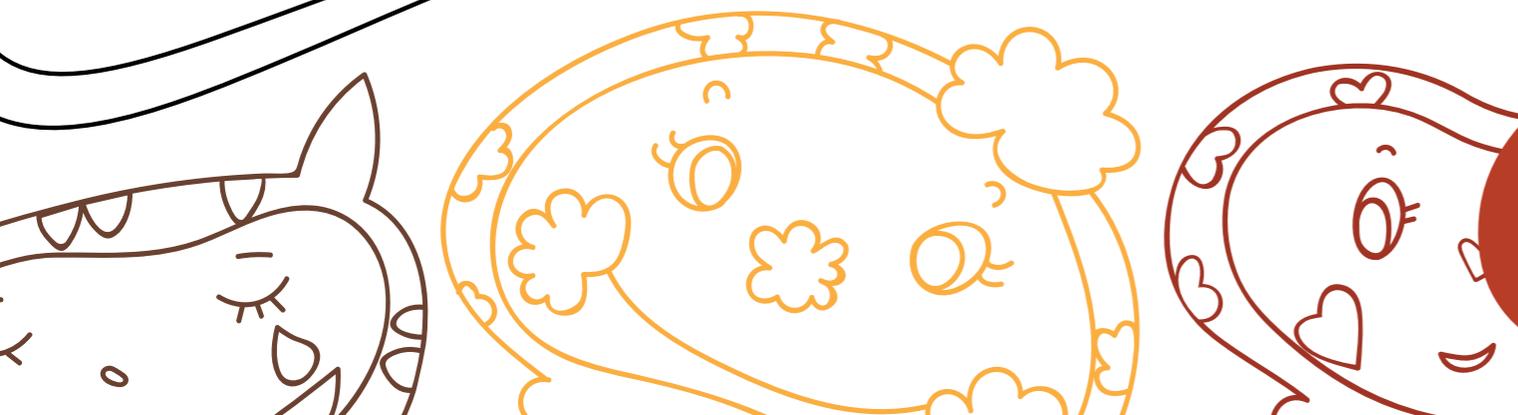
Do you have a story you would like to share?

Do you like to listen or cheer others up?

What is your special power?

What colour best reflects how you feel - brown, orange or yellow?

Let's start 'lizard tail' making...



① **Magic Tag...**

Write your name (artist name) and Magic Power on the Tag.

②

Colour YOU in...

What colours you are feeling? and why?
Yellow? Orange? Brown?

④

Pom Pom Power...

Add your sparks and Magic!

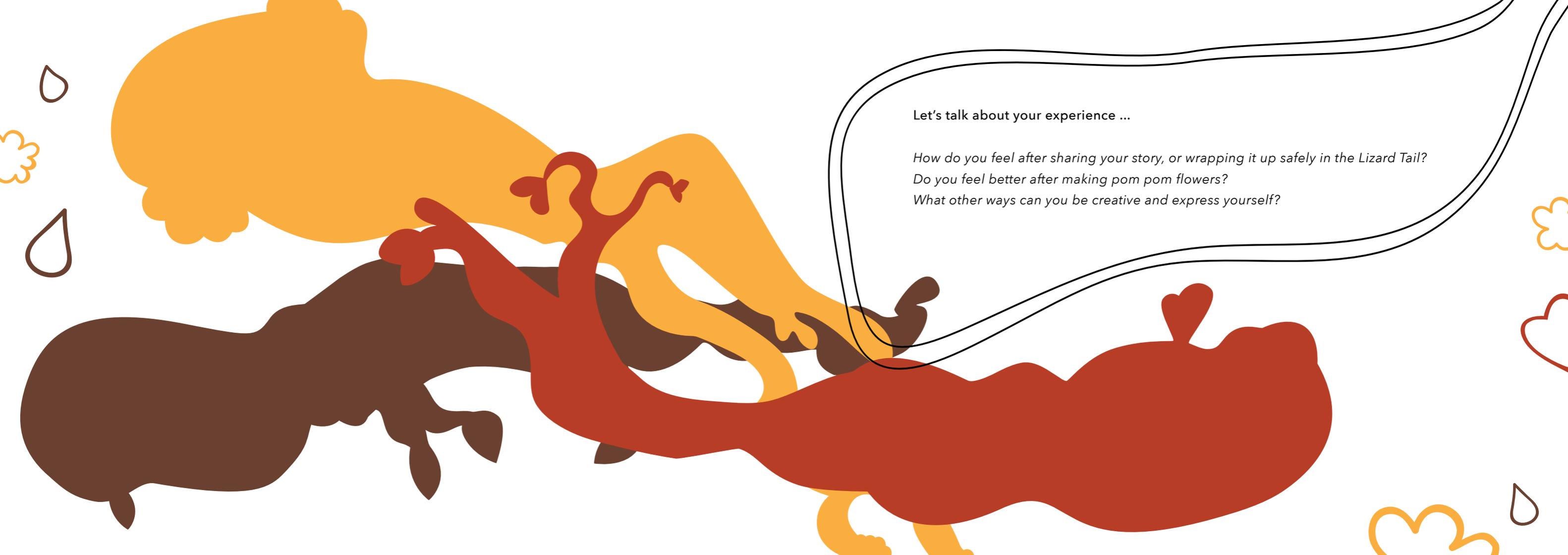
③

Share your Tail...
Let's make a 'lizard tail'.

⑤

Add your Magic Tail...

Your 'lizard tail' will now become part of a new Lizard Tail sculpture.

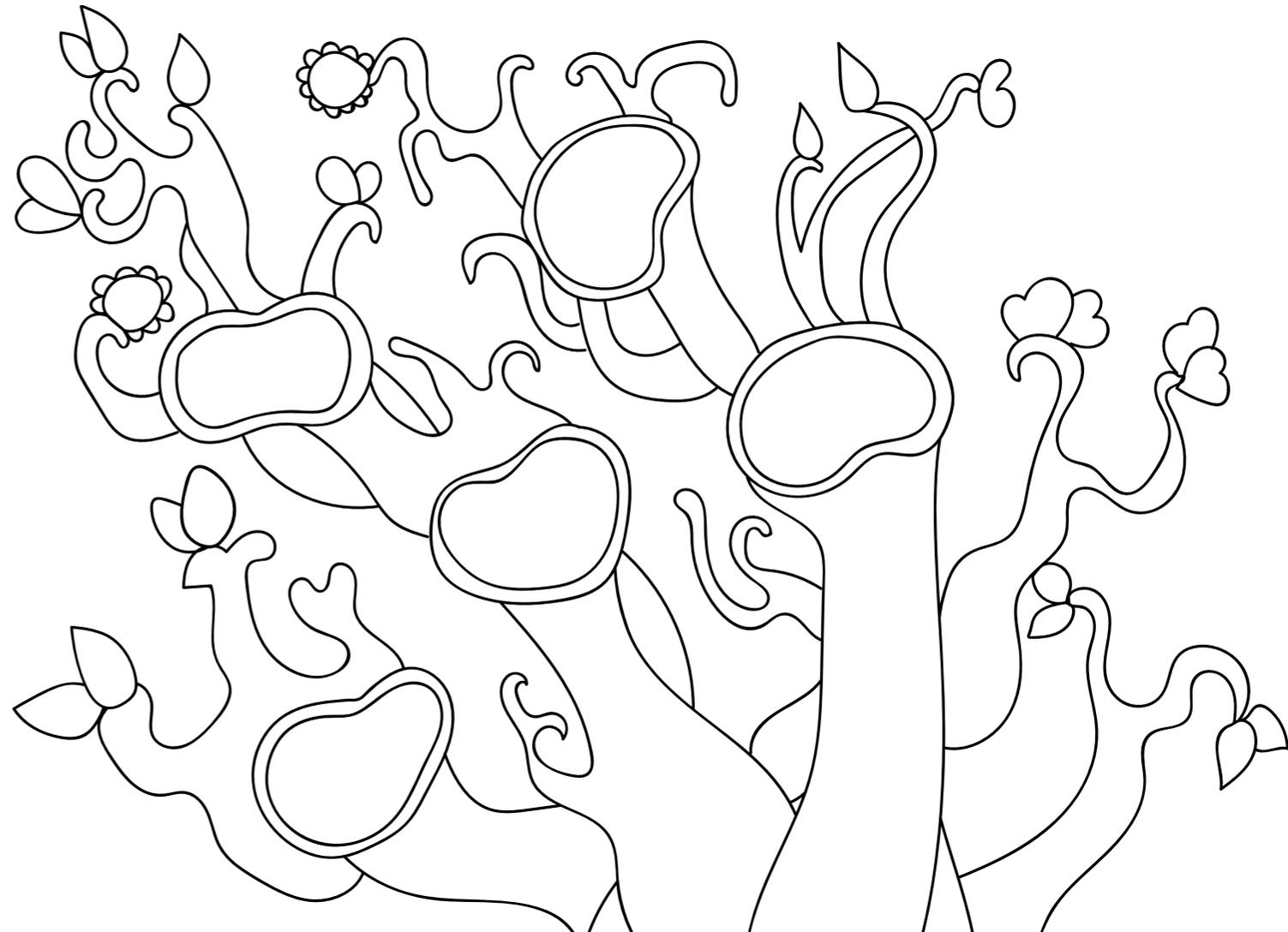
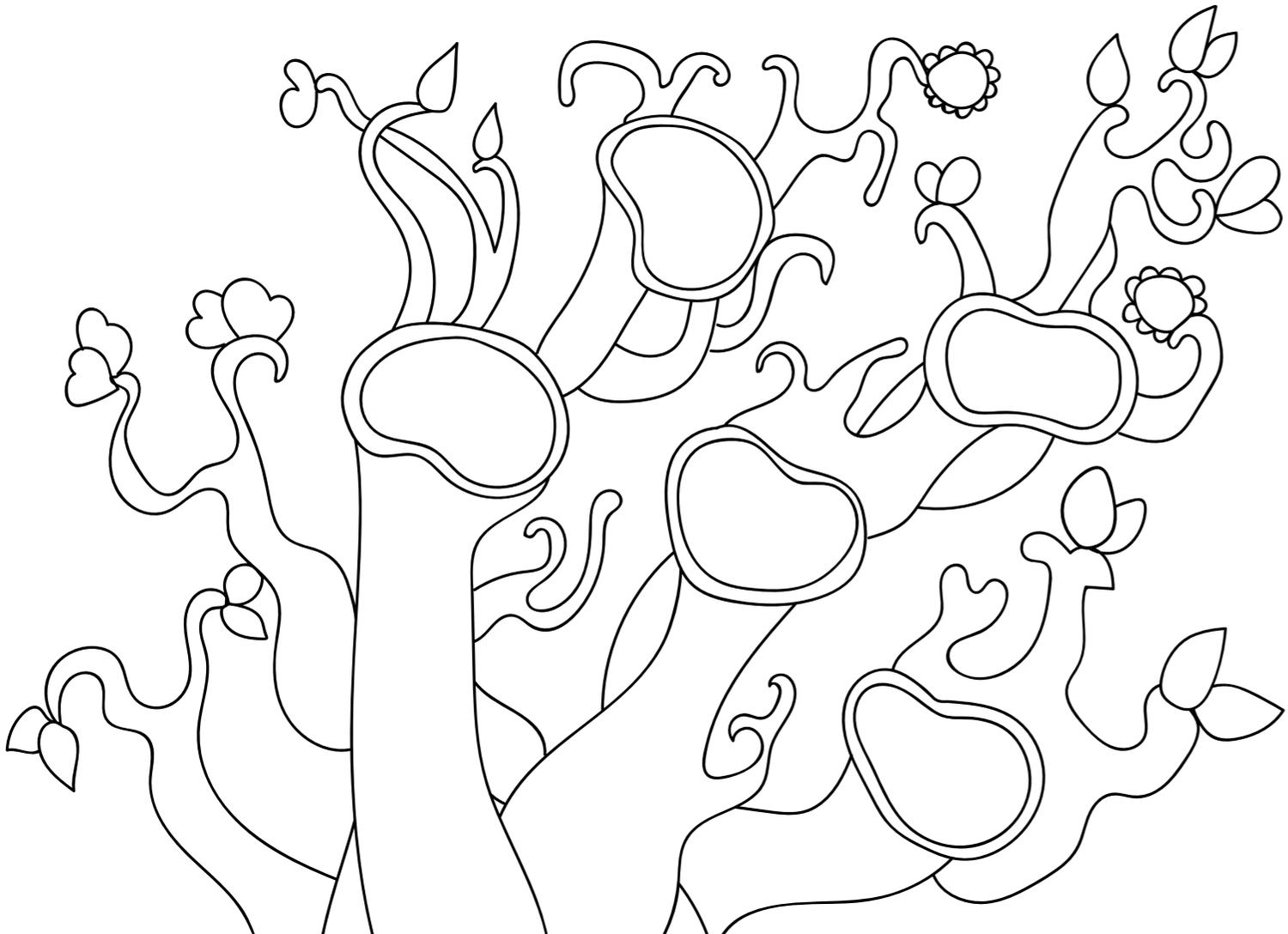


Let's talk about your experience ...

How do you feel after sharing your story, or wrapping it up safely in the Lizard Tail?

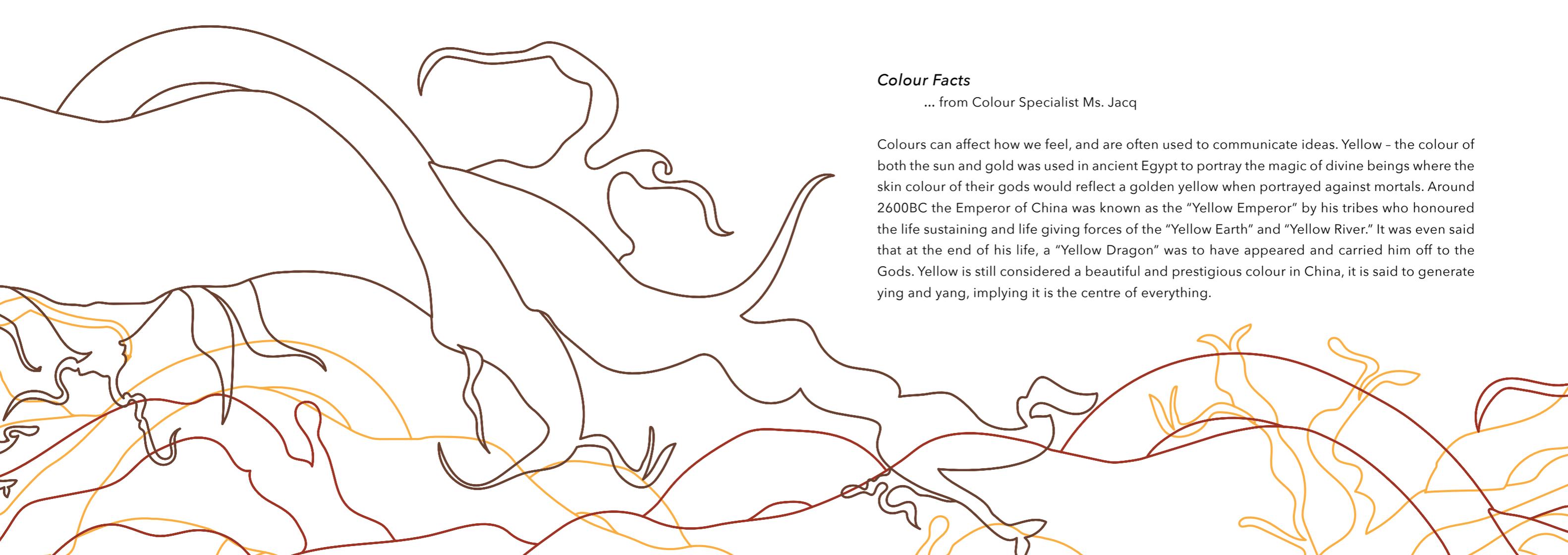
Do you feel better after making pom pom flowers?

What other ways can you be creative and express yourself?





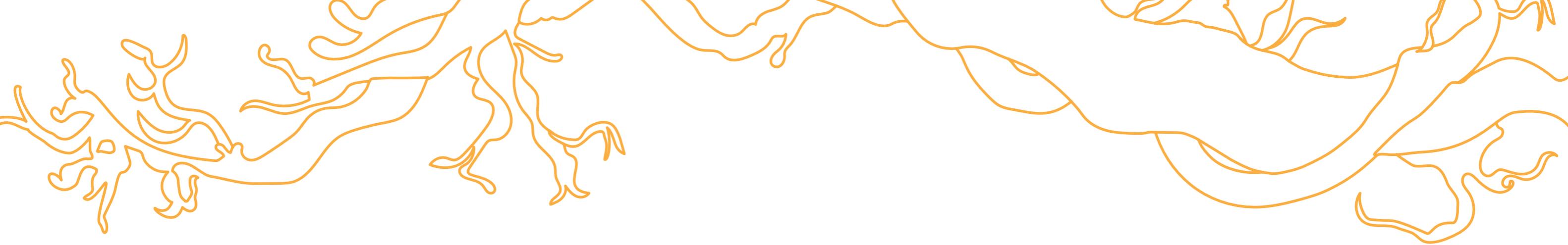
Still from *Magic Object* (2016) Adelaide Biennial of Australian Art, Art Gallery of South Australia.
Photography by Sam Roberts.



Colour Facts

... from Colour Specialist Ms. Jacq

Colours can affect how we feel, and are often used to communicate ideas. Yellow - the colour of both the sun and gold was used in ancient Egypt to portray the magic of divine beings where the skin colour of their gods would reflect a golden yellow when portrayed against mortals. Around 2600BC the Emperor of China was known as the "Yellow Emperor" by his tribes who honoured the life sustaining and life giving forces of the "Yellow Earth" and "Yellow River." It was even said that at the end of his life, a "Yellow Dragon" was to have appeared and carried him off to the Gods. Yellow is still considered a beautiful and prestigious colour in China, it is said to generate ying and yang, implying it is the centre of everything.



In Japan, yellow is the colour of courage and during the War of Dynasty in 1357, each warrior wore a yellow chrysanthemum as a pledge of courage.

If you look closely at a rainbow, as the red light becomes tinged with yellow, you'll see the magic of orange. It is the colour that signals the rising and setting of the sun each day and the most prevalent autumn tone gifted to us from nature. Through the centuries orange has been associated with kinship and determination by the American Indians, strength and endurance by the Celts and represents the unshakable wisdom of the Buddha's teaching.

The Dutch wear it to represent their independence following the revolt against the Spanish led by William of Orange in 1648 and the Aboriginals use it in art to describe the hot orange red sand deserts of Australia.

Brown is associated with the earth, wood, and stone. It's a completely natural color and a warm neutral. Brown can be associated with dependability and reliability, with steadfastness, and with earthiness, warmth and wholesomeness. *What do these colours mean for you?*

- adapted from writings by Jacqueline Symond, Colour Specialist.

Biography

Jacqueline Symond has helped people to transform their lives through using colour. She holds qualifications from Australia, U.S. and the UK in various techniques of colour application and is currently undertaking a Graduate Diploma in Psychology with a view to conducting further research in the field of colour psychology.

Lizard Tail Facts

... by Dr. Pat

The human embryo, which is the time when a baby first starts to develop in its mother's womb, has a tail. We are not born with a tail, but you do have a tailbone. Some reptiles, such as lizards, can drop their tail to confuse predators, then grow a new one. Sometimes after the danger has passed, the lizard might even come back to eat its tail.

Tails can be very tough, some even have a protective armour such as spines that can be used for self-defense. If you wrap something inside your 'lizard tail', you might be protecting it from the outside world, or protecting yourself from what is inside.

- extracted from *Orange Lizard Tail*, by Dr Patricia Jungfer, Consultant Psychiatrist, Sydney.

Biography

Dr Patricia Jungfer is a consultant psychiatrist working in the area of neuropsychiatry. Her clinical practice focuses of the emotional impact of brain injury and multiple sclerosis, and managing the mental health problems that can arise in these conditions. In conjunction with her clinical work she has a strong interest in the creative arts, and the cognitive neuroscience of art appreciation.

Following

Still from *Magic Object* (2016) Adelaide Biennial of Australian Art, Art Gallery of South Australia.

Photography by Sam Roberts.





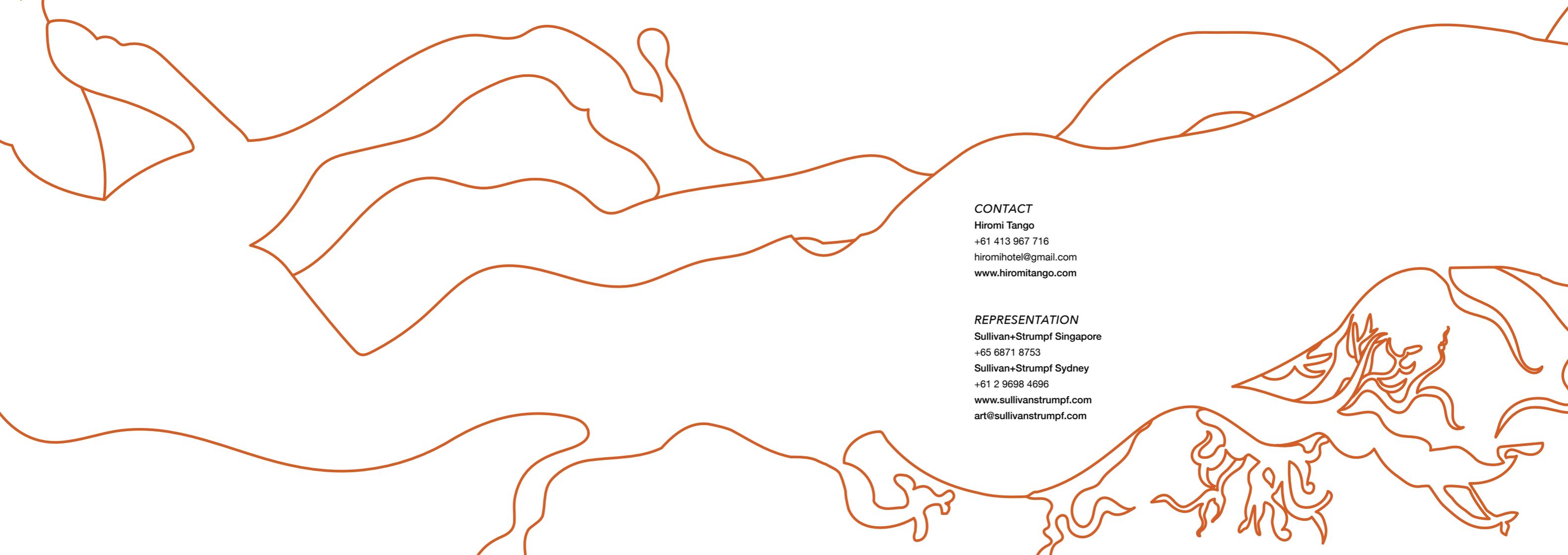
Acknowledgments

Workshop participants and community group members played a crucial role in creating *Lizard Tail*. A big thank you to everyone for their enthusiasm and dedication in the realisation of this project, and ongoing support.

Lizard Tail originated in the form of a small textile sculpture at Sullivan Strumpf's *Promised* exhibition in May 2014, and was then further developed for the community engagement project *FIVE*, a two-year pilot project aimed at addressing mental health issues in regional communities across Western Australia. *FIVE* was a partnership between leading community arts and cultural developing organisation DADAA and Rio Tinto. Arts activities took place over 2013 - 2014 in Paraburdoon, Derby, Geraldton, Busselton and Esperance. The work was further developed as part of *Magic Object, 2016 Adelaide Biennial of Australian Art*, Art Gallery of South Australia, and was generously supported by the **Australia Council for the Arts**. This current site-specific project has been developed for children aged 3 -12 years and their families, as part of Singapore Art Museum's annual contemporary art exhibition for children, titled *Imaginarium: To the Ends of the Earth*.

I would like to acknowledge the kind assistance of Curator **John Tung** and the **Singapore Art Museum** team in realising this exhibition, along with my Gallery Representative Sullivan Strumpf Singapore and Sydney for their ongoing support. Special thanks also go to the NUS Dance Ensemble for being part of the performance event. I would like to thank **Dr. Patricia Jungfer** for her ongoing support and expertise on the neuroscience of arts engagement, as well as Colour Specialist **Jacqueline Symond**, The Colour Agency for generously sharing her insights. Finally, I would like to thank the **Art Magic team** - *Helen Miller* (Costume Designer), *Kitty Taube* (Publication Designer), *Wendy Mansell* (Editor), *Marthese Pierce* (Onsite assistant) and artist assistants *Sachiko Gardener*, *Coleen White*, and *Ayuko Oba*, *Tomoe Suzuki*, *Mizuki Keen*, *Hiromi Stapleton*, *Shiori Stapleton*, *Natsuko Wright*, and my family and friends for their ongoing support, particularly *Craig Walsh*, *Jane Fisher*, *Kimiyo Tango* and *Mikiyo Walsh*.

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