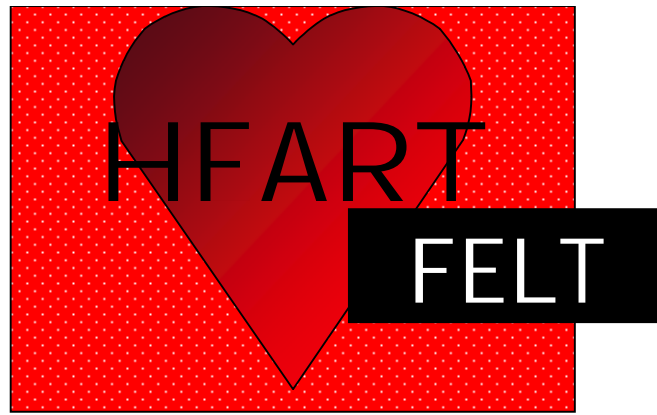


love joy hope ecstasy empathy bliss peace openness sharing

excitement anticipation achievement success electric free fluid wicked hilarious buzz



sorrow desolation despair dread aching hopelessness stagnant ruined horror poignant

April 2010

Hi, I'm Jan Connett, a visual artist living and working in Bristol. Much of my current work is about life's journeys: how we arrive where we are, what happens on the way and what makes us react as we do - brimming with joy or optimism or overcome with dread.

I am putting together a piece of work that explores the feelings surrounding the most powerful events that life brings: those life-changing 'heartfelt moments' that stop us in our tracks. Like the moment that we realised we had fallen in love; when we were blown away by the beauty of a place; carried away by the excitement of a public event; rendered incandescent with rage, paralysed by grief or scared witless.

For each of us, these moments are unique, but at the same time they touch upon common experiences that allow us to connect and empathise with others. I am aiming to collect around 500 of these moments and to put them together as a shared expression of our myriad emotions. I hope it will be an opportunity for people to remember and reflect – to hear each others' stories and to share their own.

The finished piece will be exhibited at Centrespace, Bristol, 19-24 November.

I invite you to create a heart, from any material, to capture a significant moment in your life – something that provoked such a strong emotional response that you will remember it forever. For the exhibition, the hearts will be hung from strings so they will be visible from all sides. A good size would be something between 10 and 20 cm square (4" to 8"). Please add any decoration or objects that helps to express your memory of that time. Then attach a label (something the size of a luggage label or a postcard) and write your story. How did the event or situation unfold? What were your reactions at that key moment? How did you feel?

It would be good if I could get your 'moment' back by the end of April. Then I will photograph and catalogue it for the exhibition. If you want to let me have your e-mail address, I can keep you informed about my progress and send you details of the exhibition, but I do understand if you prefer your contribution to be anonymous. Thanks for your help – I'll look forward to sharing this with you over the coming months.

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anger hate fury frustration revenge calculated cold control