

La Mama Galleria is pleased to present Nichole Washington: *Create Your Own Myths*, a series of multi-media works that depict the artists meditations on healing and spirituality. The exhibition curated by Yvena Despagne will be on view July 8- August 4, 2022.

Washington uses photography, paint and design to create bold images that are an exploration of feminine strength, identity and spirituality. Her work centers photographed subjects that exist in an imagined space. The unique symbols painted in Nichole's work are used as a secret form of communication and protection. They are inspired by Egyptian hieroglyphs and Adinkra symbols from West Africa.

*Create Your Own Myths* explores Washington's personal journey to finding a spiritual home. Growing up Black in suburban America, the artist often felt left out of religious imagery and doctrine. She knew her spirituality was rooted along African Diaspora lines but the institution of slavery has stripped most Black people away from their ancestral history. Like many other Black people in America, she was left to put together the pieces on her own. Over the years she has explored yoga, meditation, Qigong, crystal healing and Yoruba practices. Five years ago Washington moved to the woods in Ossining, NY and began to create rituals that combined all of her explorations with an appreciation for the natural world around her.

The exhibition features works that blends Nichole's photography with painted symbols and natural materials creating imaginative images inspired by her journey and meditations. Washington collaborates with lighting designer Itohan Edoloyi to create an immersive experience throughout the gallery where viewers are brought into Washington's mythical world filled with her symbols. The exhibition also features a video in collaboration with Healing Sound Artist Rebecca KellyG that depicts a ritual for coming into self empowerment.

*Create Your Own Myths* is about awakening from within and using our unique experiences to cultivate a divine connection to the world we live in. So many of us are searching for healing but nature reminds us that we are born with the power to regenerate and restore.