

## Cara Rae Joven

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Being in the landscape always makes me think about the space of connection. *How To/You Can: Pacific* are two video performances of the artist executing four headstands on two different beaches. One beach is in the Philippines, the land I was born on and the other is Imperial Beach in Southern California, the land I was raised on. In these video performances, my body is literally tied with a rope to these two distant lands connected by the Pacific Ocean. The cultures of these two places collide in my body as they have formed my identity but not without the dissonance that occurs when there is no sense of belonging in either place, considered a foreigner in both countries. However, our identities are formed by our experiences, which go beyond our origins.

Every time I experience a new landscape, that place is absorbed into my body. These connections and disconnection form the bases of my art practice. Physical

*Gesture 15*, Performed at Imperial Beach in San Diego, CA on the shores of the Pacific Ocean  
Rope, carabiner, earth anchor, 2019-2020, 9:26 minutes



clockwise from top left: *Gesture 4*, *Gesture 7*, *Gesture 3*, *Gesture 12*, *Gesture 5* and *Gesture 13*

connections between land and body, place and person, as well as the intangible material of personal and cultural histories come together in my work. Identities, places, and history may seem distant and different, but we are all connected. I applied for the residency in Montello because the foundation believes in experience as a material for generating artwork, which inadvertently becomes a form of preserving the landscape. The retreat gave me the most valuable material to my practice — time and space to contemplate our connection with the landscape. I believe that the more we understand how connected our bodies and our lives are to the land, the more we are able to look at the planet less as a resource, but rather as a living breathing entity.