

Judith Horváth Lóczy- Art is my THERAPY

Zönotéka. 2020 Spring

It is not a new concept that arts have great impact upon people's soul and senses, what's more, arts have healing power. Even Aristotle could watch it that spectators experience catharsis – a kind of revelation – induced by watching the play and it eases tension during the theatre performance. Not only a theatrical performance can enhance catharsis but a modern art piece can bring it about, as it is used in art therapy for healing purposes.

Judit Horváth Lóczy at her exhibition titled „*Art is my Therapy*” invites this kind of healing power of art so that she can liberate her spectators from the daily problems, and tension, stress. The aim of the artist is to offer a shelter to the spectators at the exhibition: an escape from the overwhelming mass of difficult, socially sensitive issues that bombards us on daily basis in the rush. Besides the frustration of the stressful working days we need peaceful minutes, island of calm, where we can indulge into a beautiful colour, a creative craft, or into an inspiring thought for a short while. This exhibition makes an attempt to gain this harmony.

For this, now the artist would like to impress our senses and our soul with her venue-specific installations, and with her interactive modular art pieces. Her big size installation, specially created for the venue of Zönotéka can be regarded as a kind of enlarged copy of an art box, into which the spectator can walk into, or he can lie down in front of it. The colourful surfaces that spread over three walls, the use of smooth transitions and the centrally situated white object that stands opposite to these, calms down and triggers mind and senses giving the experience of ancient colours and forms.

On the long wall, next to the entrance, there is a big modular painting that covers the big space and that uses simple means. The art piece is made up from canvases size 50×50 cm, set in tetrastic arrangement, not in ordinary position, shows no order or pattern or final solution. The simple play of lines gives the experience of suddenness and the eureka feeling pattern to the spectator with making out the art piece. By way of this, the art piece makes the spectator act of creation and provokes further thoughts. Judit Horváth Lóczy stretches back to the ancient role of art: in stead of reflecting upon the problems of the world with big words and deep thoughts – she would like to calm down the spectator with art therapy, she would like the spectator experience catharsis, so that after visiting the exhibition, the spectator leaves the gallery in balanced harmony with pleasant feelings.

Curator of the exhibition is Melinda Mártonffy