



## Emilie O'Brien

Emilie O'Brien, Art Restorer, Musee des Beaux Arts Montreal,

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### Bio

Emilie O'Brien is an interdisciplinary artist-researcher whose creative practice bridges drawing, hand-embroidery, writing and herbalism with the living systems principles of healing justice. Grounded in the belief that embodiment and relationship are essential to mutual thriving, her work critically examines the fascia of connectivity between individual, community, and planetary wellness. Through immersive, process-based techniques - such as bilateral drawing, hand embroidery and collaboration with plants - Emilie explores the relationship between somatic experience, ecology, and systems of care. These practices reflect her interest in emergent systems - those formed not by force, but by relation, rhythm, and response.

### Energy Bodies

Energy Bodies traces core and subtle energy flows. Standing with my body at the centre of the textile, extending my arms outward and circling them around back to the midline; I build the topography in layers, revisiting the work many times over several months and seasons, tracing presence and emotional terrain with no analysis required, because the gestural point is to keep moving. Keep breathing. Tracing colours across the whole space, I am brought into rhythm, movement and a sort of creative harmony with myself and the space around me. All of life is made of energy; energy flows through and connects individual and collective bodies throughout the natural world. Our energies touch and feel each other, reach out and move away. Energy Bodies traces the contours of a self that is fluid, connected, motion-filled, intelligent abstraction. It is intended to hang in celebration of this wonder.



