

I create my work first for myself to see a part of me manifested externally. Second, for my communities. Last comes the "audience" reaction. My recent work focuses on me and my friends with visible scarring or differences, and although the paintings are traditional portraits, I receive all kinds of reactions to them. The body is inherently political, so figurative art continues to be provocative. One of my goals is to rehumanize experiences that our culture would rather erase, pity, or fear. I'm interested in these paintings as both a place of rest for those who identify with them and a mirror for our societal biases.

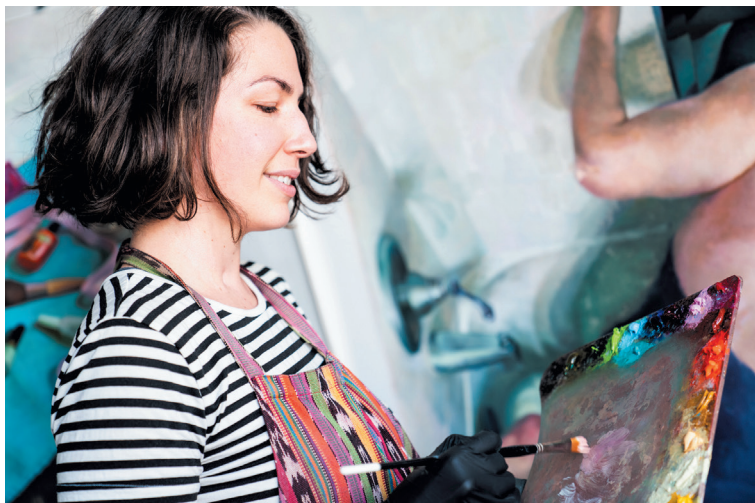


Photo by Kirsten Mohan

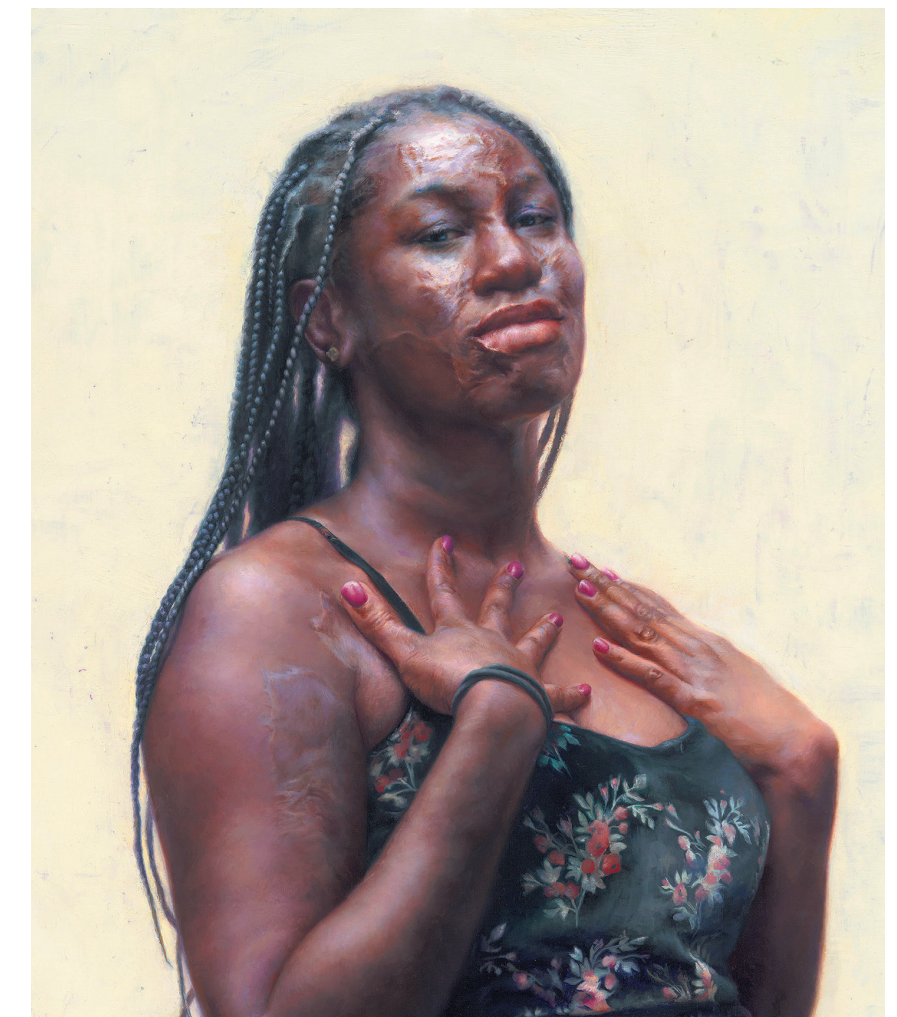
Grace Athena Flott

www.graceathenaflott.com
[@graceathenaart](https://www.instagram.com/graceathenaart)

My art practice allows me to build trust in my body as a primary source for understanding our cultural narratives around health, ableism, and gender. I'm humbled to see my work begin a conversation with others, too, and open questions on body hierarchy: how do we measure, define, value, and categorize the body? When is a body normal vs. normative, and who gets to decide?

I live for the colors of light. Painters are deeply affected by color, and I am especially excited when I find tones that seem optically to vibrate and even levitate off the canvas. The study of color and light in physics and metaphysics as personal and cultural symbolism is endlessly fascinating.

Grace Athena Flott is a visual artist whose multidisciplinary practice responds to cultural myths of normalcy and social constructions of health, gender, and beauty through painting, body printmaking, and healing public art workshops. Raised able-bodied in white suburban Spokane, she acquired disfigurement and chronic pain as a young adult, guiding her art practice to confront the erasure of visible difference identity both personally and in the community. Her New Icons project received the Seattle Office of Arts & Culture Hope Corps Grant and support from the Spokane Public Library Hive Artist Residency and Shunpike's Seattle Restored. Flott has exhibited in two solo shows and many international group exhibitions, including the Port of Seattle; Bainbridge Island Museum of Art; Figure | Ground Gallery, Seattle; Museum of Modern European Art, Barcelona, Spain; and Salmagundi Club, New York City. She holds a BA from the University of Washington and is a Gage Academy of Art Classical Atelier graduate.



2024 Neddy Artist Award Exhibition
 Annual exhibition of the Neddy Awards finalists curated by Philippe Hyojung Kim. Behnke Family Gallery at Cornish College of the Arts, 1077 Lenora St, Seattle, WA June 3-September 14

TOP: *New Monuments*. BOTTOM: *Ways of Seeing*. OPPOSITE TOP: *Let it shine* & detail from *Let it shine* (portrait of Kari). OPPOSITE BOTTOM LEFT: *Statue of liberation* (portrait of Tonya). OPPOSITE BOTTOM RIGHT: *Glow up* (portrait of Alizé).