In Lostness Possibilities are Found
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This paper discusses an ongoing investigation into a ‘lostness’ of the psyche, primarily through the exploration, both practical and theoretical, of physical darkness, which constitutes my current fine art practice.

The paper introduces the concept of lostness as a state of fundamental uncertainty; manifest as a deep, profound vexation of the spirit. Darkness, owing to its capacity to illicit similar feelings, is presented as a suitable physical medium within which a likeness of lostness can be constructed.

The paper considers the methodologies already employed in art practice, both through the creation and curation of art, through which lostness and darkness are examined. A core aim is to build on these to create an alternative approach which challenges the typical self-obliterating experience of darkness in installation art.

Throughout the paper constant reference will be made to my own work, which sets out to question whether it is possible, through art practice, to foster a sense of openness and discovery within darkness which, in turn, can re-define the value of lostness within contemporary society.