

Jamal Biggs

31-20, 32-20

Self Portrait: Introspection, Self Portrait: Free Inside

I submitted two pieces of art for this year's showing. They both follow a common theme and are personal. They portray my personal growth and maturity over the years. I've been incarcerated for nearly 30 years and have undergone many changes mentally, spiritual, intellectually, all for the positive. I've been imprisoned since I was 19 and I'm now 48. Despite my long confinement, I've always been of the mindset that just because my body is confined doesn't mean my mind has to be. This is the common theme of both paintings. "Self Portrait: Free Inside," portrays this theme blatantly. It depicts me while inside a prison cell, my mind goes beyond the cell. "Self Portrait: Introspection" portrays a large image of my eye with a smaller image of me meditating inside that eye. It represents the growth I've made over the years through self-reflection. ~~It represents~~ It represents an acceptance of ~~an~~ myself, faults and all and a ~~sense of inner peace~~ sense of inner peace from that growth and awareness.