

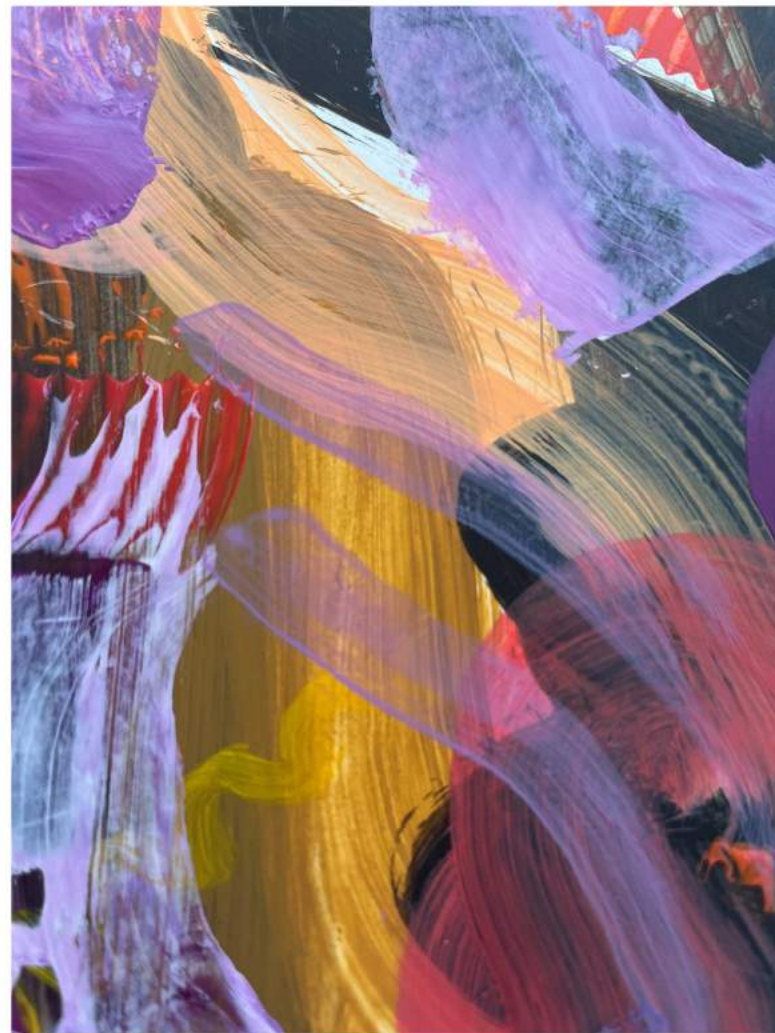
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KYOTO, JAPAN



TELESCOPE KYOTO

BREATHING



LILY OKAMOTO

# BREATHING: AN EXHIBITION ARCHIVE OF LILY OKAMOTO

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For more information or permission requests, please contact the artist at <https://www.instagram.com/lilythevly> or visit her website at [www.lilyokamoto.com](http://www.lilyokamoto.com).

Remember to follow Lily Okamoto on Instagram at @lilythevly for a daily dose of inspiration and to stay updated on her artistic journey.

# B R E A T H I N G

EMBRACING THE POWER OF THE  
PRESENT MOMENT THROUGH ART

Welcome to the archive of the "Breathing" exhibition. This special showcase took place in Kyoto during April 24th to May 7th, 2023, providing a platform for me to share my art with a diverse audience.

In this collection, you will be immersed in the heartfelt reflections of my artistry—a journey that encompasses the power of breathing and the profound exploration of self-discovery.

Throughout the exhibition, I had the pleasure of collaborating with Yuri Davison, an equally talented emerging artist. We met back in 2019 through social justice and mental health advocacy.

Hence we have never met in person until this exhibition, our creative exchange has enriched our artistic bond, influencing the evolution of our respective approaches.

In each stroke of the brush and vibrant hue, I sought to capture the essence of a transformative moment—a time when I found solace in the present moment, allowing life to unfold naturally. It is my hope that these artworks will inspire you to embark on your own journey of self-reflection and discover the beauty within.

Welcome to "Breathing," an intimate exploration of faith, self-discovery, and the remarkable journey that unfolds when we simply allow ourselves to breathe and be.

# LILY OKAMOTO

Lily's artwork in this exhibition reflects her current state of hibernation and solitude, as she patiently awaits the arrival of spring.

In a world that values productivity and achievement, Lily instead chooses to focus on the present moment, letting go of any grand visions or goals.

Through her art, she explores the simple act of breathing, finding beauty in the colors and textures that surround us.

Her paintings are a visual representation of her breath, a reminder to slow down and appreciate the small moments in life.

この個展のLILYのアートワークは、春の到来を辛抱強く待ちながら、「冬眠と孤独」といった製作過程の彼女の状態を反映しています。

生産性と達成を重視する世界で、LILYは代わりに現在の瞬間に集中することを選択し、壮大なビジョンや目標を手放します。

彼女は芸術を通じて、呼吸という単純な行為を探求し、私たちを取り囲む色と質感の美しさを見出しています。彼女の絵は彼女の呼吸を視覚的に表現したものであり、人生の小さな瞬間をゆっくりと感謝することを思い出させてくれます。

このアート展では、あなたを静かで瞑想的な空間に招待することでしょう。そこで、あなたが深呼吸して現在の瞬間に安らぎを見つめることができますように。



# B R E A T H

呼吸



Didn't know what to pursue anymore. The world seemed like a threat. Instead of focusing on the outcome, I paid attention to just breathing, as we do in meditation, to live day to day.

何をよ放をにら何  
々払うし追感なを  
をうに、いじい追  
過。た瞑求るし求  
ごそだ想め。、す  
すう呼をる結世べ  
。や吸す人果界き  
っになる生ばがか  
て注かをか脅分  
意の手り威か



# B R E A T H

The criticism in my head sometimes grew louder: "You are lazy," "You are escaping from reality," "You are avoiding." To quiet these voices, I journal, I paint. And I tried not to judge its outcome.



呼  
吸

め価ての書てら前時私  
たす、声きい逃は々の  
。る常を、るげ怠大頭  
よに静絵「てけきの  
うそめを。い者く中  
なのる描私る「なの  
こ結。きは「「る批  
と果そこ日「現、判  
はをしれ記避実「は  
や評らをけかお



B R E A T H



When did breathing become so hard? When did I forget to pay attention to my breath? I notice how shallow my breaths are, and that made me more anxious about the fact that I can't even take in enough air. That was an SOS from my body and mind.

呼  
吸

だの安い分浅をるかな呼  
°身にこない忘こ°っ吸  
体さと空これといたが  
とせが気とたにつのこ  
心るさをにの注かはん  
か°ら吸気か意らはない  
らそにい付°を呼いに  
のれ私込き呼払吸つ難  
のはをめ、吸うをかし  
の私不な十がのすらく

**B R E A T H**

SO, I BREATHE. I BREATHE TO BREATHE.

だから、私は呼吸する。呼吸するために呼吸する

呼  
吸



# Y A N G

陽

I am a being of duality, embodying both boldness and flexibility, bravery and serenity, masculinity and femininity.

My abstract paintings express fluidity through dynamic, powerful colors and a sense of motion as my brush flows across the canvas.

However, reality is never simple. There may be a hidden energy of yin within an artwork that appears to embody yang.

A painting created at night may seem to be created during the day, and one that appears to be bathed in light may hold within it the darkness of night.

It is through acknowledging this duality that we can find true harmony.



勇敢と柔軟さ、大胆さと静けさ、男性性と女性性、私は二元性を持つ者。私の抽象画は、色彩が力強くかつダイナミックであり、かつ筆先が紙面に流れるような運動感と流動性を表現する。

しかし、現実には常に単純ではありません。目で捉えようと陽を感じるかもしれない表現の陰のエネルギーが存在します。

昼に描かれたかと思う絵は夜に、光の中で描かれたかのような絵は闇の中で - 二元性を認めることによって、私たちは真の調和を見出し、ていねいにかもしられません。



# FAITH

信心

My faith, not rooted in religion but in spirituality, was once a distant concept. I knew the word, yet its meaning eluded me, remaining undigested and undefined within my soul.

For years, I yearned to find my faith, whispering to myself, "I want to have faith in myself." Now, that desire has transformed into certainty, as I proclaim, "I have faith in myself."

I unearthed my faith through the art of "doing the undoing," engaging in activities that rejuvenate me, even if they felt almost like doing nothing. This revelation was the answer my heart had been seeking.



探 せ え 「私  
 し ら て る 何 は  
 て 見 い こ も 「  
 い れ た と し 何  
 た ば よ を て も  
 答 一 う 通 いや  
 え 見 で し な ら  
 を 墮 、 て い な  
 啓 落 こ 自 「い  
 示 な の 己 か を  
 し 行 単 を の す  
 た い 純 活 よ る  
 。 が で 性 う 「  
 私 他 化 に と  
 が 者 さ 思

を 「た持あ  
 変 自 よ ち る  
 え 分 う た 時  
 て に に 』 か ら  
 い た 』 思 と 、  
 。 「が 、 『  
 「エ を 何 分  
 持 っ 年 自  
 て か よ う 身  
 い 経 に 「  
 る つ な 「  
 『 た っ 「  
 に 今 て 』  
 形 、 い を

て か ア 教 私  
 な 遠 ル に と  
 い く な 根 と  
 も 、 も ざ っ  
 の 奥 の す て  
 だ 底 ° も 「  
 と に 長 の 「  
 感 あ い で 』  
 じ る 間 は 』  
 て よ 、 な 』  
 い う そ く 、 』  
 た ° 自 言 ス 』  
 。 分 葉 ピ 』  
 に は リ 葉 』  
 は 何 チ は  
 持 処 ヲ 宗



# REJUVENATION

活性

「とたパでな「  
 確言。タな「ES」  
 信っ魂1いた。と  
 ）てガンの。不安  
 をも求をも「  
 強良めも「  
 くいるう繰  
 探んも繰  
 しだの返  
 てとだけし  
 いたうに「  
 。「FAITH」  
 」

うためでの魂  
 に。に、にの  
 も魂行私魂望  
 感が動ががむ  
 じ何し何どこ  
 たもてをこと  
 。要い望かだ  
 らるんにけ  
 ないのでい  
 いかいつす  
 とわると  
 言かのしと  
 っらかま決  
 てな、っめ  
 いか何たた  
 りっのよ。な  
 よ たうな



I chose to follow only the desires of my soul. Yet, I felt as though I had lost all connection to it.

What was it that I truly wanted? Why did I do the things I did? Where had my soul gone?

It was as if it had detached itself, and had no will to move forward.

I became hypersensitive to what I allowed into my life, refusing to repeat past patterns of saying yes to things out of insecurities and fear.

I yearned for a faith that assured me it was alright to say Yes to only what my soul desired.



# REJUVENATION

たくジ私 踊にた描を私  
の感ユは っも °き考の  
でじーそ た戻昔、え内  
す、スの °り離踊、な  
°私で日 、れり私る  
の溢自 小て、は子  
魂れ分 中し歌自供  
を活の 高まい分が  
見性体 生っ、丸楽  
っ化か たた大出し  
けさら ちダきしむ  
るれ果 にンなので  
こた汁 混ス声大あ  
とこの ざスを胆ろ  
がとよ り夕出なう  
でをう 共ジし絵こ  
き強な にオ をと



I began to reflect upon what my inner child would enjoy. I painted, danced, and sang - I sang with all my might. I ventured back to the dance studio I had left behind so many years ago, and joined the teens. There, amidst the music and the movement,

I felt as if the juice of a ripe fruit was coursing through my entire being, rejuvenating both my body and my mind - and finally, I found it once more.



# S P I R I T A N I M A L

式神

In the artwork "Spirit Animal," the artist captures a mysterious encounter with a captivating creature that exudes an aura of fluidity and purification.

Through an intuitive artistic process, the spirit animal emerges organically, as if it has manifested itself onto the canvas.

The artwork invites viewers to embark on a personal journey of interpretation, exploring their own connections to the spiritual realm and the transformative power of purification.

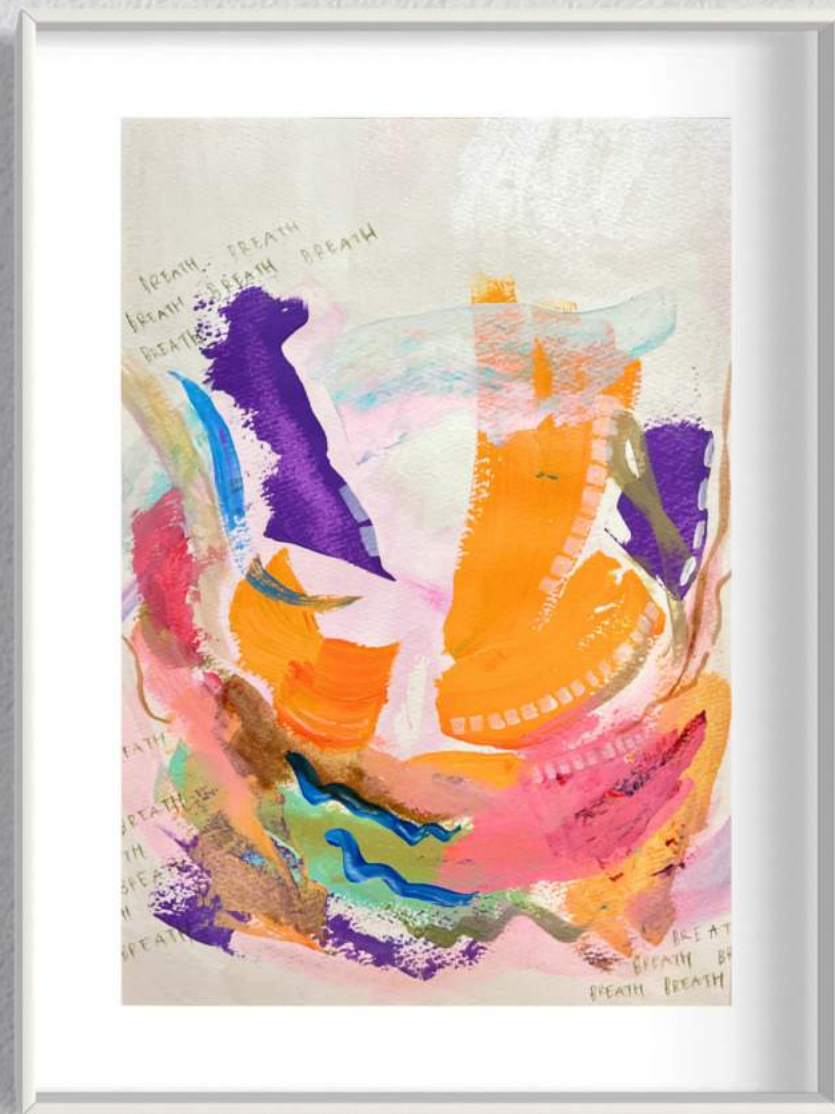
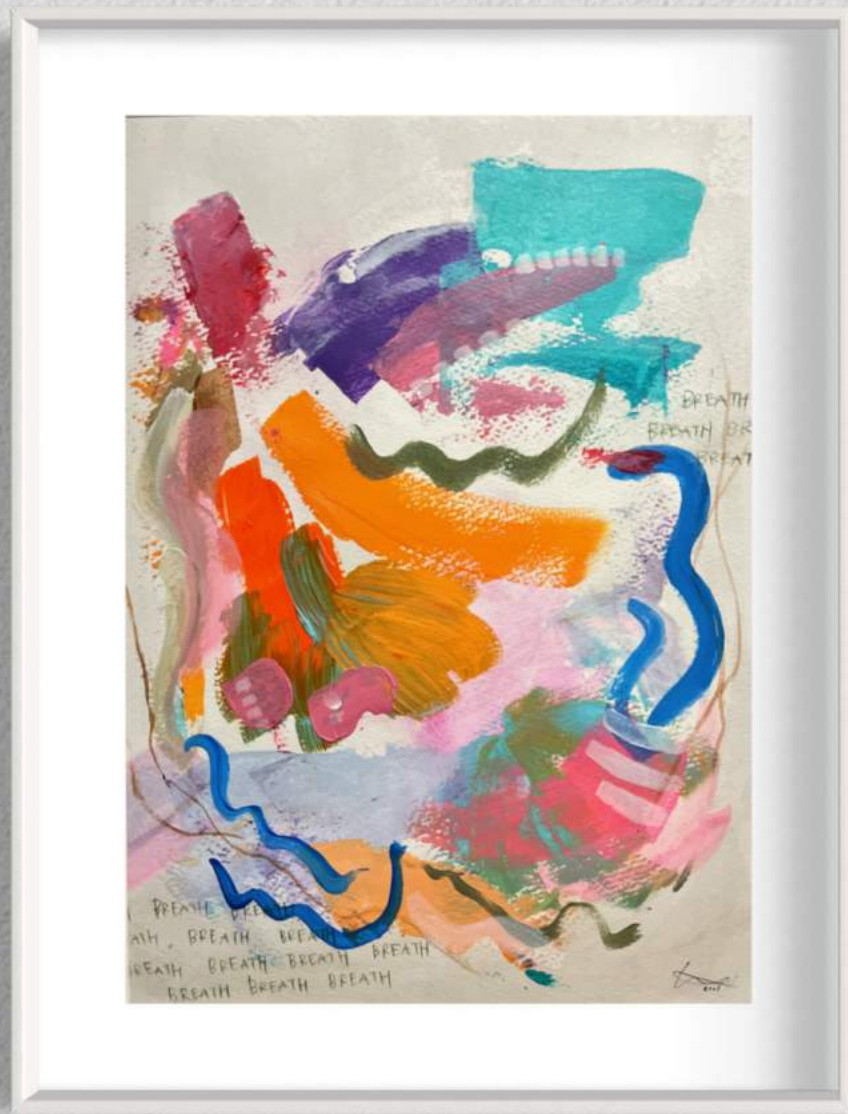
With its ethereal presence, the spirit animal whispers messages of reassurance and embraces viewers with a sense of peace and renewal.





# FOR YOU TO BREATHE

あなたが呼吸できるように





TO BREATH  
FOR YOU



あなたが呼吸できるように

I am a being of duality, embodying both boldness and flexibility, bravery and serenity, masculinity and femininity.

My abstract paintings express fluidity through dynamic, powerful colors and a sense of motion as my brush flows across the canvas.

However, reality is never simple. There may be a hidden energy of yin within an artwork that appears to embody yang.

自分を貫くことに恐れを持たなくなった。覚醒したような感覚で自分に対する様々な疑念が急に馬鹿げて見えるようになり、心配していた物が些細なものになった。

結果を期待せず日々呼吸するように過す、それが喜びを感じる方法だとやっとなつてきた。「何もやらないをする」をIntention(意志)として過していたのに、時々、「すべき」を感じ、何もやらないことに落ち込んでいたのが嘘のように、今は喜びだけを頼り、結果を追求しないことに誇りを持てるようになった。

そして、今まで自分がただ楽しくてやっていたことが、ここへ来て全く無駄ではなかった。喜びを持って選んだすべてのことは、私が喜びを感じる助けになった。