



Niphan Suwannakas *Quit to Win*

May 24 – June 21, 2008
Reception: Saturday, May 24, 7 – 10 pm

L2k Gallery is proud to present the first solo exhibition in Los Angeles by Niphan Suwannakas, who hails from Bangkok, Thailand. Niphan is presently an artist in residence at Wat Padhammachart Temple in La Puente, CA. Niphan was first invited to a Thai Temple in New Mexico to create sculptural work for the temple because his work is influenced by the way of life, culture and religion of the east, especially Thailand.

Niphan believes that humans are the most beautiful creatures that exist in nature. We are distinguished from animals because we have been given a higher thought process, one that often creates illusions about how we perceive the world around us. Our five senses play a big part in this. When we use one of our senses, the information received by the brain evokes certain memories from past experiences. These memories, and many of the feelings that we experience, are a direct reaction to where we went, what we saw, what we heard, what we tasted, and what we have touched in our lives.

In the course of one day the human mind constantly creates many types of feelings. It is difficult to stop this process ourselves, even for one moment. Niphan feels that we tend to create more negative feelings than positive ones, and he refers to these unpleasant negative feelings as “suffering”. More often than not, our own suffering stems from worries we have concerning an unknown future. Throughout our lives we experience many mixed emotions that cause us to worry more than we really should, and all this worrying has the potential to lead us into depression.

Niphan believes that many people think material possessions do not fill the void in our lives. The more things that are developed for our pleasure and convenience, the more we allow these things to control us. We don’t really know how the human mind works, nor do we know how to control it; we allow ourselves to accept whatever feelings we have at a given moment without questioning it and this can be disastrous to our lives. Perhaps, if we learn how to control our minds, we can live a happier life.