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Teresa TAF

Luz mais Luz

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“Light, more light, in an evocation of Goethe's cry, *licht mehr licht*, emerges from a journey of inner search that begins “in the liquid silence with which the waters darken the stones.” Water, a fundamental element and a space of immersion par excellence, appears as a constant reference, always present in the works on display. As a starting point for an exploration of the inner self, one dives into a space of refuge and pause, of discovery and discernment, calling for stillness and contemplation, while also inviting the spectator to experience retreat and encounter in the silence of the depths.

From the revelation of the inexpressible and the unknown in the successive layers of the depths, movements of search, transition, and unveiling emerge, where time oscillates between what is newly discovered and what has always been, and where gestures seek light – more light – to then make it shine.



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These works, born from a deeply personal, intimate, and intuitive relationship, reveal a total and confident surrender to the unpredictability of results, largely influenced by the action of time in combination with the reaction and transformation of the natural pigment extracted from *Isactis Tintoris*, the mysterious and intense indigo, produced by the artist herself through a unique and unrepeatably recipe, always in transit, as it is constantly evolving and changing. The materials and textures used bring light and life through their natural elements, notably water collected in loco from rivers, streams, and creeks, with their minerals and microorganisms.



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The search for light, for more light, is a constant and obsessive attempt to create increasingly luminous spaces. From the need for immersion into depths and darkness, through a process of overlapping successive layers of paint, and as a sine qua non condition for the revelation of meaning, gestures of belonging, openness, and sharing emerge, capable of generating beauty and light, gratitude and life.”

- Teresa TAF
Teresa Adão da Fonseca
2024



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Teresa Adão da Fonseca was born in Porto in 1987, where she currently resides and works. Holding a Master's degree in Fine Arts from the Faculty of Fine Arts at the University of Porto, she has undertaken artistic residencies in Paris (France), Barcelona (Spain), Sydney (Australia), Red Center (Australia), and Lisbon (Portugal). The diversity of these experiences has allowed her to gather inspirations that she integrates into her work as a multidisciplinary artist.

TAF has contributed to several research projects involving organic and sustainable materials, sparking her profound curiosity and interest in delving into ancestral techniques and exploring what nature has to offer. She views the world with a unique poetic perspective, engaging in gestures that reflect on love, time, and truth. It's a return to the roots in search of our most intimate Self, an approach to nature and to that which is most beautiful and pure.



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