

## Contents

|                               |   |
|-------------------------------|---|
| Proem.....                    | 2 |
| Body You Can See Through..... | 2 |
| Armor, Light, and Gore .....  | 2 |
| Art in this Body .....        | 2 |
| Discipline <-> Freedom .....  | 2 |
| Power!.....                   | 3 |
| Reflection.....               | 3 |



Figure 1: Created by Phee Marcial



### Proem

**Health Hats:** I'm bursting with excitement. I'm partnering with my new friend, Phee Marcial, to produce a series about Phee's experience with severe endometriosis. Phee is an artist, storyteller, and expert in the classics. Phee and I have met and recorded seven hours together. We have two interviews scheduled. Phee created an image for our series. This intro is about that image. Readers and viewers can see the image. Listeners can hear it described on the podcast audio. We encourage listeners to watch, and we hope you enjoy this intro as much as we did.

### Body You Can See Through

**Health Hats:** This is a three-dimensional picture. This person is wearing some kind of wispy clothing you can see through. It has movement. This is an image of a person lunging forward. I was going to say with their chest, but it really isn't. It's with their hips. Leading with their hips, with their hair flowing in the background.

Phee, what do you see?

### Armor, Light, and Gore

**Phee Marcial:** Their kind of armor is indistinguishable from their body. The color suggests this armor is some kind of metal. Their right arm and both of their legs below the quads are made of this metal. So is most of their chest and some of their neck. And there's very heavy contrast light coming from the east, falling along the front of the figure's body and casting a shadow towards us behind them. And there is some kind of gore dripping from the figure's right arm onto the ground and staining some of their body.

### Art in this Body

**Phee Marcial:** I made this piece some time after surgery. Whether it was specifically about the surgery is, I think, irrelevant, because that's how art feels when you're living in a body. But I have been developing this character for a long time and wanted to play with light and color a little more.

It began, as with most of the works I'm proudest of, with sketching whatever was in my head on paper or on my tablet. Usually, it was completely in black and white. Almost always, it was about how the figure interacts with light and shadow. And the color came later. I didn't really know at first whether the color would distract from the kind of movement and the, yeah, the, the visceral nature of that movement. The sense of sharpness. It's always nice when color kind of manifests itself without really being asked. I think that's one of the most wonderful ways to engage with color, at least for me.

### Discipline <-> Freedom

**Phee Marcial:** It was very exploratory. I typically work in a super regimented way. I like to be organized. Which, yeah, you may not get from the visual result, but I am typically quite rigid with my process, so it's nice to see something turn out more freely. That's something I've been noticing more in my work, and I've had to adapt to what is available to my physical body and my health at any given moment. And so, it has the opposite effect of what I would expect, which is that it makes me freer rather than more rigid. I think because I want to be able to, it feels more precious, right? The time that I get to spend in that space. So, it's fewer and further between but more precious.



### Power!

**Health Hats:** What I like about it, first, is the power. This is a powerful image of a powerful person with an outside and an inside, and you can really feel that the outside and inside are connected; you allow us to see movement, pain, and strength. I'm floored by it.

I'm really looking forward to this conversation, to subsequent episodes, and to seeing how it colors our understanding of you and endometriosis. Thank you.

**Phee Marcial:** Thank you.

### Reflection

**Health Hats:** Are you ready for the first episode? Watch for it in two weeks. What do you see in Phee's powerful artwork? Do you want to see more?

