

REBIRTH

*An Our Future of Change
Art Exhibit*



JULY 2020

BLOOM

by Vishnumaya Deepakchandran



Vishnumaya describes how "My work features a rose bloom, symbolic of the idea of rebirth. Though not directly linked to trafficking, this aims to be representative of the gradual transformation that the trafficking victims experience- right from the moment when they were rescued to their education right until the time where they are able to earn a living independently. The vivid tones and the shadows speak of the trauma they must have been put through, but the brightness at the centre is symbolic of the future that lies ahead for them. The blooming of a flower is symbolic of a new chapter and new beginnings and I believe that is the most important aspect of a trafficking victim's journey to rebirth".

HERE I AM

by Mariana Carvalho Delamagna

I'm stronger than you think
I'm smarter than you think
You gave me a scar
But I'll heal from it

I'm better than you think
Your words won't silence me
I'm braver than you think
And I'll rise from this

You held me so tight
I told you
Thought I could never leave
But here I am

And I shine like the sun
And I breathe in relief
And I stand so tall
Like you told me I wouldn't

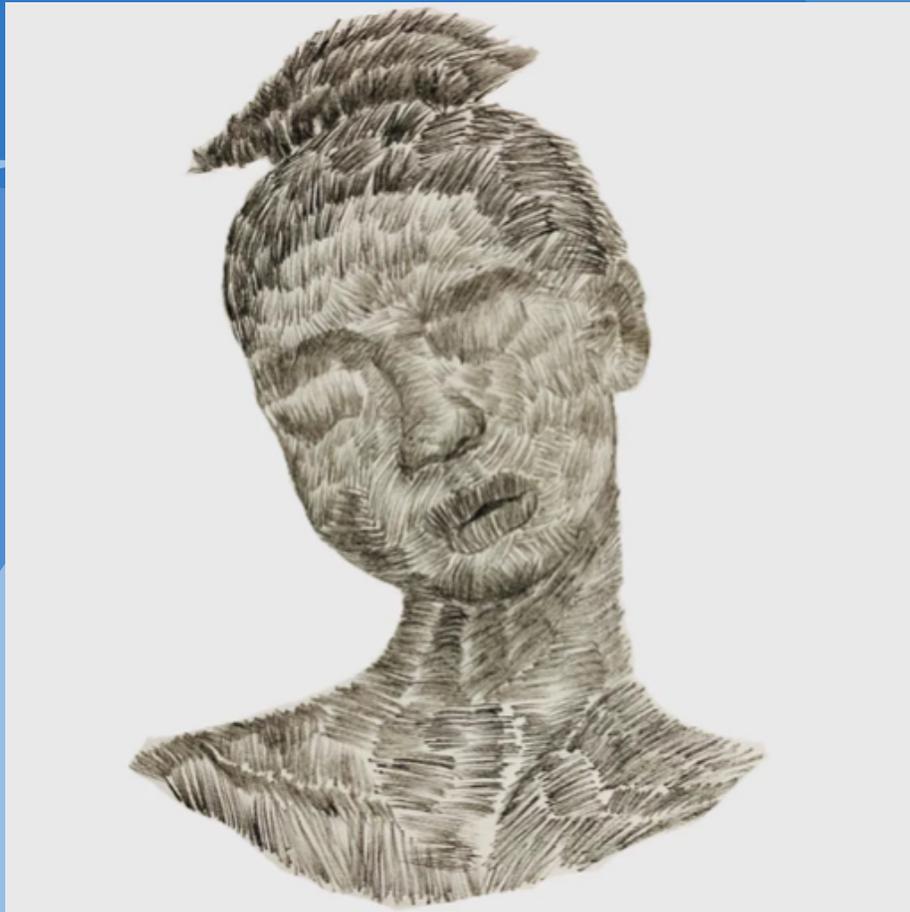
Cause I'm so strong
I believe
I'm so great
Just so much better than you could ever be

And I shine like the sun
And I breathe in relief
And I rise more and more
Like you told me I wouldn't

You don't scare me
Not anymore
I'm safe, I'm alive
I couldn't ask for more

TACENDA

by Sudiksha Sahu



Sudiksha explains how "The second piece is tacenda as it means unspoken or unsaid which is signified in the artwork. Both [of my] pieces show how these women are strong and have stood up for themselves even after being exploited."

REVIVAL

by Ifra Shams

I walked along the silent beach. The waves lapped over my feet and the winds crashed against my face. The sky turned into flaming shades of orange which the sea reflected almost too enthusiastically.

Everything around me changed during the course of the day, and went about its way; but my mind remained static. Refusing to feel, to cave in.

A sudden flash of pain distracted me. Looking down, I realised the sand had turned red. Flipping my foot around, I saw a broken sea shell embedded in my flesh. For a minute, I felt nothing. Then the protective shell of numbness cracked open, and everything that I had been pushing deeper and deeper down, came rushing back up.

First came the immediate, throbbing, furious pain accompanied with blood gushing out. And then came all the emotions I knew would wash over me, leaving me raw and exposed. Self-doubt hacked at my stomach. Inferiority seemingly engulfed me. Inadequacy blocked my airways. Rejection formed an endlessly increasing lump in my throat. Self-loathing flowed over me leaving my chest violently burning and causing my body to scrunch up.

On top of all this, they had been fighting again. They didn't know that I had been watching from behind the door, covered by the curtains, as they screamed and sobbed and wailed and smashed the intricate Tribal vases they had always cherished. That was when I ran out. Out into the day, searching for something, anything, to help me deal.

My body gave a shudder, and I fell onto the wet, tinted sand, my knees giving out; salty tears dripping from my face and fusing with the sea water.

Suddenly, I was pulled into a warm chest and encased by gentle hands; my mother's hands. It felt as if her warmth seeped into me, washing away the torment, until all the emotions, that felt ever-present back then, didn't seem so wounding anymore, the bloody gash didn't seem so raw anymore. As she gently tended to it without a word, the pain, along with its companions, floated away. I realised just how much she understood me, supported me, loved me. And after a very long time, under the golden rays and blazing clouds, I was fuelled by my adoration for my mother, and overwhelmed with relieving peace and satisfaction.

SELCOOUTH

by Sudiksha Sahu



Sudiksha describes how "This piece is named selcouth. Selcouth means strange, unusual and marvelous. I feel the artwork I have done signifies that. The eyes in this picture stand out and show that". When referring to both Selcouth and Tacenda, she explains that "Both my art pieces signify strong, brave, war like women; women who demonstrate exemplary and heroic qualities even after they have gone through so much".

THE FIRE FROM WITHIN ✨

by Saadvi Kataria ✨

one day,
the girl lost her fire within.
it was trapped and scared
crawling in the dark abyss.
but suffering became survival
and little did the girl know
that a faded call from the horizon
would change her life head to toe.
after years of seething
in the numbness of ice
she found her burning, red fire
to replace the deafening cries.
with learning, growing, and healing
she began to develop fiery wings
her strength and bountiful courage
led the girl to do many wonderful things
because she finally rebirthed
from the fire within.

VIOLET

by Emilee Kain



Emilee writes that "This piece intentionally represents a very minimalist style; few lines, sparse accents, and lots of white space. This minimalist style attempts to deconstruct rebirth as we know it- we often see rebirth portrayed as something glamorous and glossy, but this piece is a straightforward reminder of one simple fact; survivors who have experienced rebirth are fighters. This piece takes away the romanticism surrounding rebirth and instead encourages the audience to focus on the woman's struggles and therefore accomplishments. The woman portrayed in this image is brave enough to rise above the chaos and look towards the future. The woman and the butterflies feel a kinship not because they have both effortlessly risen above, but because they have both fought and persevered and earned their transformation". When relating her piece to rebirth, she describes how "My piece relates to the theme of rebirth because the piece focuses on a woman experiencing rebirth. The squiggly lines represent the chaos she rises above, while the similar styles of the woman and the butterflies suggests a kinship resulting from similar experiences. Both the woman and the butterflies have undergone long journeys to become who they are now through rebirth, and this piece attempts to highlight that parallelism".

BLOOMING OF THE ORCHIDS

by Lauren Goulette

in the valley of orchids,
dipping below as a sternum,
on the back of her Earth,
she cries a sweet breath of indigo
and scarlet bloom,
to be frozen in the dawn.
thin stalks of burgeoning sweetgrass,
i rub in between my fingers
littered with gaps, stitching itself back together.
the thin green stalk, repeated verbatim between every creation,
and dusty breeze of pollution.
standing tall after every windstorm, bowing only to reach the midsummer sun.
reborn between the seasonal shifts, a new petal appears in the neon skies
of brass and gold raised pitchers.
holding murky water, clouded by bites of clay and circling the drain.
left to dry over pre-gentrified textiles,
every woven pattern switching between new thread.

BEYOND THE SEAMS

by Mehreen Rosmon



Mehreen used a pair of jeans to create a new and unique top. She explains how "This top to me symbolizes a new beginning and change as it has been transformed into something brand new. It goes to show that the past can inspire a better future".

THE START OF SOMETHING NEW

by Rishika Singhal

Each day, can simply and easily be the start of something new,
For the everything in the world, including me and you,
Everyday, if you noticed it is a different direction that the wind blew,
Maybe, you donated some clothes and a shoe,
You allowed them to start a new life by giving them a new owner,
Who might be doing the same by being a blood donor!

Each day, the sun sets and rises again brighter,
Allowing it to give more energy to any fighter or song writer,
Everything bad and good happens for a reason,
Just never forget that there is always a growing season!

Winter fades away and spring arrives,
Soon, there will also be lots of bee hives,
Everyday, if you notice, you start a new life,
Just rebirth, and enjoy the new and fresh wildlife!

AT CRESCENT

by Anonymous



The artist explains how "The crescent moon appears at the early first quarter of the lunar cycle. Though barely seen, it's the first stage after a new moon, thus symbolizing the first step all these brave women take to begin their lives anew. The start of a new rhythm where the moon shall shine bright and full once again".

REBIRTH

by Risha Chaurasia

27th December was the day it happened
When I felt the world around me blacken
The report arrived at the front door
My life would not be the same as before
Since long I had been feeling these jitters
With tears my eyes started to glitter
I wiped the down with a single hand
So what if things hadn't gone as planned?
So what if the sword of death loomed over my head?
So what if I'd spend my senior year confined in a hospital bed?
I would not give in to my disease
I will not let it make me feel displeased
I will fight and fight this war
A shortcut I will not look for
I have to live for the sake of my friends and family
And I will fight gallantly
I will prove that this gal doesn't goes down
Take away the throne but I will always don a crown
Cancer changed my life forever
And taught me to never give up whatsoever
That day I was reborn as a fighter

STUCK BETWEEN LIVES

by Jessica Kruposki



Jessica describes how "In my painting titled "stuck between lives," I painted a dandelion. This shows rebirth because as a dandelion dies, it spreads its seeds all around to encourage more growth and be born again". She mentions that "These pieces relate to the theme of rebirth because I used string art to make them. This was my first time using string art ever and it as a type of "rebirth" for me in an art sense".

JUST FOR ME

by Maryam Khan

I begin to open my eyes to a blue canvas above me
I begin to look around the crisp grass surrounding me
I begin to get on my feet and see the ocean crashing close to me
I begin to walk towards the sun that is gleaming its warmth on me
I begin to dance across the silky waves as my damp dress hugs me
I realize, I am able breath again
Just for me

Maryam Khan

@poem.portion

SHADES OF HOPE

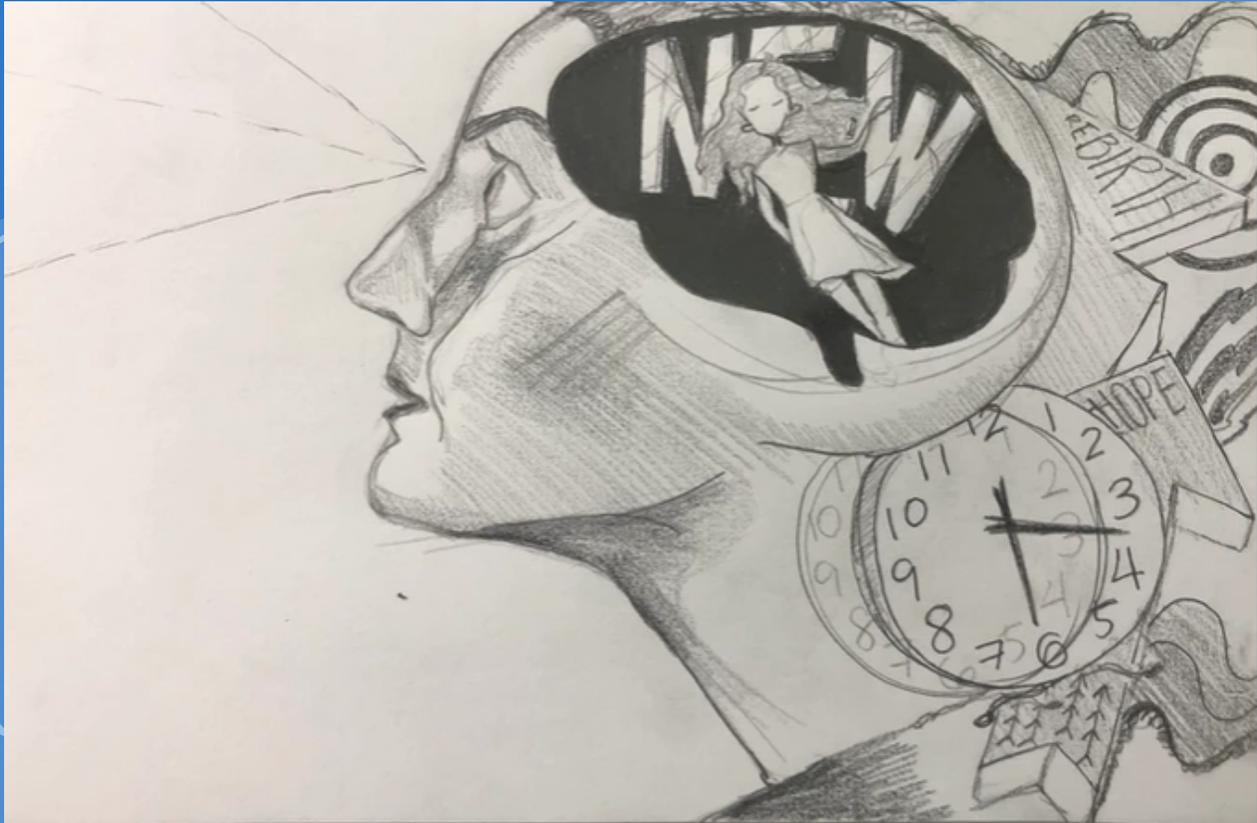
by Dylan Van Bramer



Dylan describes how "The name of this piece is Shades of Hope. As the name implies, the various shades of warm colors in the background are essential to the piece: the range of values from red to yellow represent that each individual has a unique path of rebirth, but that each is beautiful and comes together with others to form a wonderful collection of shades, and thus stories. The outline of the sun in front of the watercolor background symbolizes the fact that among this interwoven fabric of hopeful stories arises a sun - a new day-, and one of opportunity. I hoped to include both the network of shared experience as well as the unique background that each person has that shapes their story of rebirth. Thank you so much to Our Future of Change and Her Future Coalition for raising both awareness and funds for this cause!".

REBIRTH OF THE MIND

by Adrienne Ferguson



Adrienne describes how "'Rebirth of the Mind' represents a change in perspective, more specifically an optimistic mindset following a traumatic event. Our personality defines us, and if we choose to remain hopeless, we can never rise out of our circumstances and take control of our lives. Only through a new perspective can you truly appreciate what is still given to you. This new perspective is a mental 'rebirth'".

REBIRTH

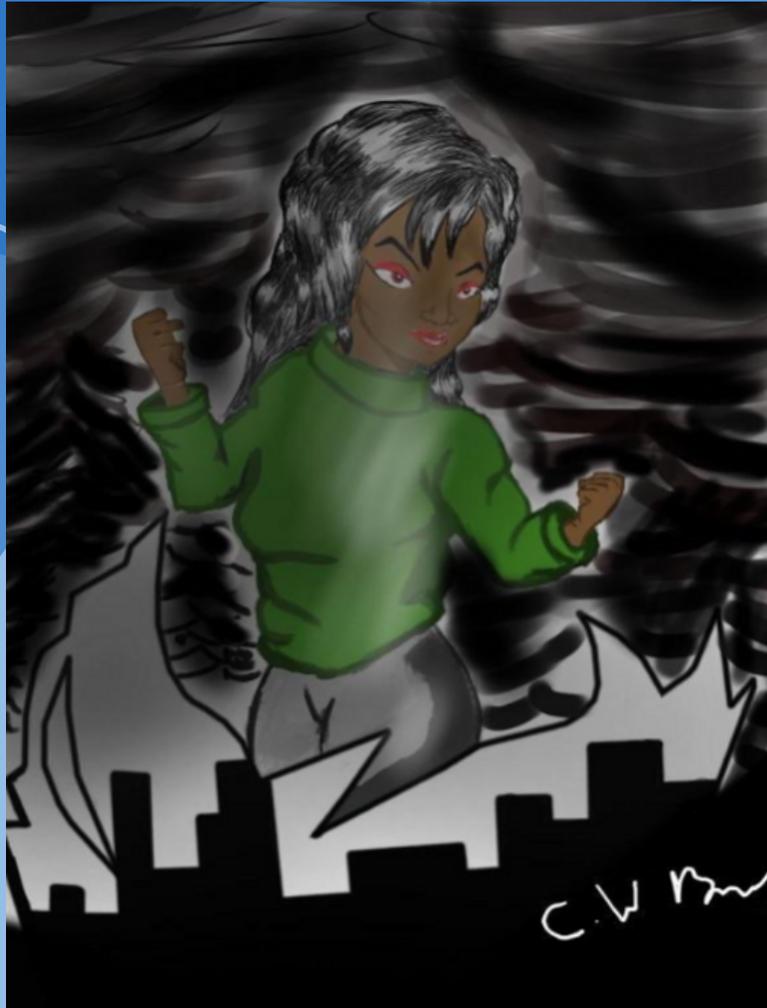
by Sweta Fotani



Sweta relates her drawing to rebirth by mentioning that "To be born as butterfly and fly ,first need to break the cocoon (limitations)".

AMID THE STORM, I WILL RISE

by Colin Brow



Colin Brown drew this artwork and he can be found on Instagram at [@_theartistcharm](#). Jasmeen Singh presented this piece during our virtual event and described how "This piece relates to the theme "Rebirth" as it represents an individuals inner strength. The egg represents the rules that society imposes on an individual that has gone through a traumatic past".

A FORGOTTEN CUP OF COFFEE

by Bernardo Souto Maior

I had no choice other than this:
To crash the door open
And walk until my legs
Became the flame to
Heat up my body
Through all this harsh And white
winter...

While I climbed the up going
Mountain, through the winds
That threatened to pull
Me down the great heights
I had, with an unimaginable fight,
Acquired,

My thoughts went
With the breeze
And traveled a long
Way, back Into those
Same steps
I unconsciously
Took
In a cold
And unmerciful
Morning...

Now, on top
Of this unthought
Thing of climbing
A mountain,
I can't find the one
That decided to take
The first step
On this long forgotten
Adventure

But I hear the wind
Blowing,
And with him
My thoughts
Come back,
Listening to the
Crying rhythm
Of a long gone
Happiness,
That became,
With no explanation,
A happy song...

Now I can remember
That in that same
Black wood table
In witch I wrote
This poem,
Before I took
This same journey
I describe,

There was a hot Cup of coffee
Waiting for my
Unwillingly lips
Wich trembled
At the image of
The unexplored
Heights it would
Once stair...

But at this precise moment,
At the same place
Where my lips trembled
While contemplating,
I can't think of
Nothing more
Then that cup
Of coffee
I left
Behind...
-Is it still hot?
My weakened
Lips suddenly
Whisper,
Hiding, though,
The one true
Question
That I should ask:
Whether I would
Ever be able
To come back...

GROWTH

by Anvitha Neekkanti



Anvitha describes how "This piece represents rebirth through the symbolism of the daffodil. Daffodils symbolize new beginnings and rebirth. They are strong and resilient flowers that grow every spring when winter ends. The daffodil is illustrated emerging from a circle as it is also a symbol of rebirth. This piece illustrates growth, rebirth, and new beginnings and is titled g r O W T H to illustrate growth."

HAND OF HOPE

by Insaf Elouard

HAND OF HOPE

She never said stop But she never said go
She never said yes but she fell
She had to forgive someone who was not
even sorry
But she forgave herself.

When you silence is your pain
When family can not be found
When the rain pour
But it doesn't stop Just wait for the sun
The rain will stop and gives way to a good
weather
Trust me darling you are the strongest
today
You are The freest.

People can not define who you are
Your sex can not define who you are
You are powerful, you are a force
No one can take your story away from you
Own it
With a loud voice, but with a great audacity
She called her body as a part of herself as a
human ,it should not fill the largest space in
her identity.

THE VENUS LOVER

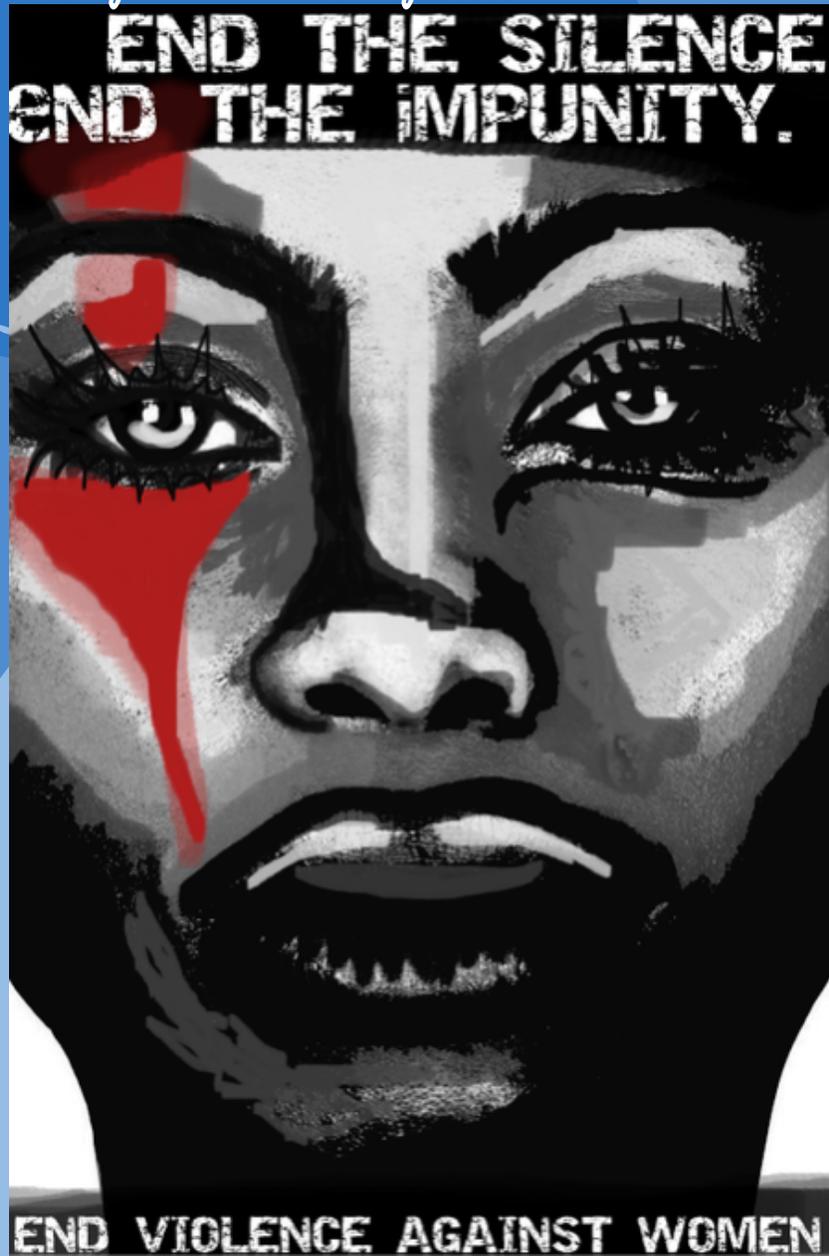
by Nikhita Reddibathuni



Nikhita explains that her piece "shows that human trafficking victims are more than what they used to be, this is especially an issue in India because society tends to dehumanize victims of human trafficking and are constantly reminded of their traumatic past. I want this piece to show that women have a lot of potential to be something greater in their life".

HER AWAKENING

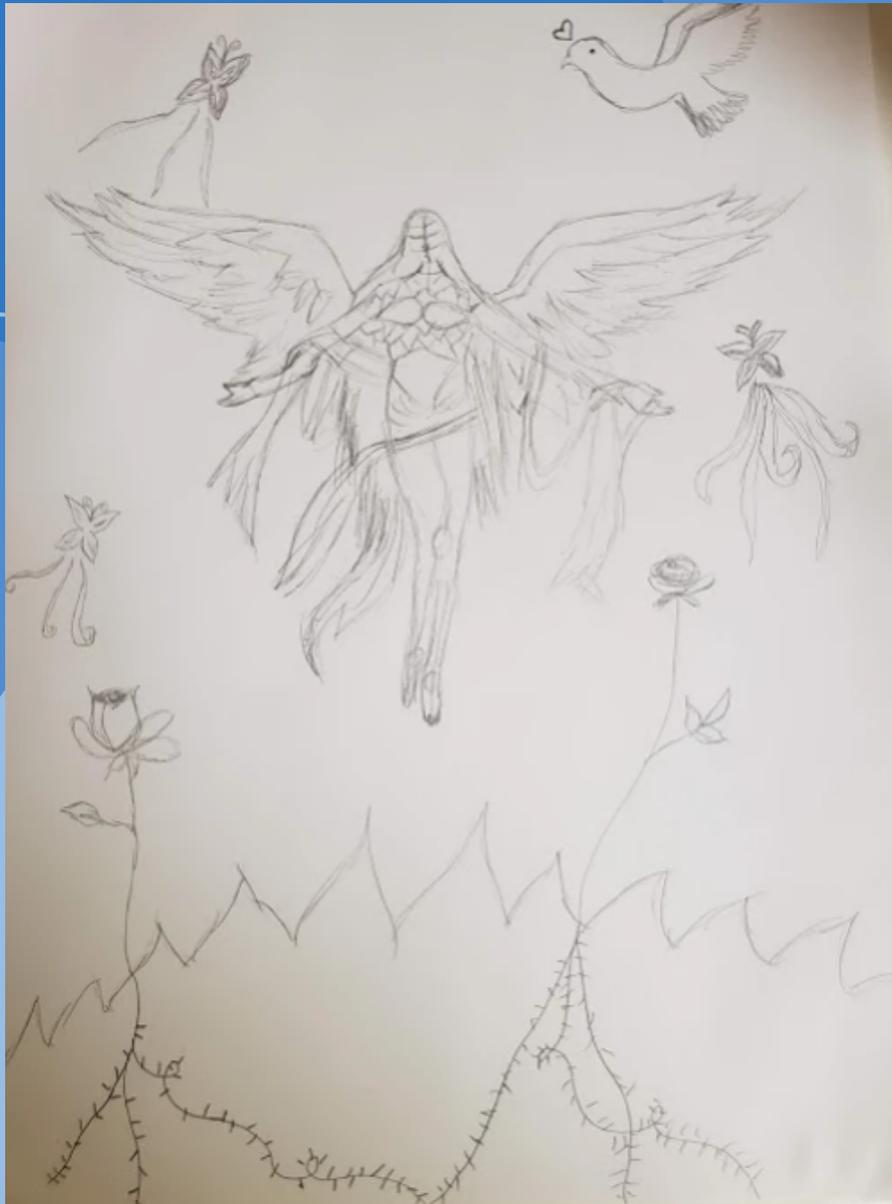
by Aanya Khan



Aanya describes how "My art piece shows a young woman, a victim of gender violence, with a slogan patched around her saying, "Stop the silence, stop the impunity. End violence against women." It relates to the theme of "rebirth" as it showcases a victim urging other women to stand up and speak out in the fight against gender violence. In this instance, the victim is displaying a self-awakening, which is both displayed is illustrated in a bittersweet light".

RISE UP

by Preethy Prakash

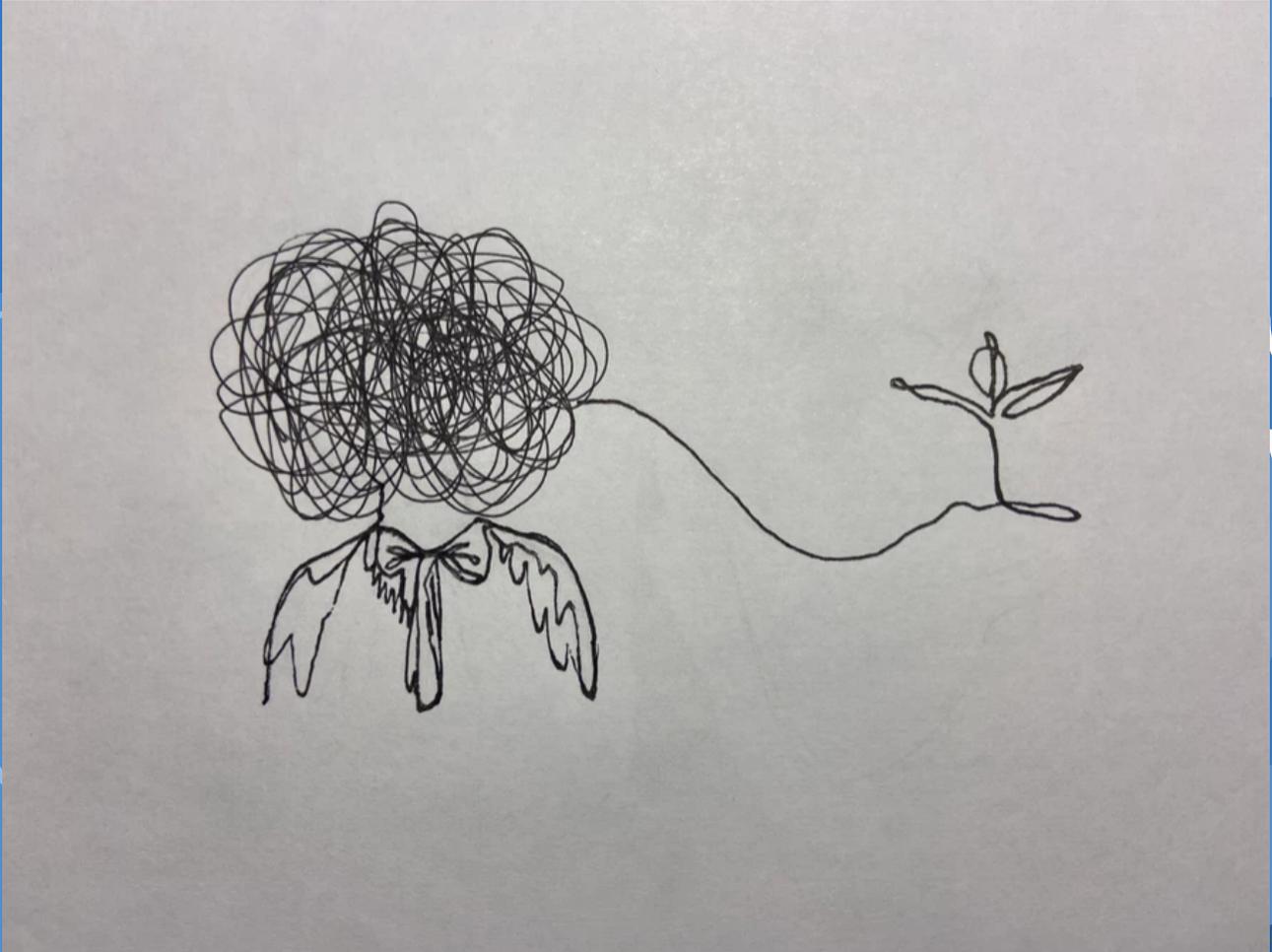


Preethy explains how "I feel like my piece relates to the theme of rebirth where it show a girl with wings rising up from what seems to be a rigid ground(the underground). Surrounding her is roses, a dove, and butterflies. She is in a place of serenity and hope, where as in the underground that she broke free of, is a vine of thorns. Below the rose grows these vine of thorns and the angel has just broken free from it.

She realizes that above every thorn is a rose and a world with hope(symbolized by the dove), freedom(symbolized by the butterfly), and beauty(symbolized by the roses)".

A NEW SEED

by Anonymous



The artist describes how "The drawing was made out of one line to symbolize one life. It shows how you can start over and grow into something amazing after going through all the chaos in your life".

BEACON OF HOPE

by Ifra Shams



Ifra explains that her art "give[s] a sense of hope. To heal and be happy again".

FINALLY FREE

by Eman Aslam



Eman describes how "In the art piece "Finally Free" I used flying birds to symbolize human trafficking survivors who are freed from places people are trafficked and exploited in. I symbolized those places as a cage or a prison because people who are trafficked feel trapped and have no way to get out usually. The birds shown are doves which are generally symbolic of new beginnings, peace, luck and prosperity. As mentioned, I believe together we can make survivors of human trafficking fly happily in the air and make them prosper by providing them the right resources".

HIDDEN STRENGTHS

by Sarah Murray



Sarah Murray is the artist of this piece, but Jasmeen Singh developed the idea. Jasmeen describes how "This piece relates to the theme "Rebirth" as the individual shatters the egg to start a fresh start. This fresh start opens new opportunities and more importantly develops inner strength. The words coming out of the egg represent the individuals hidden strengths. These hidden strengths include: being brave, resilient, courageous and strong. The individual continually utilizes these hidden strengths to promote growth. Hence, the theme "rebirth" is represented through the individual breaking their shell and focusing on exploring new opportunities".

GROWN FROM SEEDS

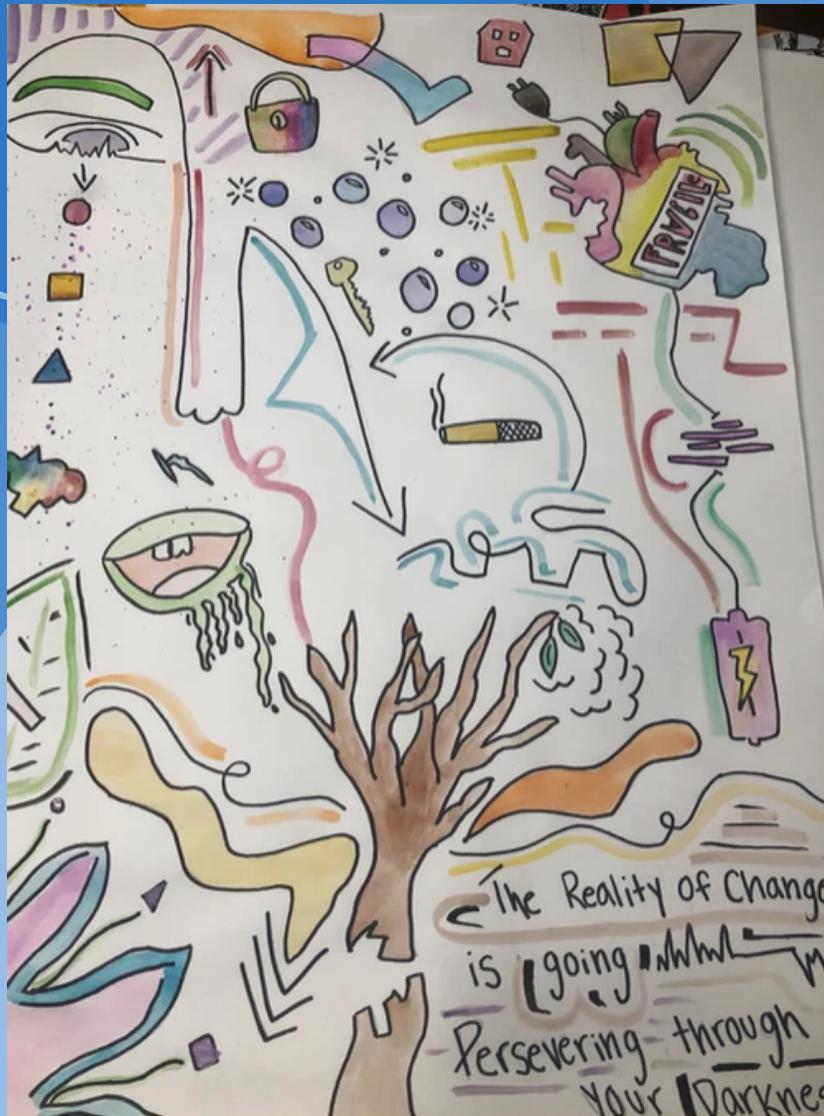
by Cadence and Lauren Brown



This is an adult paint-by-numbers from the company Komidea. Product name "Dancing Flower". Cadence describes how "Our piece relates to rebirth through growth to a beautiful and freeing flower. They grow from the bottom with seeds on the sturdy ground. As they grow, they flow in the wind and give a symbol of freely dancing on the Earth. They represent the beauty of rising above the daily obstacles".

REALITY OF REBIRTH

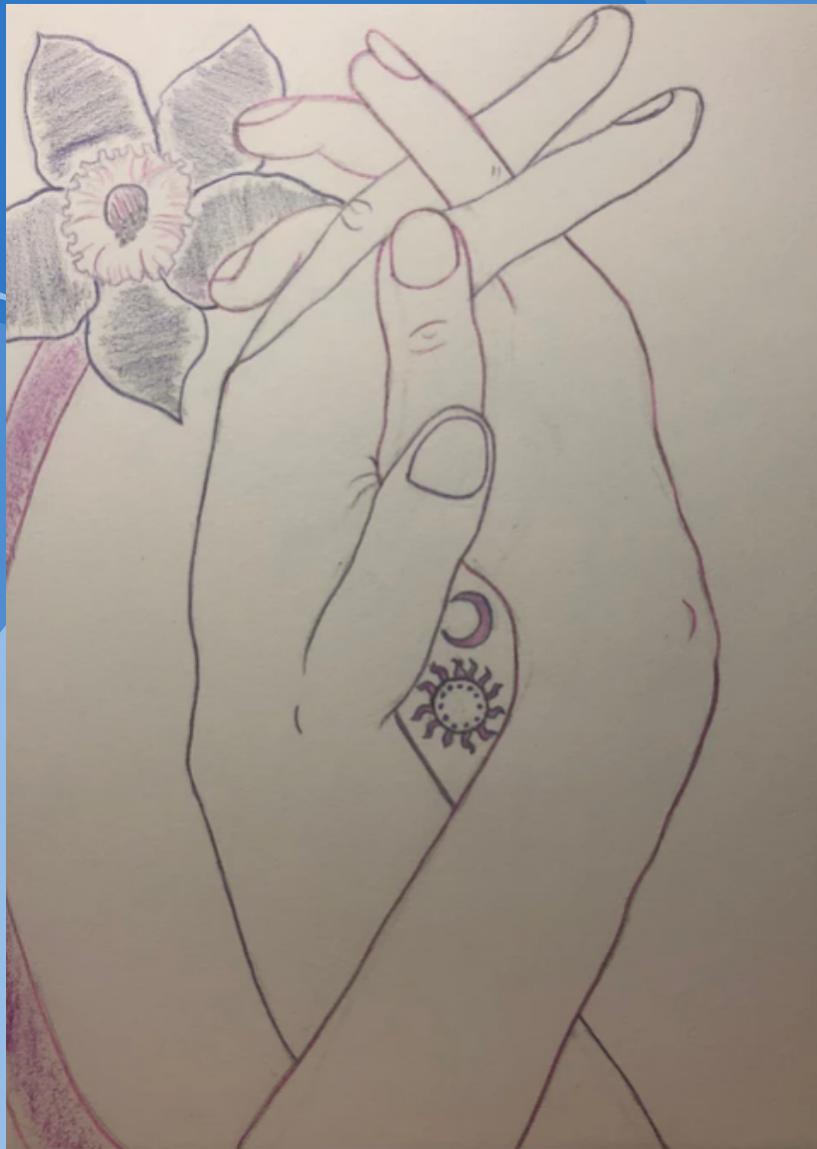
by Lyra Duffy



Lyra describes how "each part of the piece represents part of the hard parts of my life that i get through and that make me who i am as a person and all of the hidden darkness makes me stronger".

UNIFICATION IN PURPLE

by Rebecca Candeloro



Rebecca explains how "I drew 2 hands rising up together as one to signify Her Future Coalition and OFOC unifying with victims and survivors to lift them up, and I outlined the hands in purple because purple is the color that represents renewal and rebirth".

SHADOWS

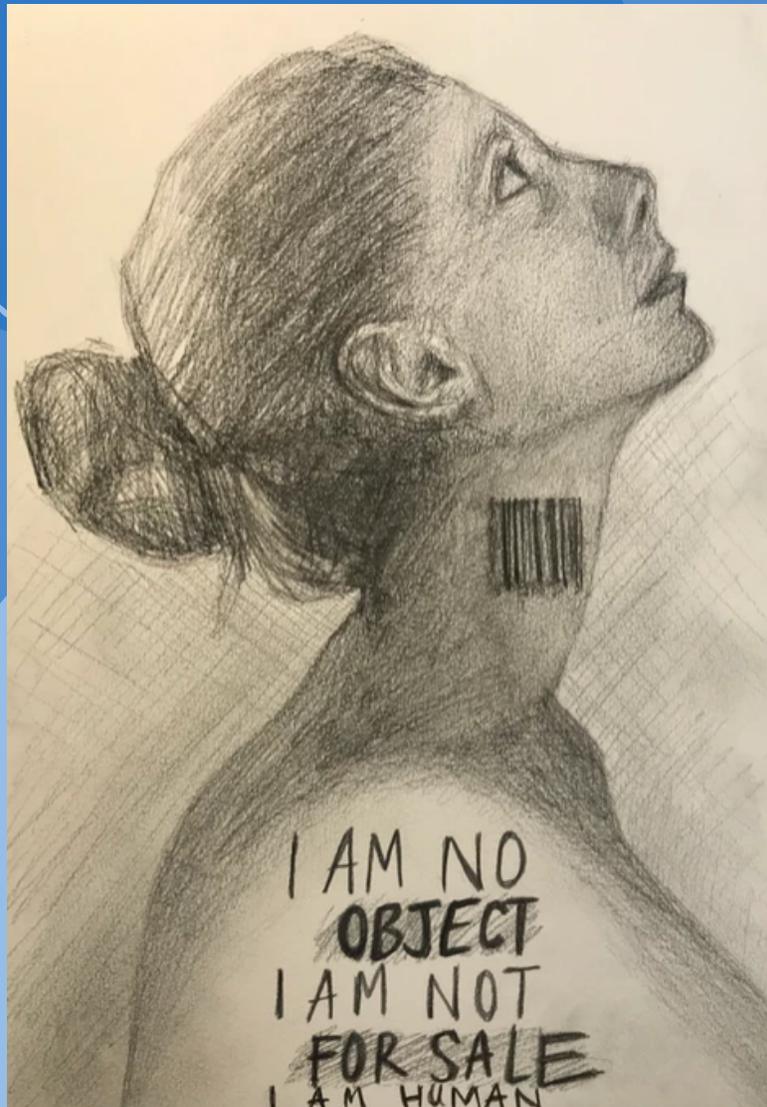
by Jessica Kruposki



Jessica explains how "The painting titled "shadows" is an adaptation of a human chromosome. I feel that this can mean many things when it comes to the word "rebirth". Chromosomes help start life and hold the DNA and beauty of each person".

THE POWER OF THOUGHTS

by Angela Xu



Angela explains how "My piece is about standing up in the face of those who commit these acts of gender violence, human trafficking, and more. It's about understanding your worth and power, and using that to help others as well. This woman is looking to a greater and hopeful future, and the barcode on her neck symbolizes how human trafficking wrongfully brands people as things and not lives. The words at the bottom are her powerful thoughts, and they are what everyone should think of themselves".

A LIGHT FROM WITHIN

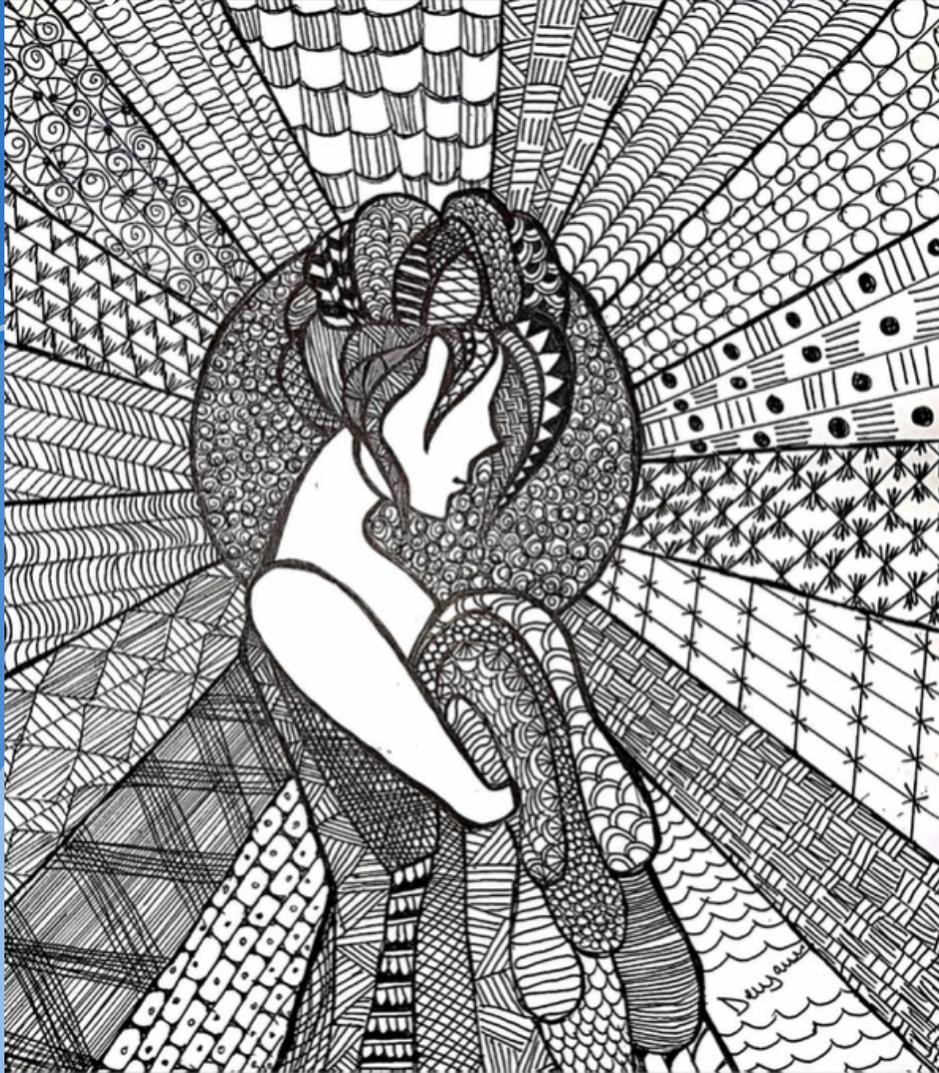
by Sriya Gundlappally



Sriya explains how "There is brightness in the butterfly spreading out from the center of the wings. This symbolizes how we should all have true positivity and spread it from within".

SHE WILL RISE

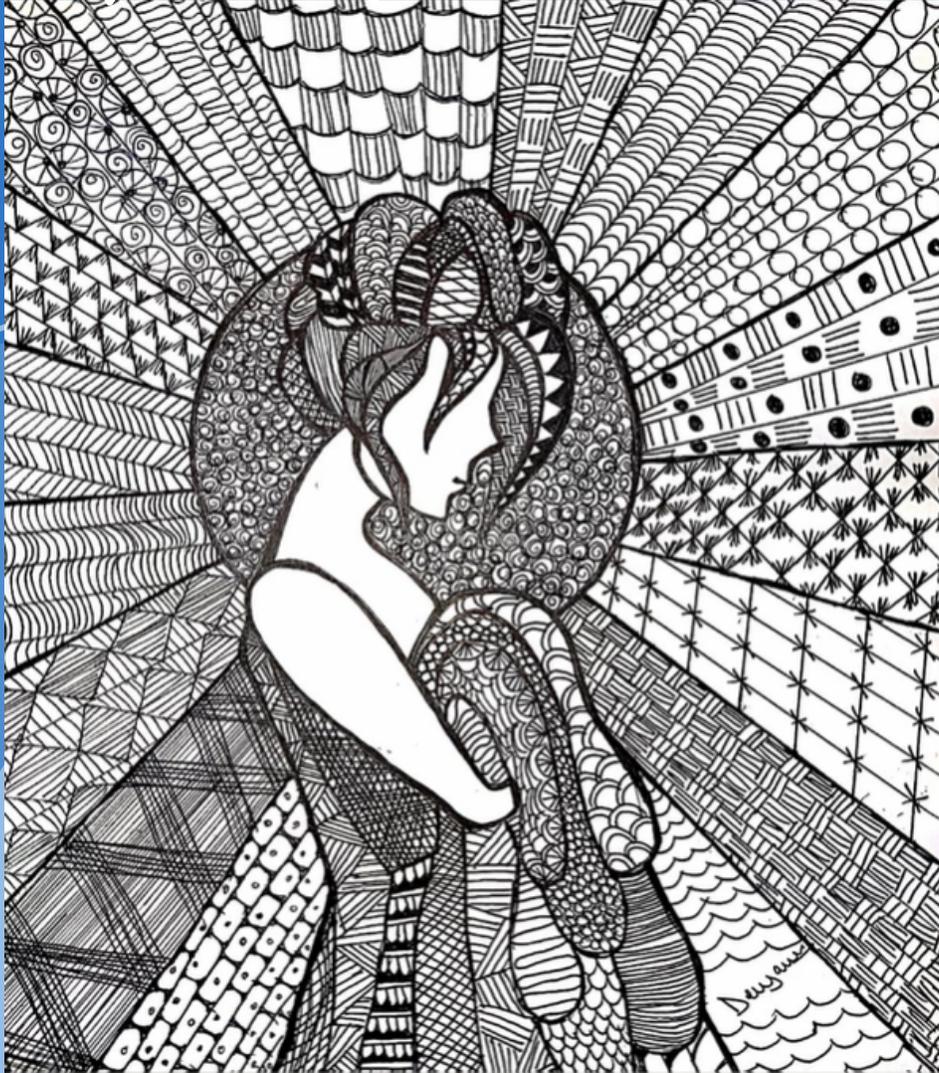
by Devyanees Dalmia



Devyanees describes how "Rebirth refers to idea that the spirit can begin a new life after death or life changing incidents. Medusa is symbolic of Birth, Death and Rebirth. She wandered to Lake Tritonis and pestered the locals, until Perseus killed her. To some degree this shows the Greek belief in keeping women under tight rein. Such "wild women" are dangerous and must be dealt with quickly. This attitude probably stems from the Greek belief that women were created by the gods as a punishment on men. Her hair of snakes and reptilian skin are symbolic of the natural cycle of birth, death and rebirth. Snakes are used due to their shedding of skin, their rebirth to a new skin. In classical Greek culture, the snake is also a wily and deceptive creature, intelligent but to be distrusted in all things. Medusa's wings symbolize the sky, the freedom and mastery over worlds, the transition between the worlds of earth and sky. Medusa's ability to turn men into stone is an important facet of her feminine power. This is the power over all life, the ability to return life back to the earth from which it came. This is the power which must be reigned in by the Greek gods, for it represents a total control over the natural cycle".

SHE WILL RISE

by Devyanees Dalmia



Devyanees describes how "Rebirth refers to idea that the spirit can begin a new life after death or life changing incidents. Medusa is symbolic of Birth, Death and Rebirth. She wandered to Lake Tritonis and pestered the locals, until Perseus killed her. To some degree this shows the Greek belief in keeping women under tight rein. Such "wild women" are dangerous and must be dealt with quickly. This attitude probably stems from the Greek belief that women were created by the gods as a punishment on men. Her hair of snakes and reptilian skin are symbolic of the natural cycle of birth, death and rebirth. Snakes are used due to their shedding of skin, their rebirth to a new skin. In classical Greek culture, the snake is also a wily and deceptive creature, intelligent but to be distrusted in all things. Medusa's wings symbolize the sky, the freedom and mastery over worlds, the transition between the worlds of earth and sky. Medusa's ability to turn men into stone is an important facet of her feminine power. This is the power over all life, the ability to return life back to the earth from which it came. This is the power which must be reigned in by the Greek gods, for it represents a total control over the natural cycle".