

Memories in Thread: Embodied experience and tacit knowledge in an arts-based research master's thesis

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Home, is it a physical place? A state of mind? Another human being? Where can one call themselves at *home*? And is it possible to simultaneously have two *homes*? My master's thesis project, "*Sand//Snow: An autoethnographical and arts-based investigation of a homing process*," examines how an individual creates a sense of *home* in multiple and different places, cultures and communities. The project uses arts-based research (ABR) and autoethnography to study, in depth, one person's experience of homing themselves within a foreign culture, while trying to understand what retains that underlying connection to their native culture.

The ABR consists of small embroidered pieces and autobiographical stories, and the autoethnography is employed and explored via embodied writing and memory work, in the form of journaling. The stories and embroidered works are designed to communicate and interact with each other in order to convey a deeper enquiry and understanding of my *homing* process. What is important is the interplay between the embodied experience made visual through the embroidery and the embodied experience articulated by my stories. Both types of embodiment produce different knowledge. The stories communicate embodied experiences which have been processed, understood, reflected upon and articulated *after* knowledge has already formed. While the embroideries reflect a situated and in-the-moment knowing, where the composition was unplanned and tacit knowledge and intuition were relied upon to create works which examine and represent the key components of the embodied stories.

By using ABR in my thesis project, I attempted to delve deeper into thought patterns and processes which were occurring intuitively within me, and make them visible and communicable to others.

My presentation will highlight the process I adopted within my thesis project to tease out and arrive at an understanding of *home*. As well as why such interplay between conscious and articulable knowledge and tacit knowledge was especially important in forming my sense of *home* and belonging within Finnish and Australian communities.