

# The brilliant, yet often misunderstood paintings of Ben Howe



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I have known [Ben Howe](#) for many years now and have had the great honour to show his mind blowing paintings at [Beinart Gallery](#) a number of times. We recently hosted a solo exhibition for Ben titled 'Weave' in which he explored themes of mortality, isolation, longing, melancholy and loss between the physical constraints of reality and the anarchic realm of the subconscious. (Ben's words).



'Alignment' - Oil on canvas by Ben Howe

I have always found Ben's work fascinating and beautiful and not particularly dark. I never interpreted any of his imagery as being violent or sinister, but I have found that while sitting in a gallery with his works, that some people have a very different perspective. While most viewers are floored by Ben's technique and imagination, some only see diced, sliced and shredded flesh.





'Somewhere in Time' - Oil on canvas by Ben Howe

It really had never occurred to me that his subjects had been mutilated or disfigured in any way. Perhaps this is because I have gotten to know Ben over the years and have become familiar with his extraordinary approach to art. While recently he has experimented with 3D modelling software when designing his reference material, traditionally he hand sculpted his reference with clay and reused the same block of clay for each piece. He put an extraordinary amount of time into making realistic ephemeral sculptures for his reference so that his paintings are all the more convincing. So when I see Ben's diced, sliced and ribboned figures, I see wonderfully technical experimentations with texture, form and light. Ben is truly one of a kind and his dedication to his art practise is humbling!



'Shell' - Oil on board by Ben Howe

If you would like to learn more about Ben, his approach and the extraordinary life experiences that have influenced Ben's work, you can read this [interview with Ben, by Luke Barrett](#)!





'Ribboned Bust' - Oil on canvas by Ben Howe



'Tectonica' - Oil on board by Ben Howe