

"Everything is out there in the world," he said, "but it is what's happening inside the mind that makes it real. Most people allow only a certain amount to come in. Perhaps what I'm doing is providing people with the opportunity to let something more in, to stimulate their imaginations.

What I find compelling about Chris Burdens art is that he defies boundaries. He challenges himself physically and mentally. He shows how mental barriers which could be fixated on, such as: fear hinder a person from achieving something. He explores how the feeling of pain is not as intense as the mental barrier people place on themselves, caused by fear. This is something I believe to be true because, "fear" is simply just an emotion and if you tell yourself that it is an emotion, right before you are about to experience physical pain, the pain will be less painful than you expected. However, if you are experiencing fear right before you are about to embark on physical pain,

for example: getting an injection. Your shoulders and arm would probably be stiff. As a result, the pain you'll experience will be intensified.

"When I use **pain** or **fear** in a work. It seems to **energize** the situation. In works with **violent** or **unpredictable** elements, the **fear** is really the **worst part**, **worse** than the **pain**. Getting **nailed** to the **Volkswagen**, for example. I had **no idea** what to **expect**. But the **nails** didn't **hurt** much at all. It was the **effect** that was **fulfilling**."

