



Friedemann Heckel - distractions

27 June - 8 August 2026

Dear Thomas,

The show is now called “distractions.”

I travelled five hundred kilometers north to a small summer house on the seashore to find out what this show wanted to be, who it really is. Five hundred kilometers to find a balance between focus and distraction. I still don't really know for sure. A disparate array of motifs that have thrust themselves upon me over the past two years, for example: September 7, 2025, the blood moon over Berlin.

Deck C. The ferry's pounding. The waves of the Baltic are choppy, the April nights are moonless, the house is in the forest. Complex mythologies.

Clotted blood on the diary. In the morning with the kindling, cut my finger with the axe. Hoarfrost. She finds “The Garden” by Einstürzende Neubauten “very scary and weirdly addictive” at the same time. Pour alcohol on it, apply a bandage with one hand, cottage-style, subject to inconvenience. The deer yesterday, gone in long leaps. Alone on the seashore. On the wound with a morning mouth, sentence by sentence. We missed one another in our dreams.

With this link, you can view photographs of the new watercolors, sketches for the installation and suggested motifs for the invitation. The names of the files correspond to the titles of the works. Tau, Jo, Haubitz, Blutmond, Büste, Café de la Paix, Hope, Porcelana I and II, Blüte I and II, Hannah and her Beasts.

This email is the text.

All the best,  
Friedemann

PS: I'll be exhibiting some of my work at “Do De Li,” the Chinese restaurant at Kantstraße 120 (Tue-Sun, 12-23h). If you'd like to see it, you should definitely combine your visit with lunch or dinner there.

Friedemann Heckel (born in 1986 in Hamburg) lives in Berlin.

Heckel studied at the Berlin University of the Arts under Lothar Baumgarten and Michaela Meise.

Solo exhibitions have been held at Sweetwater in Berlin, Los Angeles, and New York, as well as at Galerie Herold. Heckel's works were recently shown at the Timisoara Architecture Biennial in Romania.

Since 2024, watercolors by Friedemann Heckel have been part of the collection of the Kupferstichkabinett in Berlin, Staatliche Museen zu Berlin.

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