

JULY 6 - JULY 12



F R I D A  
K A H L O  
F R E E D O M



MUSEO FRIDA KAHLO



# INCEPTION

Frida Kahlo, the renowned Mexican artist, transcended physical and emotional barriers to redefine the notion of freedom through her life and art. Despite enduring immense physical pain and navigating a tumultuous personal life, Kahlo's unyielding spirit and unwavering dedication to self-expression allowed her to craft a unique narrative of liberation. Through her powerful self-portraits and vivid depictions of Mexican culture, Kahlo confronted societal norms, challenged gender roles, and embraced her multifaceted identity. Each brushstroke on her canvases served as a testament to her resilience, revealing a deeply personal exploration of freedom that continues to resonate with audiences worldwide.





# DEFIANCE

B R E A K I N G   N O R M S





“Self-Portrait with Cropped Hair” stands as a poignant declaration of Frida Kahlo’s freedom, both artistically and personally. In this iconic self-portrait, Kahlo boldly presents herself with short hair, wearing a man’s suit, and holding a pair of scissors. This deliberate defiance of traditional gender norms and societal expectations symbolizes Kahlo’s rejection of constraints imposed upon her by external forces. By embracing a non-conforming appearance, Kahlo asserts her autonomy and challenges the conventional roles assigned to women in her society. The act of cutting her hair, typically associated with notions of beauty and femininity, becomes an act of liberation, signifying her refusal to conform to predetermined standards. Through this self-portrait, Kahlo asserts her agency over her own identity, demonstrating that true freedom lies in the unapologetic embrace of one’s authentic self, regardless of societal conventions.

Self-Portrait with Cropped Hair (1940)

# U N I T Y

EMBRACING DUALITY



The Two Fridas (1939)





"The Two Fridas" (Las Dos Fridas) serves as a compelling exploration of Frida Kahlo's inner conflicts and her journey towards self-acceptance and freedom. In this iconic painting, Kahlo presents two versions of herself seated together, each adorned in contrasting attire representative of her dual heritage. One Frida wears traditional Mexican Tehuana dress, while the other is dressed in a European-style gown. Despite their outward differences, the two Fridas are interconnected, holding hands and sharing a visible artery that connects their hearts. This symbolic representation suggests Kahlo's struggle to reconcile her Mexican and European identities, as well as her journey towards embracing the full spectrum of her being. Through this painting, Kahlo transcends societal expectations and cultural constraints, asserting her freedom to embrace all facets of her identity without compromise. By depicting herself in this dual form, Kahlo celebrates the complexity of her existence and asserts her agency over her own narrative, ultimately finding liberation in self-acceptance and unity.

# RESILIENCE

STRENGTH AMIDST PAIN







“The Broken Column” (La Columna Rota) stands as a powerful testament to Frida Kahlo’s resilience and her defiance against physical and emotional suffering. In this haunting self-portrait, Kahlo depicts herself standing against a barren landscape, her body split open to reveal a shattered column in place of her spine. The column, a symbol of stability and strength, fractured and broken, mirrors Kahlo’s own physical pain resulting from a debilitating spinal injury sustained in a tragic accident. Despite the agony depicted in her expression, Kahlo’s gaze remains steady, imbued with a sense of defiance and resilience. Through this painting, Kahlo confronts her physical vulnerability head-on, refusing to be defined or constrained by her pain. Instead, she transforms her suffering into a source of empowerment, asserting her agency and claiming ownership over her body and identity. “The Broken Column” thus becomes a profound expression of Kahlo’s inner strength and her unwavering determination to transcend adversity, embodying the very essence of freedom amidst turmoil.

# AUTONOMY

S E L F - A S S E R T I O N







In “Diego on My Mind (Self-Portrait as Tehuana),” Frida Kahlo presents a poignant portrayal of her complex relationship with her husband, Diego Rivera, while asserting her individuality and autonomy. Clad in traditional Tehuana attire, a symbolic homage to her Mexican heritage and cultural pride, Kahlo places herself at the center of the composition. Yet, despite the prominence of her image, her gaze is directed away from the viewer, fixed instead on a portrait of Diego Rivera placed prominently on her forehead. This juxtaposition reflects Kahlo’s deep emotional connection to Rivera, while also hinting at the overwhelming presence he held in her life. However, despite the centrality of Rivera’s image, Kahlo maintains a sense of independence and agency. By depicting herself in Tehuana attire, a symbol of strength and resilience within Mexican culture, Kahlo asserts her own identity and cultural heritage. Through this self-portrait, Kahlo navigates the complexities of love, longing, and individuality, ultimately finding freedom in the celebration of her unique identity and the acknowledgment of her own emotional independence.





# VITALITY

CELEBRATION OF LIFE





In “Viva la Vida,” Frida Kahlo’s vibrant and celebratory still life painting, she manifests a profound sense of freedom amidst the confines of physical pain and personal struggles. Depicting a lush, bountiful arrangement of fruits and foliage, Kahlo infuses the canvas with an exuberant energy and vitality. Despite her lifelong battle with chronic pain and numerous health challenges, Kahlo’s artistic expression transcends her physical limitations, embodying a spirit of resilience and defiance. Through the vivid colors and intricate details of “Viva la Vida,” Kahlo embraces life with an unyielding fervor, asserting her agency and autonomy over her own narrative. In this painting, the abundance of life bursts forth, symbolizing Kahlo’s unwavering determination to find joy and beauty amidst adversity. Through “Viva la Vida,” Kahlo not only celebrates the richness of existence but also affirms her own freedom to create and thrive, transcending the constraints of her circumstances with an indomitable spirit.

Viva la Vida (1954)

# REFLECTION

In her quest for freedom, Frida Kahlo transformed her pain into a source of empowerment and creativity, leaving behind a legacy that extends far beyond the confines of her canvas. Through her art, Kahlo invites us to confront our own limitations, to challenge societal expectations, and to embrace the complexities of our identities. Her unapologetic authenticity serves as a beacon of hope for those navigating their own struggles, reminding us that true freedom lies not in the absence of adversity, but in the courage to confront it with unwavering resolve. Frida Kahlo's life and art are a testament to the boundless power of the human spirit to transcend limitations and find liberation in the most unlikely of places.





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