Artist Statement

for me, art-making is

- ...a process of inquiry,
- ...a simple practice of presence,
- ...creating in the space of the unknown,
- ...exploring what is arising in the present moment,
- ...giving form to the invisible thoughts, feelings, essential qualities,
- ...bringing the light of awareness to what is unconscious and not yet known,
- ...touching into the ever present field of possibilities and finding the truth there.

My art-making is a practice of connecting with a realm that is larger than what the mind alone can experience and accessing its truth. What arises in my experience becomes the content for my image-making: I do not know what will be created when I begin the inquiry, and I delight in watching the mystery unfold. This process allows me to bring more consciousness to my experience of life and grow in my capacity to stay aware, open, and connected with myself, others and the ever-changing present moment. For ease of use, expressiveness and efficiency with creating images simply and quickly, I work with photographs, magazine images and simple drawing and painting materials.