LAYERS
WORDS : Paint : STORY

The inspiration for this collection has come from simply engaging in the creative process through noticing my inner reflections alongside the people and world around me. These noticings were then conveyed through the collected stories, words, and images onto the canvas. From my time as Artist in Residence with MICAH, I have learned to engage in contemplative practices; deepening my awareness of God, myself and others. Through this, I have also learned to live by these important guiding points of contemplative practices: **1. You cannot do this wrong 2. Be kind to yourself 3. Embrace curiosity and play.**

As I continued to follow and live into these rules in my time of creative practice, I realized a theme was emerging. I would work with an experience from my interactions in the day; first, through words on the canvas and then through transforming these words into a painted image. These experiences ranged from different emotions, reflections on a particular experience, or even an unexpected time of curiosity and play. I painted at home, at retreats, and with others. As the piece dried, sometimes the words would come through and other times the words would remain hidden by the layers of paint on top. Thus, the final image is a compilation of my experiences through story, word, and paint. Layers! I cannot help but connect this creative process with my own human experience: a beautifully complex compilation of mind, body, and spirit. Layers!

Please take time to look at these pieces and explore the many layers. There are more stories and reflections to accompany the artwork. I invite you to follow the rules I mention above and have fun with engaging in this creative moment. May we truly find delight in our layers. Thank you for coming and enjoy!