

Art has the power to heal. Pure and simple. Disease is turned into “ease” encased by creativity. I have personally experienced that being in the creative zone changes your body chemistry.

Choosing to try a new medium, a new technique, or a new color can enhance one’s healing properties. In my case, I have chosen to do all three. The Pandemic was a paramount reason for me to bring out all the guns!

My latest work is abstract, done with acrylics in colors that were new to me, made by a company I had previously never heard of.

Unbeknownst to me while in the midst of ordering new paints it was just about to be diagnosed with a rare autoimmune disease called dermatomyositis. A few months later I found myself spending 10 days in a hospital trying to manage the symptoms. Thinking about my new paintings and writing this statement lifted my spirits in ways I had never imagined possible.

My process begins by accessing a meditative or subconscious state. I work on two paintings at the same time so one can act as the warmer-upper painting. My objective is to find the life force in the painting and explore it, following it carefully as not to add too much. Intuition and reaction to the paint go hand in hand. I try to remain sensitive as to how each mark and shape makes me feel and whether it adds or detracts from the composition.

My recent work has been a dramatic departure from realism to abstraction. As with any new endeavor there are surprises and struggles. I have kept to my small sized canvases while experiencing freedom and exploration of Color which is paramount. Exploration of the flat plane of the canvas, fields of color, movement and mystery is my focus.