



*Pacific Storm 23 June 2016*  
20 inches x 20 inches  
Acrylic painting on wood panel  
2017



*Winema Beach 25 April 2015*  
24 inches x 20 inches  
Acrylic painting on wood panel  
2017

I find myself pausing near rivers, oceans, or lakes when I need a moment of peace. These paintings originate from this meditative process that has become so integral to my emotional, mental, and spiritual wellbeing. Each artwork depicts movement of water from a location and moment significant to my story. What began as a simple act of self-care turned into a deeper understanding of the rich connections and traditions surrounding our proximity to water. Water is both spiritual and practical, life-giving and necessary, powerful and gentle, unnerving and soothing. It connects us all.