



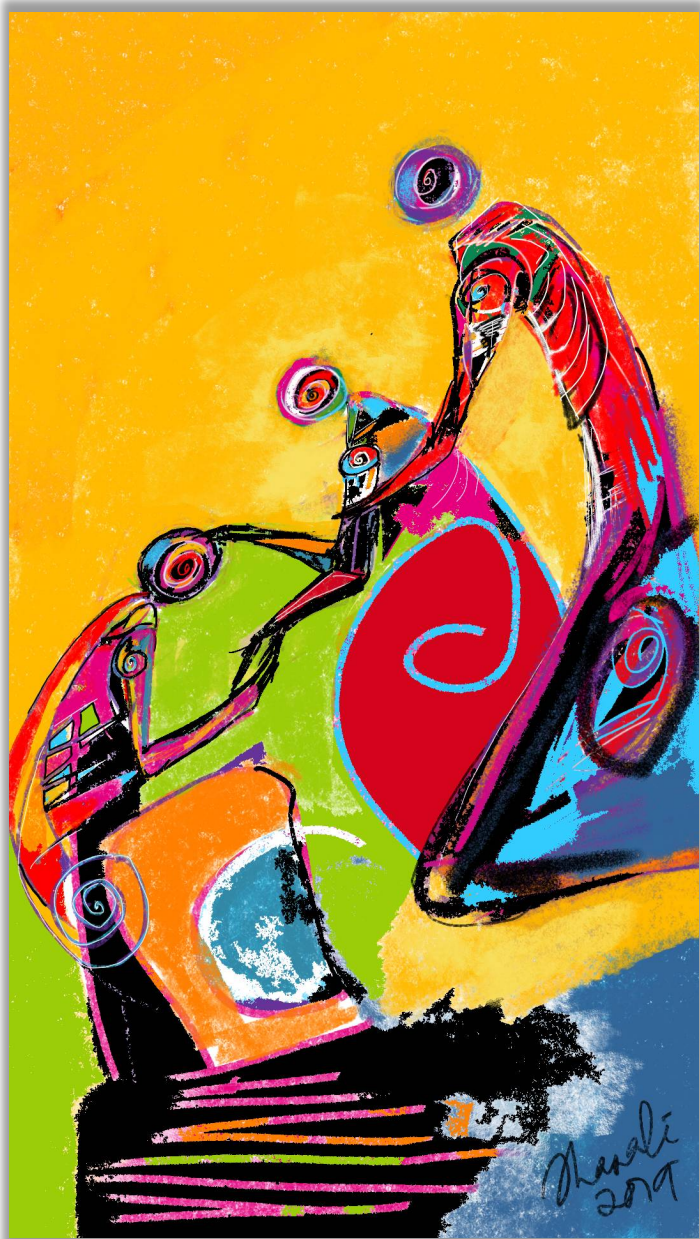
Unison #1
2019

Unison

Catching your breath
as the background
changes colour
to keep the balance of
the 'act of inhaling air'
we breath



Unison #1
2019



I exist
I survive
I endure
I withstand
I meet life

Living each day
Life meets me
I dare to hope
Do you?

Shape of Change #1
2019

FINDING A STEADY STATE WITHIN THE CHAOS THAT SURROUNDS OUR INNER ENVIRONMENT



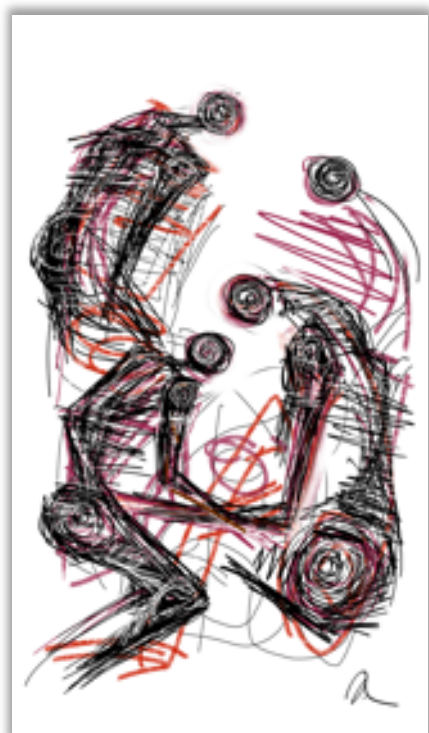
Balance #1
2019



Balance #2
2019



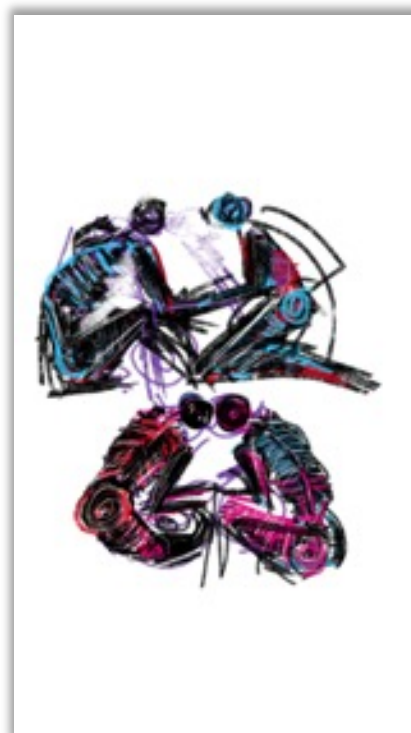
Balance #3
2019



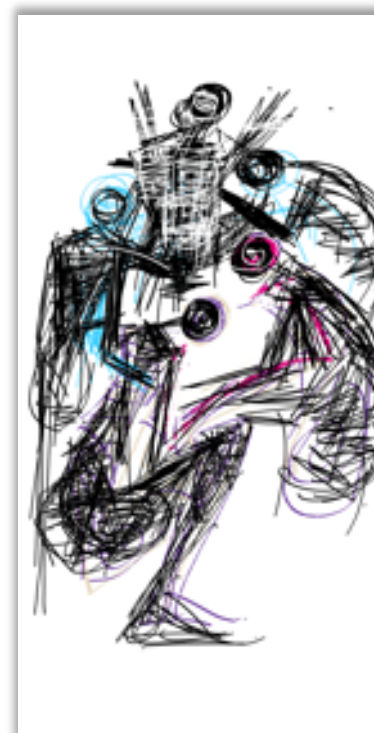
Solidarity #1
2019



Solidarity #7
2019



Solidarity #8
2019



Solidarity #12
2019



Reviving threads of humanity #1, 2019



Reviving threads of humanity #2, 2019



Reviving threads of humanity #3, 2019

Strength of
Compassion
Power of
Togetherness
Is my voice of hope

Living each day
I meet life
Life meets me

I dare to hope
Do you?



Togetherness #4
2019



Fluidity

I exist

I survive

I endure

I withstand

I meet life

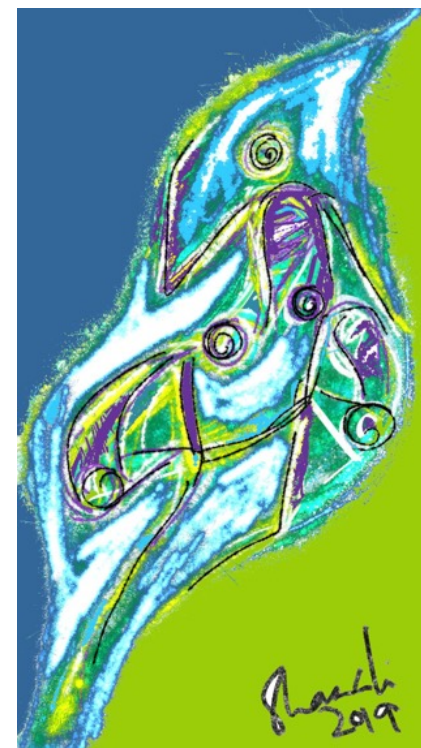
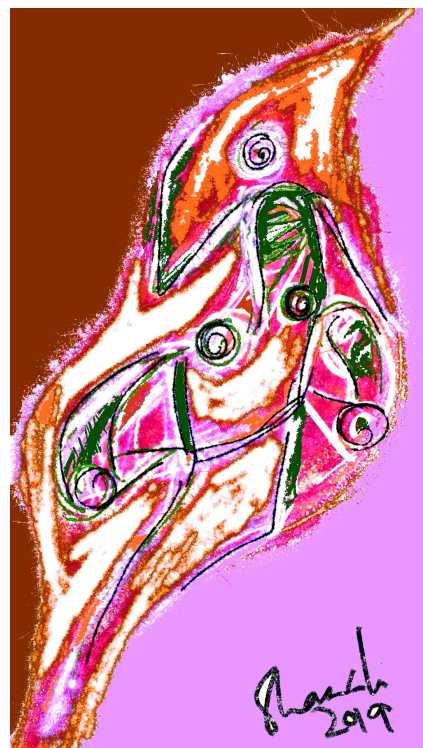
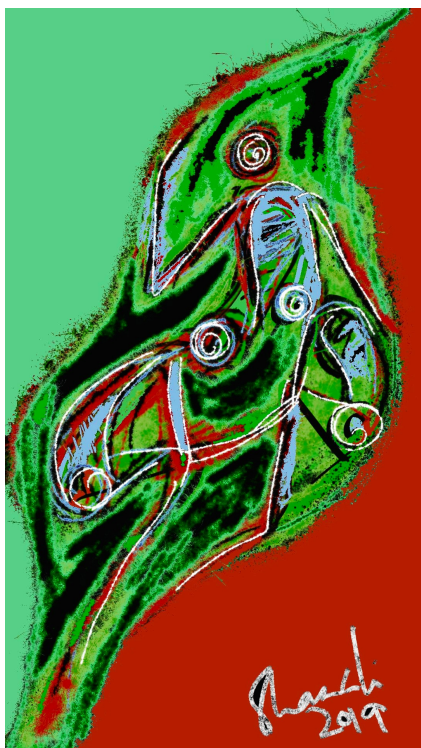
Living each day

Life meets me

I dare to hope

Do you?

2018



Nature at its natural rhythm
Swaying to the beat of the rain and wind
Hurricanes, storms, gusty winds and tsunamis come and go
So much movement, Yet so calm
the natural order of balance shifting yet maintained
in the face of complexed encounters
The flow continues...
Can I achieve this?

Flow

I am “Living” each day

I feel triumphant as I face
them all

The calm, the storm
and the in-between days

Am not alone

You see me through it all



Support #6
2019

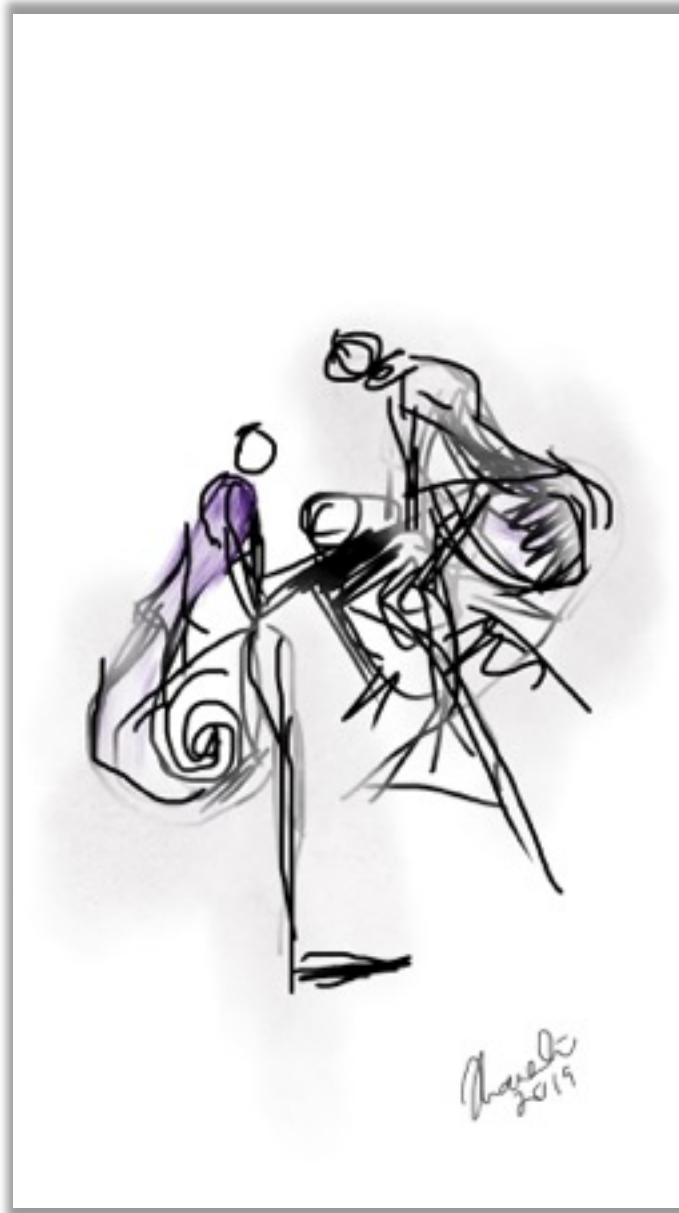


Stuck in the mud #2
2019

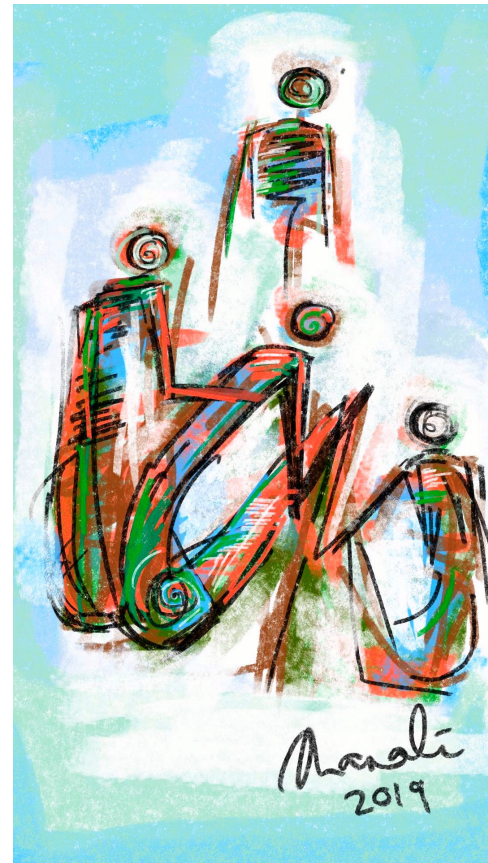


Stuck in the mud #1
2019

Giving visibility and a voice to
often hidden emotional,
spiritual, and cultural
impacts; socio-political
influences that govern us



Connection #5
2019



Isolation

2019



Synergy
2019

To be seen, heard & included gives more Control over day to day living

Curious case
of
Humanistic
skills

2019





Synergy

Fighting to maintain **Harmony**

Micro and Macro **Communications** maintaining stability
despite surrounding **Pain & Fatigue**

Working in unison to maintain **Balance**

Combating **Change**

2018



Pillars of strength

To face repetitive challenges it takes Courage; Determination; Perseverance;
And, a good support network

b E E T H E C H A N G E ...



Learning **new ways to take charge**

Exploring new tools

Finding Outlets

to take the focus away

to cope with stress

to build endurance

to in-still calmness

Can help deal with situations better

Art can be more than a form of expression; it is also a way of thinking



“The Lotus,
keeps its head held high,
despite the rain,
storm or sunshine

The lotus,
rises from the mud,
bringing beauty and strength
to the ugliness around

It is rooted to the ground,
despite how deliriously happy
or harsh
the background becomes

Come now, be the beautiful lotus,
that you are.."