

Niyama

Self-purification through discipline.

Sanskrit word for “rules of observance.”

The discipline of the five Niyamas has inspired my life and my current body of work to look beyond what we see in others and ourselves. The underlying dialogue in the paintings begins with layers of textures, symbols and hidden messages representing the complex history and influences that create who we are.

From this history, the delicate balance between what we show the world and what we hide becomes who we are. Sometimes an abstraction of ourselves will emerge through the figure creating a safe distance or private vulnerability. It is my hope that these paintings will inspire us to take a moment to look deeper at our inner messages bringing us closer to self acceptance and the sacred connection of body, mind and spirit. At times revealed, when we take a breath and close our eyes to see.