

Bio of this Artist; A Lifelong Learner

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I am delighted you are at this wonderful show and hope you are as inspired as I am, by the works created by these outstanding artists!

My art is a visual expression of my heart, and soul. The placement and flow of colours and shapes contain a wordless narrative of my dreams for the world, my perception of life's essence, and at times the conflict that lies between.

I found art again 18 years ago in my search for healthy work-life balance. Through this journey I discovered that painting offers much more because of the magical hidden world within the paint, the colour, the shapes, composition and form.... I also found a wonderful community. How delightful it is to get lost in all these special places.

Painting for me is about giving shape, space, and structure, in this uncertain world, to 'Let Go and Let Be'... to create a place where I am fully present in a process – accepting and allowing the colours to speak ... to take form without attachment. It is my mindful practice.



My work as a counsellor and coach has given me the reflective insight and time to create. And I will always be grateful for the encouragement of my teachers, my amazing family, especially my two beautiful daughters, and my mom (all incredibly creative), and of course my dear friends and my patrons.

I am still learning and will continue to do so through my life time. I will always welcome your feedback!

Virginia