

Like Flowing river, I change every day.

There are times when basic theory like “concentrating on the present, rather than past or future” seems difficult to cultivate. Arguing reality, blaming for past, stop me from accepting the changes occurring in daily life. I was missing out on the wonders of the world and blind to everything that makes life worth living. By experiencing radical acceptance, I started to accept coincidence, flow and to step out of personal boundaries.

The ways of receiving idea of my painting are largely divided into two different methods: from meditation and experiences from daily life. Both begin with coincidence, connection and fate. My ideas flow through meditation and the things I see every day; I minimize what I see, manipulate objects and landscapes into simpler forms. During the meditation I see colors and forms dancing behind my eyelids, usually dark, but not bleak, not an absent void, but an inexplicable presence of color—these sights are the basic elements of my painting.

On empty canvas, I start by writing and drawing any thoughts comes across myself. Unconsciousness writing and drawing helps me to be centered and to find core: theme of the painting. As canvas fills up, I slowly form a spiritual connection with myself. And I write letter to my painting wishing what identity I wish to give or to hide and let go inside a painting.

Just like being center of myself, my painting and I start to bond and be ready to paint together. I take a deep breath and cue the action. I scoop gel medium and drop it on the canvas, squeeze out paints on top of gel medium. By using my hands and tool, by following my flow and movement, I give birth to my canvas. Each painting becomes a creature of my memory and feeling.

I search for both a pure representation of myself from within and without, giving me the opportunity to explore and express new environments beyond the limits of daily life.