

BORN AGAIN

These creations consist of abstract textural layers using recycled paint, acrylic, ink, and found objects. Each piece portrays the multi-dimensions of addiction, post traumatic growth, recovery, wholeness, and great voyages of Death, Birth, Love, God, Source, Spirit, and Soul

Each painting is accompanied by a poem; telling story, sharing experience, and connecting word to visual art. Through the relationship between written and visual art, my hope is to illuminate unfolding, process, emergence, remembering, and our ever-present journey of being *Born Again*- awakening more free and alive.

Deep appreciation to you reading this for being in and part of my life.

Thank you for seeing and witnessing

Thank you for helping me find the way

Thank you for being here together as WE walk each other "Home"

Life rumbles and roars when it's time to change.

An ushering through Sacred thresholds

A Change to Change YOU.

The wound is the way

A portal to everything—all things larger than stories we tell ourselves.

One must be willing to die to be reborn

Death in service of Life

where familiar/known/conditioning shake-shift-shatter

What Was is No Longer

There is no going back.

An alchemy of Soul through cycles of re-birth

beckoned to live more aliveness into something beyond

Attuning to new ways of being.

The journey to Union is not always straightforward

Please Please remember

every step...every tiny little step is "The Way."

May you gather courage to commit to your own unfolding

all—the—way—through.

To be Born Again and Again and Again.

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