

## **Coming Home**

Creations by Jess Frey

This artwork is an expression of the process of connection, feeling, hurting, healing, truth, and waking up.

I work in abstract textural layers using paint, acrylic, ink, everyday items of life, and found material from the earth to

portray the depths and multi-dimensions of trauma, addiction, recovery, humanness, and spirit.

Each painting is accompanied by a poem, telling a story, sharing an experience.

To everyone reading this, I deeply appreciate you for being in and a part of my life

I am who I am because of each one of YOU.

Thank you for helping to walk me Home.

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Wander stray away alone lost spin spun around drop fall down fall “awake”.

Disconnected, broke, numb, frozen, fragmented selves separate and leave this body.

Sometimes

I make choices in life

Sometimes

Spirit and the great mystery chooses for me

Summon calls screaming one million times over again and again.

I must listen- I know my life depends on how I respond

Compass points True North

Towards the promise lands

Sacred thresholds known to unknown into the unknowable.

Opening of the way under the way lost my way to The Way.

Nothingness meets something come face-to-face with everything.

Dare I traverse barren desert lands

that deliver dimensions beyond this current perception of life?

Guided by scents of Truth

Seeds burst flowers into great possibilities bloom blossom the true nature of ones existence.

The great pilgrimage of Coming Home.

Coming home to who  
Coming home to what  
I really am

I must take responsibility for my awakening  
Recovery roads run running for my life.  
Will alone is not enough to change  
We heal in community. We recover in relationship. We need each other

There are those of us who choose to stay awake  
And to you I say, Please  
Please don't go back to sleep...

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