

Finding Our Way

Creations by Jess Frey

I create in abstract textural layers using recycled paint, acrylic, ink, and everyday found objects to portray the multi-dimensions of trauma, addiction, recovery, humanness, wholeness, love, and journey of coming home.

This series of art is an expression of the transformational process of getting lost, finding the way, forgetting the way, becoming the way, and being the way. Each painting is accompanied by a poem, telling a story, sharing an experience, and connecting written word to visual art. Through the relationship between written and visual art, my hope is to support all of us together in the continued journey of *finding our way*.

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

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

Thank you for guiding me Home. Thank you for helping me Find The Way.

Prayers to the heavens guide me...

please tell me...please-please-please show me The Way.

Aahhhh dear one the way is made by walking one step-one step-one step more.

My Love, *The Way Knows The Way*.

Within this life, these many lives we live there must be an appropriate amount of disruption which, allows makes way cracks crumbles breaks us wide open into

Wholeness.

Our wild feral voyages will often bring us to our knees for a radical undoing of the self.

"The great unraveling is the great awakening."

For this process parts the way, bestows a way for a recalibration on every level Mind-Body-Heart-Spirit-Soul.

Patience my friends for these sacred journeys take time, ohh so so so much time.

To be pulled out from under the covers, our greatness calling us from dark corners of hiding inviting us to grow-blossom-bloom more freely fully alive.

The friction of change and transformation births us into who and what we are now ushering us to places and spaces where we must dare to go.

- Remember- every barrier is a door you have not yet and need to walk through.

- Remember- it is our most challenging seasons that serve as our greatest teachers.

- Remember- growth is experienced in the opening and closing- remembering and forgetting- connection and disconnect- light and dark- love and rage- glory and mess.

May you have the courage to allow yourself to attune to A new way of Being

May you have the courage to vow to show up again-again and to never never ever give up.

I say to you my friends *"do not quit before the magic happens."*

for this is THE WAY.

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