

## “Lightness of Being”

Mixed media collage- Acrylic, watercolor paper, glass, ashes  
21” H x 17” W

This is an art therapy piece. I started it in January 2021. I benefited from [www.willowing.org](http://www.willowing.org) and Tamera LaPorte’s encouraging instruction for Lifebook 2021. It took 2 years to complete. The top image views as happy and light, but the underlying layers contains items of emotion and healing. Some of the items are-a torn up song with lyrics, ashes from my niece Hanna, And a torn-up image by British artist Charlie Mackesy called “The Prodigal Daughter”



a series of words- Here are some of the words-

Sadness  
Holding my breath  
Death  
Regret  
Breath  
Hope  
New Life-3 granddaughters

Mackesy wrote a wonderful book called "The Boy, the Mole, the Fox and the Horse" which was very healing for me.

And the glass beads represent the EMDR (Eye movement desensitization and reprocessing) therapy that I did for many months. See the definition below-

EMDR (Eye movement desensitization and reprocessing)-

Eye movement desensitization and reprocessing is a form of psychotherapy in which the person being treated is asked to recall distressing images; the therapist then directs the patient in one type of bilateral stimulation, such as side-to-side eye rapid movement or hand tapping. It is often used in PTSD patients.