"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. It took 2 years to complete. The top image views as happy and light but the underlying layers (many of which are not visible, you only see the texture) contains items of emotion and healing.

Some of the **items** are-a torn up song with lyrics, ashes from my niece Hanna, a series of words- Here are some of the words-

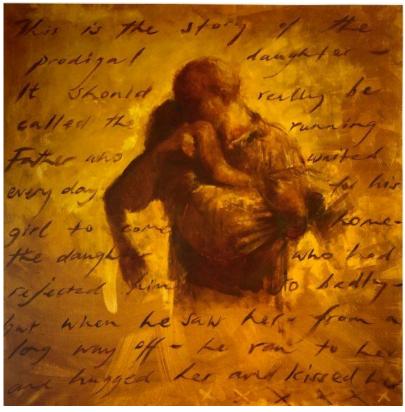
Sadness
Holding my breath
Death
Regret
Breath
Hope
New Life-3 granddaughters

And a torn-up image by British artist Charlie Mackesy called "The Prodigal Daughter"

Image torn and imbedded into artwork



Image before it was torn up



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.