

Art and Writing

{multithumb thumb_width=200 thumb_height=200 thumb_proportions=bestfit full_width=0 full_height=900 image_proportions=bestfit}

Art and writing are dynamic forms to enter one's internal landscape. This is taking Deva Dancing into the visual and written form. My intention is the same: to honor and express the internal experience, in this case through the written word and visual art. And through teaching to offer you the tools and safety to do the same. The poem to the right was written as I contemplated the separation I have felt between "my body" and "me" and the split I see in the world between mind and matter.

no classes currently scheduled, contact me if you would like to play Private Classes available The images below are all excerpted from my collage journals. One of my greatest joys is to create these journals - a visual map of my internal life. Click on the images to view full-size. {multithumb thumb_width=100 thumb_height=125 thumb_proportions=stretch num_cols=5 full_width=0 full_height=500 image_proportions=bestfit}

Essay - Power and Truth in America

Essay - Beingness in Motion