

#006-Female

During the course of this Art class I have learned a great deal about art and painting. I have learned to understand what it is and how it can impact one's life. Art is a way to express one's feelings, emotions and creativity. The fullness of art allows individuals to send the most powerful message to the world which can impact a nation. As I reflect back on my paintings, I realized that I am in conflict with control and risk taking.

I often refuse to allow my emotions and imagination to express myself and my thoughts during art. This art class has helped me shape my overall thoughts and knowledge on how I can use art to make a difference in my life and in the lives of others. On many occasions I felt confused as to what I should paint, but as I picked up the brush I begin to revert back to a child fixating on the pain and the reality of what most children want to express but are unable to because of fear, pain, isolation and rejection.

My art work displayed a vision of what a child may want to express, and the pain that manifested in their lives. Each child in my painting reflects the reality of what pain and hope resembles. Each art work is unique because art express emotions, locations and connections I have with each child. On many occasion I had to fight myself not to truly let my emotions take over, the risky part of me wanted to take the brush and just paint all over the room, but the controlling part of me hindered my forward movement in expressing my feeling in thoughts during painting. I wanted to do something different. Although I was asked to post one of my painting instead I will use an actual picture of what takes over my body when I pick up a brush. In this picture it is obvious, her face displays fear, confusion and rejection (left). The painting on the right reflects exactly what this child is feeling, darkness, unloved. I painted what I felt this child was

feeling, thinking, and what I was also feeling and as well as the emotions I was experiencing in that moment.



### Affirmations:

I know one day

I will be free

I am someone

I will be loved

The second drawing flourished and reflected that hope and dreams can become a reality. When I pick up the brush all I can think about is how old do I want to be today and what pain is this child feeling? Is there room for hope? As I place the brush in the paint my thoughts and my eyes connect with each child as I stroke my brush, wondering what message will this child have today? Once I realized the message I began to saturate my feeling with every thought that child feels or at least I imagine the reality of the truth.

Colors play a big role on how I express each thought. I believe color places validation on how one feels and the place where “they are at”. I will allow myself to self- disclose a little bit. I remember when I was in a very difficult time in my life, and I began to only wear black because I felt that part of me was dead. I did not want anyone to see the pain that I was experiencing and that was

consuming me. Instead, I made myself invisible but still in control of my emotions and my actions.

Although I was experiencing pain internally, however externally I continued to maintain self-confidence, power and strength in everything I did. I live my life by this quote: "I am my best when I am at my worst." With that said each color I have used reflects feelings. You will notice I have a tree in this picture (left). I firmly believe trees reflect life, hope and dreams. When this child looks at my painting I hope she will know that there will be hope and one day she too will be loved and wanted.



I am hope

I will be loved

I am the tree of life

One day I will be the president

I cannot begin to tell you what each painting means to me. First I must say that the book *Feel the Fear and Do It Anyway* by Susan Jeffers opened my thoughts to many great adventures and projects to come. When I registered for this class my mindset was, “I need this class to complete my graduate credits so I will register for it,” but to my surprise emotions surfaced which I never imagined. I felt venerable, surprised and deeply connected to my inner self and my purpose on this earth, and what God had in place for me.

This experience put many things in perspective for me on how I will live my life for the remaining time. The first painting reflects pain, barriers, hopelessness and non-existence. I particularly chose black because the color black is very powerful and controls one’s mood and space in the world. Painting intertwined with having an out of body experience or maybe having an alter ego; I became this child who was in a lot of pain and wondering why me? I had to question myself why not them? Why not that child? God has a purpose for all of us and I truly feel this first painting expresses not only what this child was feeling it also reflect what I felt when I was in a dark place in my life.

I express every feeling. My expectations for this class truly surpassed my overall bias of what art is. The space I created mentally while I was painting



allowed me to feel everything from the meditation to my artwork, and my first experience with a stroke of the brush allowed me to be in control of the message the inner child wanted to paint. But the risky part of me wanted to go deeper to be free to show emotions while conveying the fullness of my being and existence on earth.

My second painting reflects life and hope for the future; although sadness wants to take over, there is always space for hope - if we are hopeless “we are as good as dead.” I always believe in all the bad we may experience there is also good in it. The first image I experience during my second painting is that children are very forgiving. It is easier to nurture and mold a child when they are small. All children need love, nurturing, emotional connection, a sense of belonging and reassurance.

The colors I used in this painting are very specific to the message this child I embodied wanted to send. The dialogue will begin like this: the control part will begin by saying: “So you think there is hope?” And the risky part will respond by saying: “Yes! I know there is hope.” (Control part) “Why do think so”? (Risky part) “Life is evolving. I have to believe there is hope. Look at my painting, there’s hope.” (Control part) “Hope? What does hope mean to you?” (Risky part) “Hope means this tree will grow and it will be fruitful. I know it will, because I am the tree, I am being nurtured and loved, although there is darkness one day one day I will grow.” The painting truly captured the message this child wanted to send, that the tree will continue to grow. During bad days the tree may not get the nurturing it needs, but it will eventually blossom.



Affirmations:

I will grow like a tree blossom

I know I can, I know I can

The third painting continues to reflect the child who wants to share her pain, the pain is overwhelming and this child wants to be liberated of the pain, reaching out to the universe for help. The similarities with all my paintings are my color choices; I chose these colors because they reflect everything I stand for: life, dreams, expectations, understanding, happiness and choices. This painting addresses the images of the forgotten and the voiceless human beings which we promise to protect and nurture. Images are formed in my head and all

I can think about is what can I do or am I doing enough to help replace the pain that these kids are feeling.



(Dialogue begins)

(Control part)

You have done enough!

You need to focus on you

What else can you do?

There is so much you can do  
Journey

Silent??????

(Risky part)

I want to do more!

I need to do more

I will not let them down

I will be strong and continue on my

Life is about taking risk

My fourth painting displays everything words can't describe: the impossible, the needy, the visualization of what reality is and the space we are in. The goals and objective of each painting is to send a message of how one is feeling the desire to be loved and not be forgotten. Children believing there is hope are amazing, while we adults give up and often forget their existence and how they complete this world. Perhaps if we knew better we would do better. It was a great experience to allow myself to become a child again. Fortunate for me, my childhood was full of love and nurturance at times. I wish my parents would display affection more, I wish I was kissed by my father and hugged by my mother, but I learned to accept and appreciate the love they gave me. They gave me a security, self- worth, acceptance, the freedom to think and express myself however I wanted to. I guess this was the way they knew how to express love and for that I am thankful and will forever love them to the fullness of my being.





**Affirmations:**

I will rise above all difficulties!

My life does not end here!

I will be happy one day!

I am strong !

I am going to accomplish all my heart's desires!

I will have my own house one day!

I will be a teacher one day!



Lastly, it's difficult for me to just discuss my final painting, so instead I will discuss my 5<sup>th</sup> 6<sup>th</sup> and 7<sup>th</sup> remaining paintings as a whole. The colors begin to change. Trees are blossoming, the sky is blue, hope is formed and life is evolving. The child in me is fighting not to allow the negativity to marinate. I want to absorb what life has to offer while living in the borrowed body I am in. Each child is in a battle of life or death, flight or fight to seize the opportunity to live and demand love from a world full of pain and disappointment.

Perhaps this journey was a lesson for me to allow myself to take risk and not be as controlling of everything. If these children trust me with their lives why can't I trust someone else with mine? New life directions and priorities have been created from this journey, my passion is bigger than ever, I am inspired to do great things and my fears will no longer hinder my progress. "Many of us reflect the child which lives within us." I would have never believed this class

could have impacted and touched my life in such powerful way.











Conclusion, after viewing each picture it took some time to redirect the emotions I was experiencing because having the pictures side by side made me realize the visions in my head are real. I am responsible to create a life for these children. I was trying too hard to suppress my emotions or my connection to this painting; but as I look back each painting represents a child and emotions. Moreover, the paintings have allowed me to be more free, open and honest; holding each brush, stroking each stroke, picking my colors, gave me a sense of freedom to compose very different art work. Overall the images were real, very detailed and gave structure to my emotions that I was feeling at that time.





