The grace that I share through my artwork, I think is vulnerability. I mean, I think that's probably the thing that I can offer – is just such an essential way to move from your community, to move people, to allow people to kind of see things in themselves.

Art is visual communication. Saying something without using words. Communicating just beauty or joy. It can be communicating a feeling. The painting speaks to you. You kind of have to reckon with your own interpretation because there isn't anyone else to sort of point that out. Then you've got it to say, ‘Okay, well, this is what's going on. What's my part in that? How do I contribute? How do I shift or move or change?’ It definitely puts you in the position of talking to yourself. Or it kind of makes you talk to yourself through the artwork. **The work is the messenger.**