

ARTISTS BIO

I have always worked with my hands, from my first job in the printing industry through to attending art school with a special interest in painting and sculpture and then later in the Allied Health field as a Remedial Massage Therapist. Studying life drawing and the anatomy of the human body was a natural transition into the anatomy and physiology of allied health.

In the ten years since retirement, many surgeries, chemotherapy, and radiation therapy, I have been studying Raja Yoga Meditation and Positive Thinking whilst continuing to paint as many hours as I can fit in. I am happy to say I am now cancer free. Cancer is such a devastating disease to have but it taught me many things I would not have learnt otherwise.

With the combination of meditation, positive thinking, and art I have been able to find my real self (soul) and find so much joy in life and work. I appreciate life much more now and I am grateful for every day.

Combining Raja Yoga Meditation and intuitive painting, I express my love of colour and composition to produce works reflecting my inner spirit/soul. Art is a great and as a cancer survivor, it has been of the greatest benefit to me. Raja Yoga uses an open eye meditation technique so combining the two practices was for me the only way to go.

My paintings reflect my universe, they are colourful, quirky, and lyrical. My imagination is my best friend and an unlimited source of inspiration, and I am amazed at the contents of the subconscious mind.