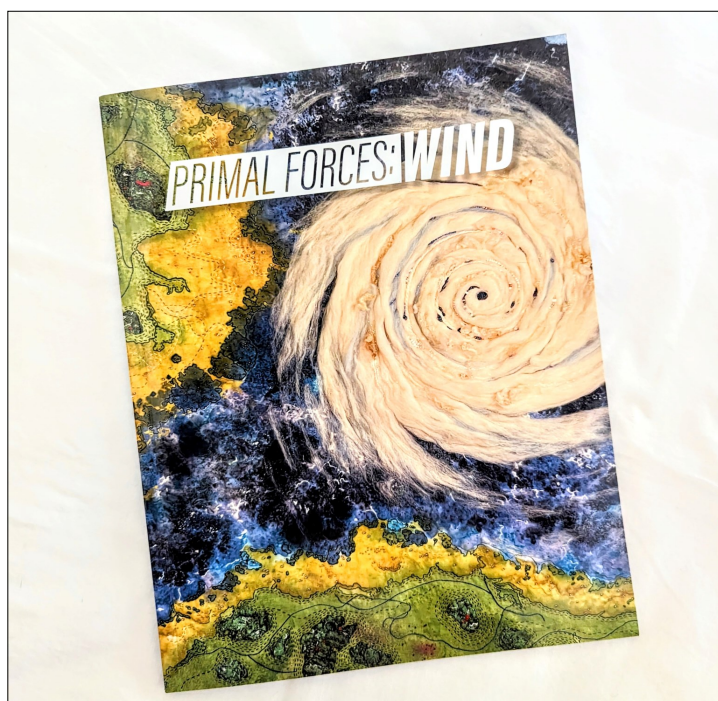


## WHAT'S NEW

I am so excited and honored that my art quilt "Desert Wind: Circles" was selected for the upcoming [SAQA exhibition "Primal Forces: Wind"](#).

Art quilters from all over the world responded to juror Elizabeth Rooklidge's theme of wind and the movement of air. The exhibition catalog showcases the wide and gorgeous interpretations of this theme by the amazing artists. I cannot imagine how challenging it must have been to decide whose art to select for this exhibition!

The exhibition will [premiere](#) at the National Quilt Museum in Paducah, Kentucky, USA from August 4, 2023—January 9, 2024. Paducah is located about a two hour drive north from Nashville, Tennessee. Additionally, the exhibition is scheduled to travel through December 31, 2026 to other venues.



If you have an opportunity to see these wonderful art quilts on exhibition, please do! Maybe we will be there at the same time and I will see you there!

## CONSIDER THE FRAMEWORK IN WHICH YOU CREATE

Some people love Mozart and others love Beethoven. One is not better than the other, although a listener certainly can have a personal preference. But to compare the two composers and decide the more skillful master is an invalid critique, because to critique art, one must first look at the framework before casting judgment.

In the case of Mozart and Beethoven, their frameworks were different. They were two different people who lived in different time periods and had different influences in their lives. Therefore, their compositions were influenced differently. Even if one were to look only at Mozart, it would not be valid to compare his compositions from age 4 with those from age 28. The life experiences of a 28-year-old, even a natural born genius, are vastly different from those of a 4-year-old. The best we can do is look at what he composed at age 4 and those from age 28 and recognize their similarities and their differences.

Some artists will compare



Catrina with Her Eternal Lover (2017)



Untitled (with brushstrokes) (2021)

and critique their own early work to their current work. I see this like comparing early Mozart with older Mozart: it doesn't help us to compare what we made "then" with what we are doing "now". We all know we are different artists now than we were five years ago. We've had different experiences, whether in terms of learning new techniques, or general life experiences.

The very best thing we can do for ourselves as artists is to look at where we are now and to say to ourselves, "I am making this *now*. This is who I am *now*."

I dislike it when someone says to me, "Look how much you've grown as an artist! You should be so proud of yourself. Your work is so much more complex and meaningful than when you first started." I disagree. I've always been proud of my work. My work has always been complex and meaningful. To compare a piece I made five years ago with what I am making now, without taking into consideration the entire framework of what skills I had, what my intentions were, what type of art I was intent on making with that particular piece, where I was in my life as a person, and more, is just as invalid as comparing Mozart with Beethoven. Someday I will work on something that uses different techniques, skills, etc. than what I'm doing now. But my future work does not invalidate in any way the absolute value of what I am working on right now.

## WIPs



Work in Progress!

## QUILTATIONS

*You cannot stay away from yourself forever. You have to return.*

- Carl Jung

## HOW DO YOU PERSEVERE?

I came across a post recently with terms to help with perseverance. As I read and meditated over them, I recognized that I am a master at some of these, others I do part way, and a few I do none at all (but maybe I should!). I am curious to know if any of these work for you.

**Ikigai** – something that gives a person a sense of purpose, a reason for living; a passion that gives value and joy to life. (My life changed dramatically when I left work full-time and we became empty nesters. Quilting and art became my *ikigai*.)

**Kaizen** – to make continuous, small improvement; creating continuous improvement based on the idea that small, ongoing positive changes can reap significant improvements. (The movie "What About Bob?" called it "baby steps.")

**Pomodoro** – a time-management technique wherein one works for 25 minutes, then takes a 5 minute break, then work 25 minutes, and so on. (I used to suggest this to the medical students for good studying methods. I found that for me, depending on what I am working on, the time intervals vary.)

**Hara Hachi Bu** – Stop eating when you are 80% full. Food expands and if you eat to 100%, in about ten minutes you might not feel well! (In terms of perseverance, if you work at your 100% you are more likely to burn out, and recovery may take a long time. Some days, your 100% is going to be the 4% of yesterday. Be OK with that because you can persevere longer.)

**Shoshin** – a beginner's mind; having an attitude of openness, eagerness, and lack of preconceptions when studying, even at an advanced level, just as a beginner would. (I've found that when I consider myself a "master" I try fewer things because I don't want to get them wrong. When I use the *shoshin* technique, I am more innovative and I get more done. It still takes patience and a strive towards excellence. Beginner is not equated with sloppiness.)

**Wabi-sabi** - the acceptance of transience and imperfection; appreciating beauty that is imperfect, impermanent, and incomplete in nature. (While some Platonic philosophy will use *eidōs* to define the perfect unchangeable (ideal) form, that is merely a concept. One can have the *eidōs* of a tree, for example, but in nature, all trees are perfect because they exist as themselves. Even in their imperfections they are perfect. I try to embrace some of the mistakes I make in my art and see them as part of the whole piece.)

## FLAMINIA AND THE MACHINE

Flaminia and The Machine  
[Episode 17](#)  
["Snakes in the Studio!"](#)

Mara takes on a wrestling opponent that proves to be a good challenge, but it's no match for The Machine!

Catch up on all the episodes [here!](#)

