Have you heard, “There is nothing new under the sun”? When did we begin asking “Who am I?” and “Why am I here?” Were our ancient ancestors too busy surviving to ask such questions? Or, perhaps the beginnings of these questions are always present anytime we, humans, experience the awesome beauty and power that is the world around us.

Each one of us has a story to tell. Joseph Campbell, world renown scholar, teacher, and writer of mythology, said we are all on a hero’s journey. Every challenge, every seeming obstacle, is an opportunity to build character and integrity. Part of my journey is to put the experience, the struggles and the “triumphs”, into images and words.

Creating self-portraits has been therapeutic for me. Putting the inner struggle on paper, helps me to look at it with new eyes; it’s healing. It enables me to take a step back, be a bit more objective, and observe the attitudes and feelings I hold about myself. It helps me put things in perspective. My goal is to be centered, balanced and at peace with myself. In order for things to change out there, I must first change what needs to be changed within. That requires self-reflection. Gandhi said the same in a much more poetic way, "Be the change you want to see in the world."

This booklet is in chronological order, as best as I can remember. It’s not complete, but it shows variety. I hope it gives a little insight into the process of self-reflection that inspires the art that comes through me.

**Dragging My Disassociated Self**

In colored pencil, this self portrait was done in the early 70s, when I was in my early twenties. It was as though I had two personalities. The one I showed to those “outside”, and the one I did my best to hide from others and, in some ways, even from myself. The one I was dragging was my disassociated self, the self I refused to “see”. I did not have the “tools” to process the thoughts and feelings in a healthy way, so I suppressed them. Now, I know suppressing feelings can cause them to fester and morph into some pretty unmanageable “monsters”. That however, is the subject for another booklet.
Self-Portraits – Look Within

Early 1970s - Painted with oil paint (a thin application) - This image, in a more subtle way, shows the split I felt in my psyche. The awareness of the difference between what I wanted to be, and what I manifested troubled me. It began showing itself in my art work, writings, and life in my late teens and early twenties.
Self-Portraits – Walking Alone
Early 1970s - Wood Cut Print - The long and winding road is an image that calls to me. I know we are all connected, but each journey is a solitary one. It is in my own self I must find peace.
Self-Portraits – The Subway Ride
Early 1970s - Wood Cut Print - I rode the subway into Boston, Massachusetts, for college & work. My head is in the foreground of the print. In the crowded subway, I often felt invisible.
Self-Portraits –Little Traveler & Chaos Pig
Late 1970s - Colored Pencil - This is a page from the “Cosmic Dream” book which is an autobiographical Work; the Little Traveler was me.
Late 1970s - Markers - Emotional “Monsters” are my companions. They have been with me as long as I can remember. They teach me about what to do to stop the suffering. Emotional Monsters are my friends.
Self-Portraits – Renewed Mind Butterfly
1982 - Colored Pencil - This represents the ability to be transformed by renewing the mind, to live truth in love.
1989 - Colored Pencil - I moved to Houston, Texas, after a second divorce. I was ready to start anew. I look young.
1990 - Pencil - Once the “emotional monster” is known, it loses some of its “power”, its emotional charge. Do you recognize this one, the inner critic? “Judge not” includes others, and also the self. It is easy to say, harder to do.
Self-Portraits – Let the Healing Begin

Early 1990s – Ink & Pencil – This work reminded me to allow that which is buried to surface with love in order to access the healing I so desired. Eventually, I learned to let go of desiring, and instead allow healing to unfold.

When we love, the pain of our past is bound to rise up in us. It is a call for healing. But unless we are mentally equipped to recognize this and deal with it... it will sabotage our current relationships. When the pain is met with fear or anger, it perpetuates the cycle. When it is met with love, the healing begins.
Self-Portraits – What Do I See?

1990 - Collage of Pencil Sketches - I like to save some sketches. This was an attempt to pull a few together to create a self-portrait. Images spark thoughts and so the words seem a natural part of the process of expression.

What do I see when I look out from the windows of my soul, those eyes, the essence of me? What do I see? I have lived in fear for many a year. Defensiveness was the armour I wore. But now, I don't need it anymore. I want to be free. To live divine love has been, and will always be, the answer for me.
Self-Portraits – The Thinker
1990 - Charcoal - This was drawn looking at myself in a mirror. I think I think too much.
Self-Portraits

1990 - Crayon - This was an attempt to use the materials available to most children, crayons.
Self-Portraits – I See You
1990 - Pencil

Self-Portraits – Toss in Another
1990 - Ink & Pencil - My elementary art students inspired me to create this work, in ink & colored pencil, to encourage many interests. Artists often do dabble & experiment; it's a great way to expand abilities, and overcome fears.
1991 - Mixed Media Collage - I went back to college to receive a teaching certificate. In an art education class, I was asked to make a self portrait. I like to utilize imagination. This & the next page is what I came up with.
This is a self-portrait written in February 1991. There I am drawn towards the light. I ever move in that direction. I travel the long and winding road, though I know not where it goes. Love calls. I can not ignore its voice. Sometimes I fear the personal pain I must confront, in myself, as a result of honestly answering love's call. But the fear of living in despair, living a life devoid of divine love is far greater, more intolerable and painful than I can bear. First and foremost, I am a spiritual being. I am aware of my human frailties. Divine love is my strength. To think, love, give and grow love's way fulfills my soul.

My feelings run deep. Hate, hurt and resentment are not strangers to me. As detrimental to my soul as these were, I spent much time on such. Now on the flip side of the coin, compassion, acceptance and forgiveness exhibit themselves in ever increasing amounts in my heart and life. Hard-headed and stubborn I am, but love never gave up on me. The wisdom that comes from living the guidance of love from within has softened my rough edges to a degree. Have I arrived? Will I arrive? I rather doubt it. My path is process...change . . . learning as I move out on the impressions, intuition and guidance that comes from within.

A product of the sixties, I am an idealist, a dreamer, a hippie at heart. Some things remain constant like my desire to make a difference in the world. I want to make the world a better place to live, even if it's only one person's worth.

One! Two! Three! Four! Exercise and healthy eating are an integral part of my lifestyle. I believe in taking care of the physical body and material possessions, as much as possible, without becoming obsessive. I like order.

Experiences I lived through play a part in making me who I am. In 1973, this late blooming flower child took a change of clothes, a sleep roll, guitar, writing tablet, and pen and went on a “faith” walk. For about two and a half years, I lead a rather transient life style. Many people opened their homes to me. I bartered for bread and bed. There were nights when under a bridge, in the bushes, or at the ocean's edge I laid my head to rest. Flexibility and adaptability wove themselves into the fabric of my character. Not including the above mentioned temporary abodes, I actually lived 22 different places in 17 years. I moved often. I've been to 9 universities with 5 major changes. Change is a constant in my life. It even made its way into my love life. I've been married 4 times. To love and be loved has always been my heart's desire. Have I been impulsive in love? Yes! Love relations bring out the best and the worst in me. Since 1973, I have spent countless time, money, energy and used innumerable resources trying to understand, accept, and heal that “worst” in me. Because my healing has required so much patience, it has helped me become patient.

Hearing about truth and love as a child touched my soul in way I can not put into words. A longing to know “God”, universal, unbounded love was etched upon my heart and stamped into my consciousness. Amid the chaos and confusion of my childhood, and the ups and downs of the turmoil of my teenage years, the hope of love carried my sad self through it all to brighter days. I came to know “God” through Christ. I do my best to live what Christ taught. I love “Love” in all its forms including (but not inclusive) Buddha, Krishna, Allah, the Great Spirit, and all saints and souls who devote their lives to service. My studies and practice lead me to believe we can be living examples of the love of God, a higher order of love, divine love.

My story is about traveling the road from reaction to response (conscious action), from anguish to awareness, and from despair to deliverance. I am a survivor. I’m much closer to the sun than when I started. Adversity (if I don’t let it crush me) challenges me to become stronger and kinder. Living (experientially knowing) the truth makes me free. I seriously studied the bible for 7 years. I immersed myself in it. This gave me a solid foundation to build on. The bottom line, in the Christian or any other religion, is “God” is love. That’s simple. Harder still is to not judge. There is much more to life than material alone. When my mind is free of daily duty or demand, I choose to focus on the higher order of things. Life is sacred, and I want to learn to treat it as such. My prayer is that “God”, Love, the Divine inspire us humans with wisdom from above, and activate, in us, infinite love.
Self-Portraits – Life Shapes Us
This mixed media image, collage and drawing with pencil, is a self portrait. I am the tree and the heart. I like mixing words with images. Words can paint a picture, and images can tell a story.

Life has a way of shaping us no matter how firmly our roots are planted.
Self-Portraits - Schitzo

1996 - Linocut Prints - In these images, my inner turmoil makes itself known. The more I loved, the more the triggers to my “worst” self seemed to rise to the surface. It was frightening to me. When toxic hurt and fear broke through into consciousness, they seemed to have a life of their own. Once I became “upset”, it was very hard to calm myself, come back to center, and access some semblance of inner peace. I know the peace is in me.
My heart aches with sadness for all the cruelty, the violence, the injustice that troubles our world, our families, our very souls. Powerful emotions move countries and people to action... to war... to peace... to rage... to mourn. Where is the balance? Why the violence? Where and how does it fit in? It’s not really about who will win. For the perpetrator of the violence loses his/her very soul in the act thereof. Maybe I should be outraged. Maybe I need to clear what callousness remains in my consciousness. “God” let me touch my own humanity fully. Is it not a humanity we all share? Could we all be one?
Self-Portraits – Can’t Do a Thing with My Hair
In late 1990s – Ink – This example I made for a lesson I was teaching my students.
Self-Portraits –
1998 - Pencil - This is a simple drawing using the techniques I was teaching my students at the time.
Self-Portraits - Overwhelmed

1999 - Colored Pencil - Giving a face to the “emotional monsters” that plagued me, has been helpful. I’m the little person “paralyzed” by whatever it was that seemed overwhelming to me, at the time.
Self-Portraits – I Aspire
2000 - This was a cover for promotional materials. I used words that I aspire to be.

Reflective
Proactive
Energetic

Creative
Curious
Kind

Dedicated
Sensative
Tenacious

Flexible
Enthusiastic

Patient
Courageous

Passionate
Industrious

Tolerant
Honest

Modest

Positive
Friendly

Generous
Playful

Appreciative
Adaptable