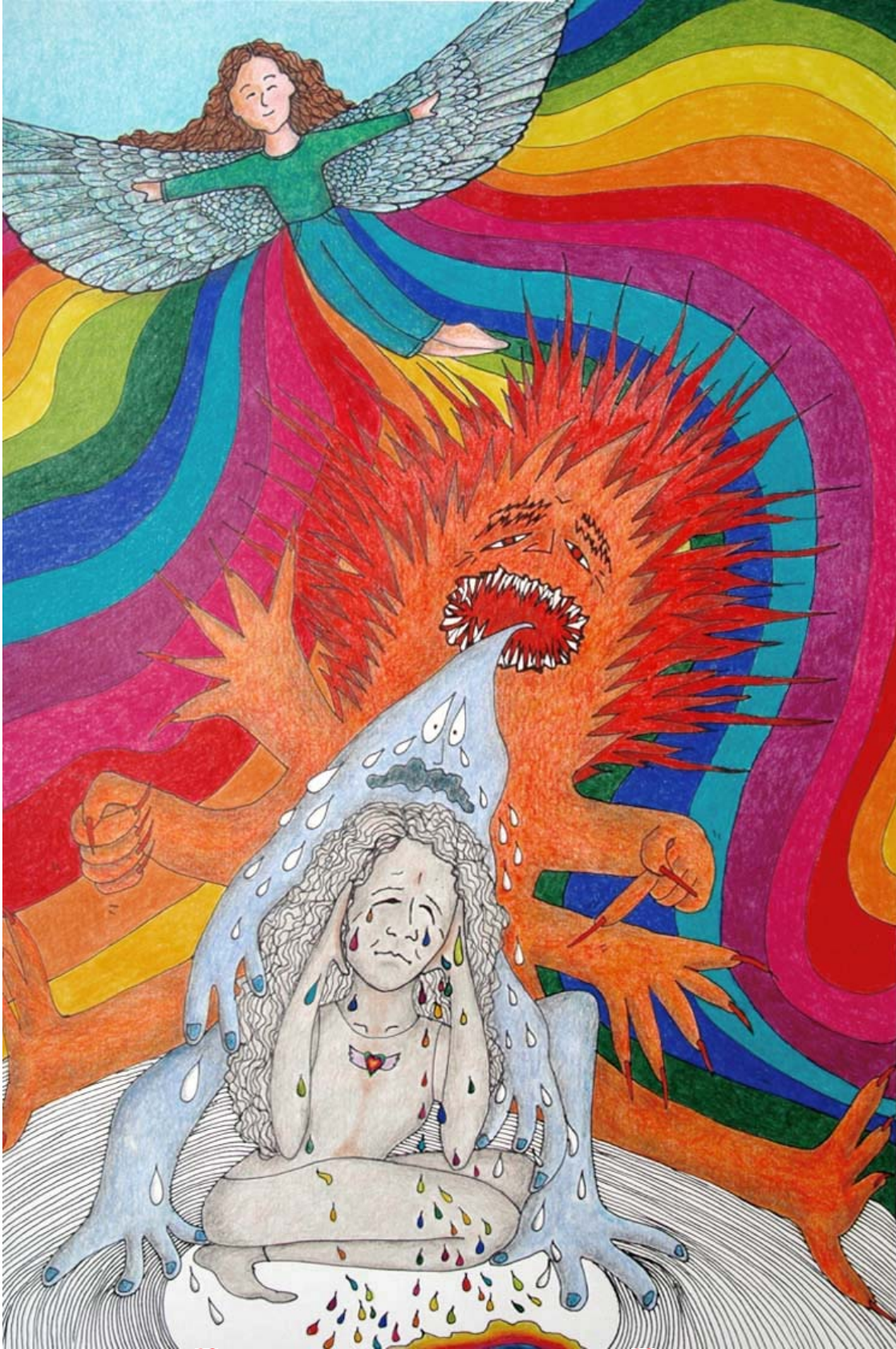


Self-Portraits – Catharsis (2 of 4) In My Darkest Hour, I keep Hope Alive
2001 – Colored Pencil & Ink - I was stuck like stone in negative patterns of anger and grief. The hope of release
Strengthened me to continue and not give up.



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Self-Portraits – Catharsis (3 of 4) The Path Through Pain to Peace

2001 – Colored Pencil & Ink – Read the “dress” from bottom to top. It tells a simplified version of the history of the path of healing I have been on.



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Self-Portraits – Catharsis (4 of 4)

The Hope that Joins Us through Time & Space: The Healing Power of Love

2001 – Colored Pencil & Ink - Love, with a capital 'L', is what has seen me through the most seemingly difficult times in my life. The power of love is our hope.



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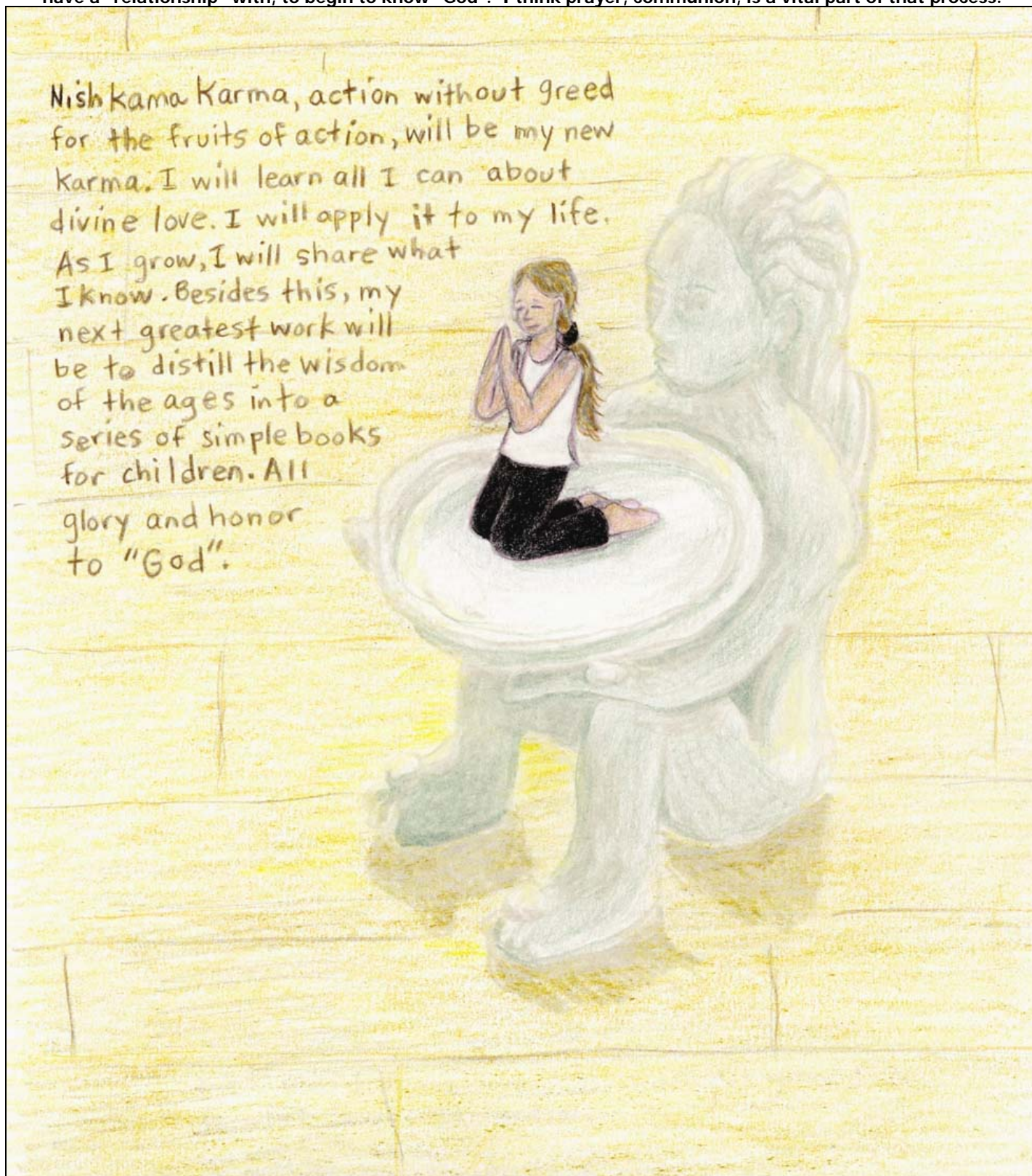
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Self-Portraits – A Prayer

2001 – Colored Pencil - I read about yoga, which means unity. That inspired this work. Even though "I came to know "God" through Christ, it has not kept me from studying other sacred texts. I believe the truth and love of God, the Divine, can not be confined, or fully defined by a book. Sacred texts point the way; they give guidelines about how to have a "relationship" with, to begin to know "God". I think prayer, communion, is a vital part of that process.



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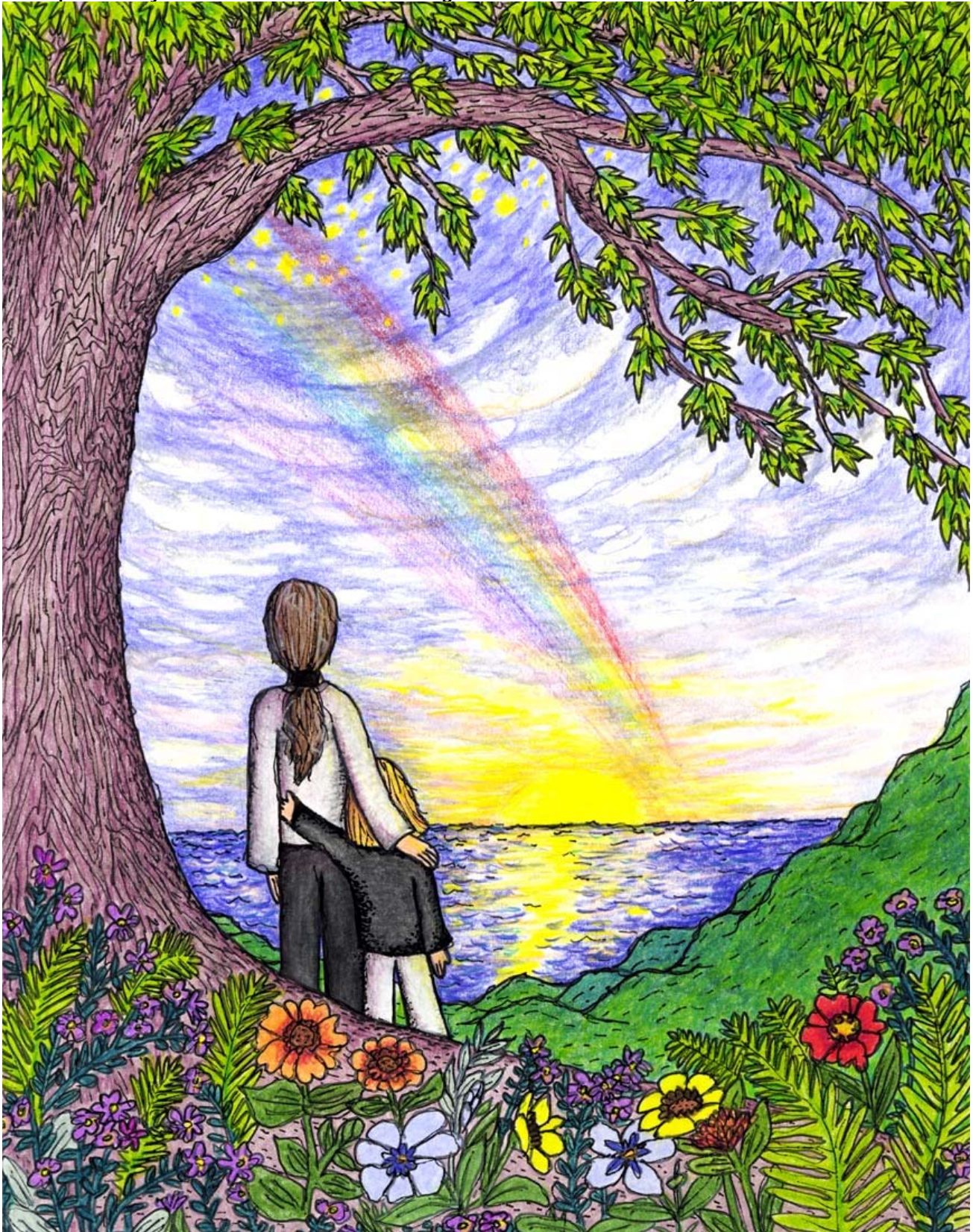
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Self-Portraits – Little Mo & Big Mo

2001 – Colored Pencil & Ink – This image illustrates the integration of the split off part of me into the whole. Years of therapy, and the study and application of the teachings of Pema Chodron helped me to embrace, instead of disown, all parts of myself. This work is a promise “Big Mo” will love and never again abandon “Little Mo”.



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Self-Portraits – Sunflower Strong

2001 – Photo & Colored Pencil – I was teaching my students how to draw flowers, and write affirmations, while at home I was working on organizing photos, when I got the idea for this self-portrait, a visual affirmation. Awareness of, and responsibility for the words I speak to and about myself are an important part of self-healing.



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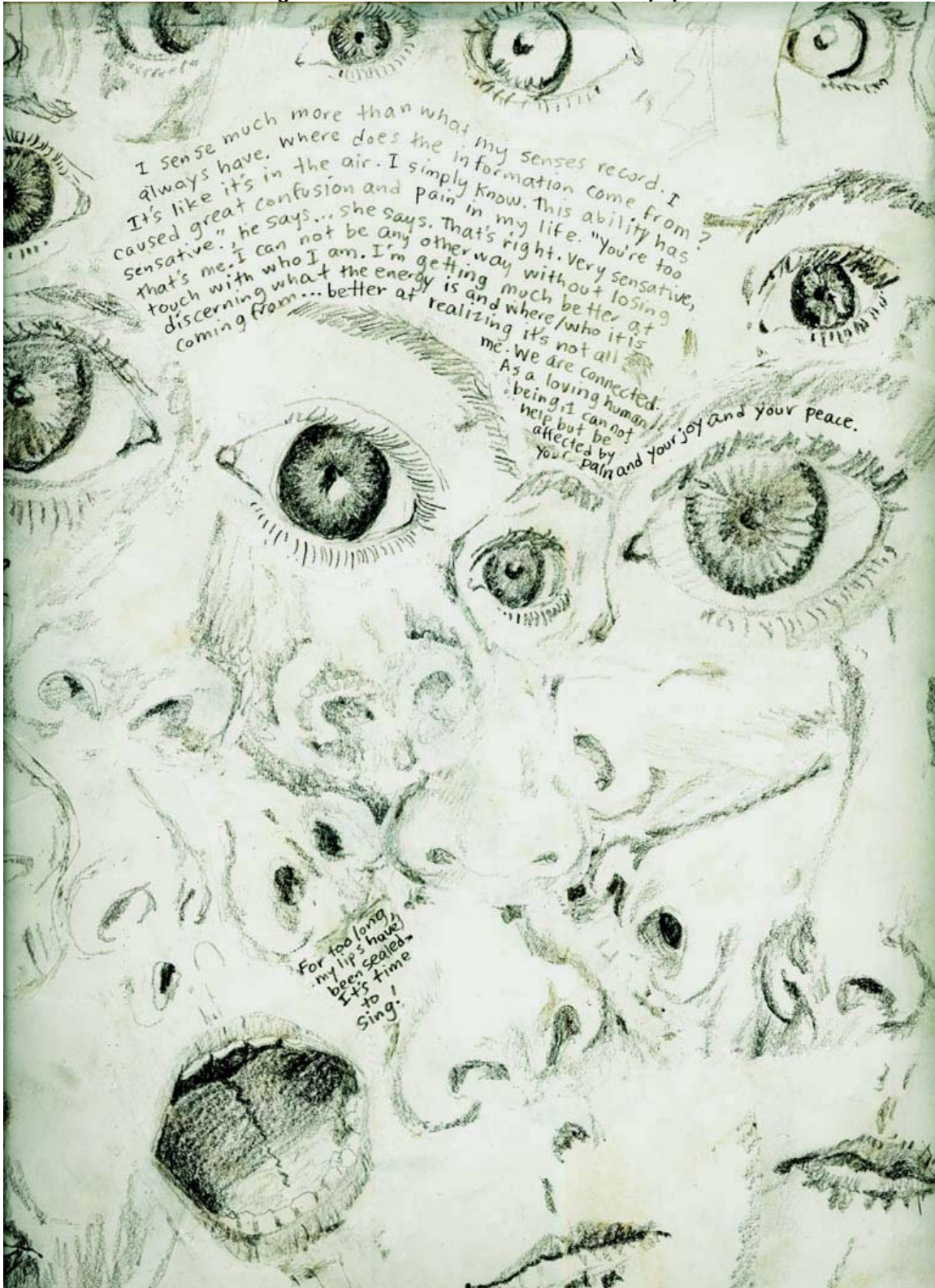
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Self-Portraits – More Than Senses

2001 - Pencil – Practice makes better, so I sketched my own features over & over. Then, cut & pasted them into a collage and let the words roll out onto the paper.



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Self-Portraits – Responsibility, Mine?

2001 - Photo Collage – Relationships? Responsibilities? How do our relationships shape who we are? What am I responsible for? What will it take to be true to myself?



What is my responsibility? The question of "What are you doing to help humanity?" was repeatedly, sometimes nightly, asked of me as a youth, teenager and young adult. How I could help was not made known to me. I have spent the better part of fifty years trying to figure it out. It has been an inward journey. It has taken me to terribly painful places inside myself I did not want to see. It has put me in touch with poisonous anger, rage and self-hate so overwhelming I thought for sure it would destroy me in the process. I had what I considered to be a fortunate upbringing. I never wanted for food, or clothing or shelter. I went to good schools. I had the material things and opportunities to test my talents and abilities. At a young age, I was "introduced" to my own spiritual nature through religious training. I was a sensitive child and I am sensitive still. I am highly intuitive and empathetic. As a child, this ability confused me because of my lack of understanding. I felt the great sadness and despair of my parents and family that we were not supposed to talk about. When I said what I felt or saw, I was told I was imagining things. My questions were often met with criticism. I was unable to contain the emotional build up because of the no talk rule. I acted out. I rebelled making myself the target for blame. Look what I was doing to the family. I took on the blame. "I" took it on. I believed myself to be the cause of my family's suffering. The guilt grew. Anger covered it over. Now after decades of self-improvement and therapy, the mask of anger has been removed. The festering, open wound of guilt and self-condemnation was exposed. What benefit was there in me holding on to that all these years? I want to let go of the sadness. I want to feel, in the depths of my soul, I am a worthwhile human being. Why is it such a difficult step for me. I've worked long and hard for years, dedicating myself in service to others, to prove to myself that I am a good person. When will I believe in myself? The pain is not because others don't believe in me; it is because I find it so hard to believe in myself. I want to believe the good things other people say about me. I do on some level. The disturbing sadness that has haunted me most of my life is below the surface. It is not logical. It has a strange hold on me despite all the evidence to the contrary. I'm closer to understanding and accepting what is, learning what there is to learn, and moving on. Want, prayer, silence, tears, writing...all these things help.

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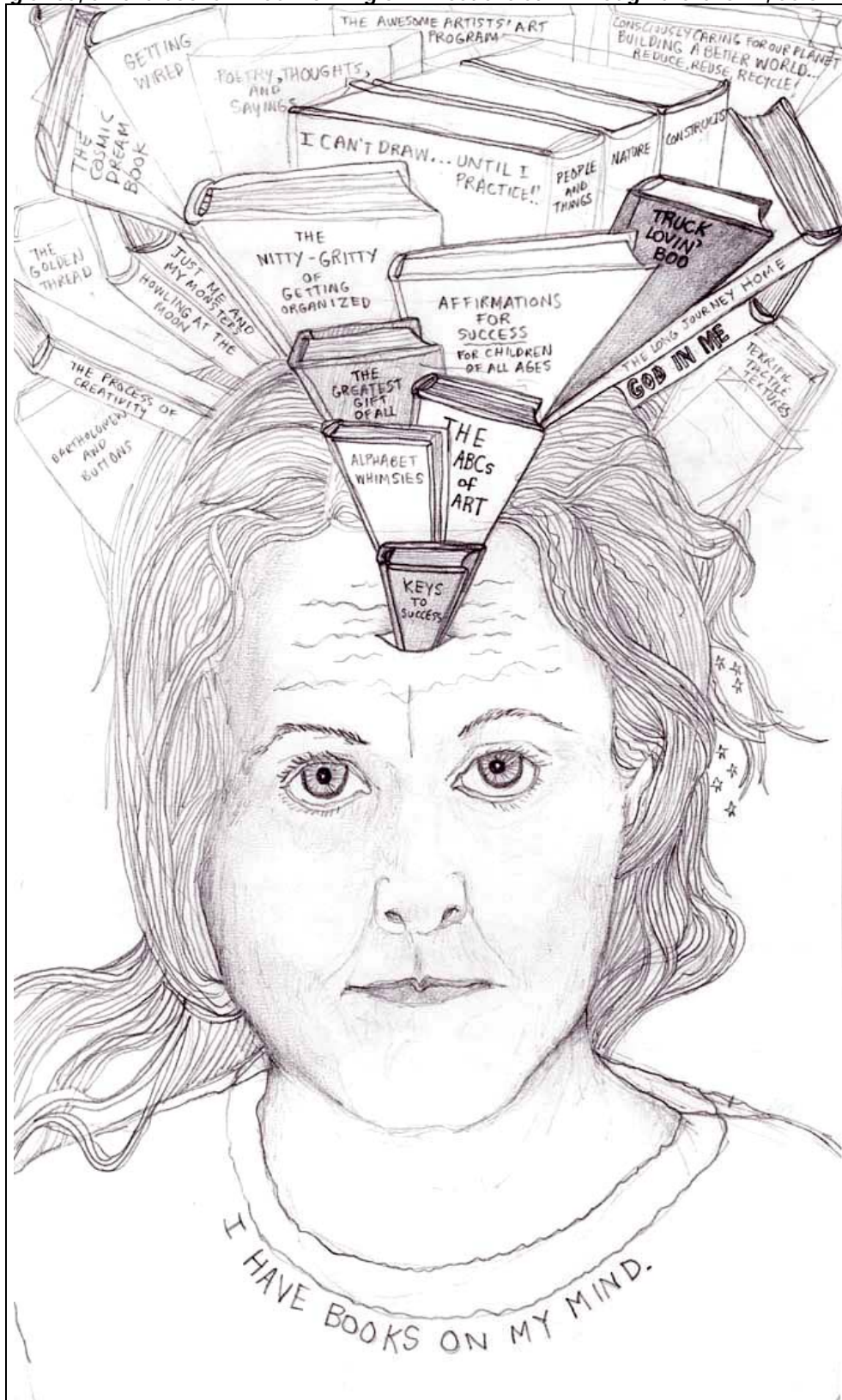
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Self-Portraits – Books on the Brain

2002 – Pencil - I was working on so many ideas and rough drafts of books. At the time, I wanted to be a children's book writer and illustrator. It seemed like a logical transition from teaching. I made this image to help me remember, at a glance, all the books I was working on. Most are still in rough draft form, as of 2009.



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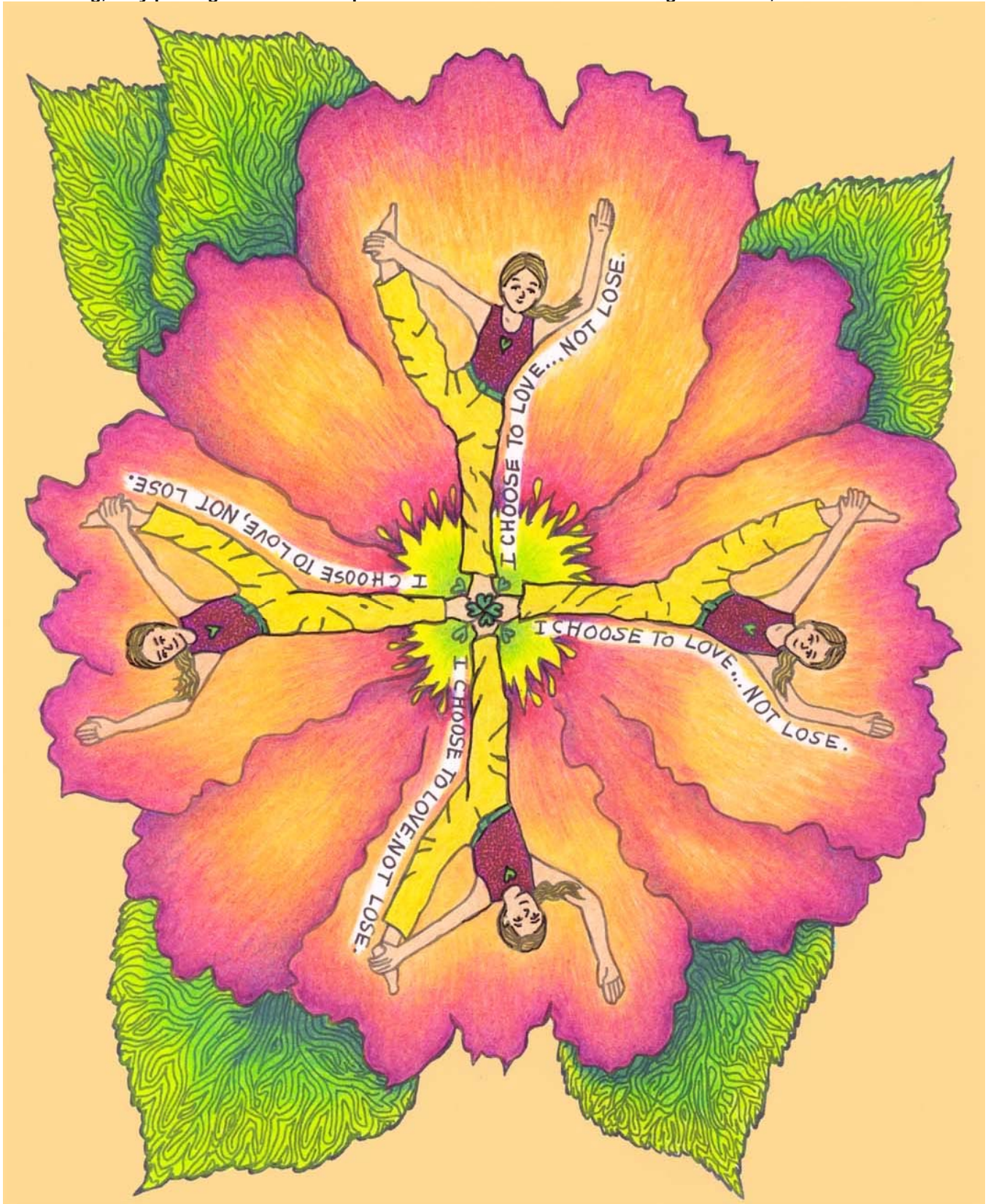
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Self-Portraits – Yoga Series (4 of 8) Radiate Love

2003 – Colored Pencil & Ink -There are different kinds of balance; this is radial balance. Like a mandala, moving out from the center, that is how I want my love to be. Love is what I choose, over again and over again. There is really no losing, only putting off that which puts an end to self inflicted suffering. Be brave, love and be loved.



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Self-Portraits – Yoga Series (6 of 8) Responsible Am I

2003 – Colored Pencil & Ink – The weight of the world on our shoulders, it's a saying for a reason. What am I actually responsible for? I must not give too much weight to the voices and opinions outside myself, but instead listen to the voice within, and be true to myself.



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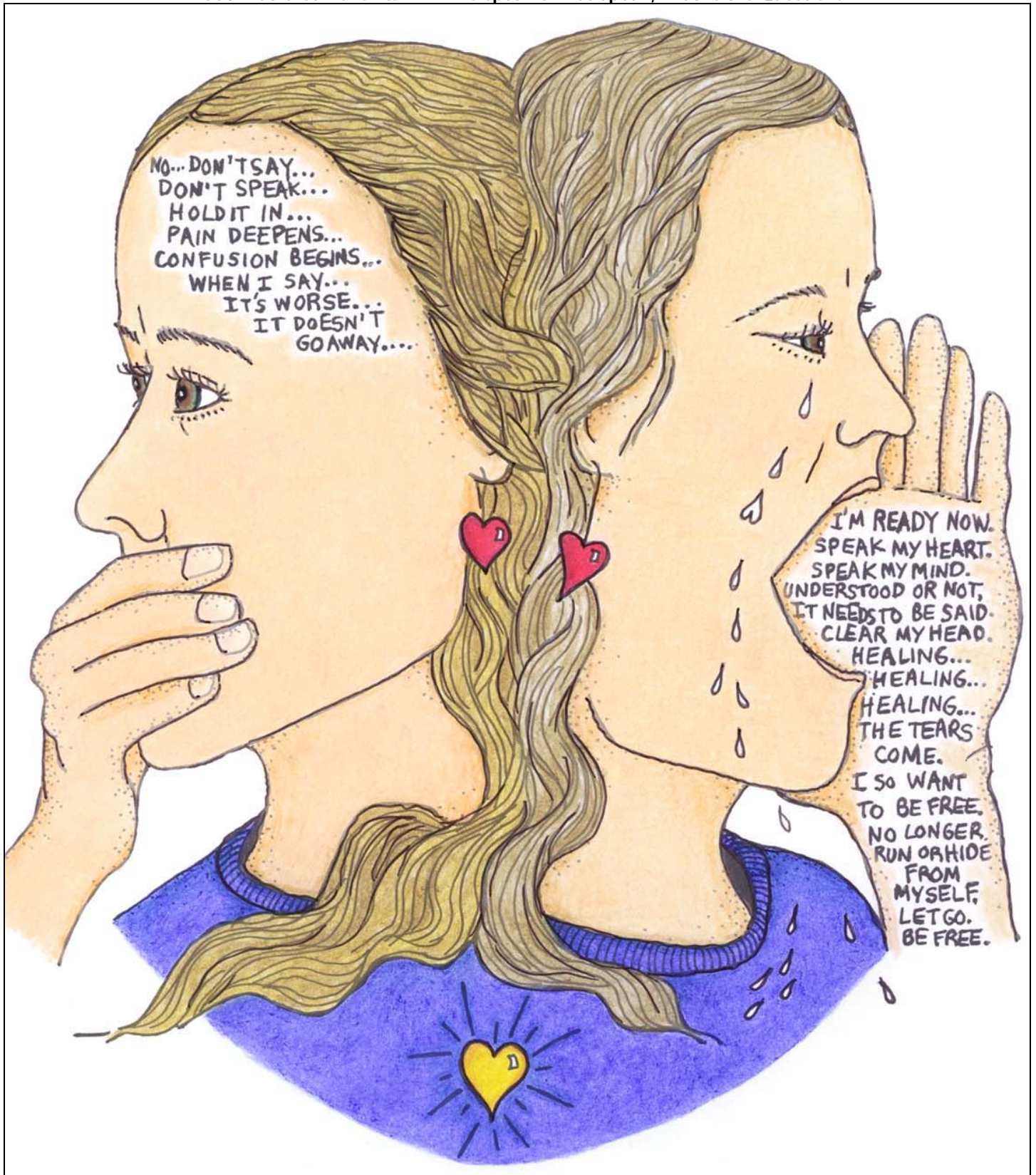
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Self-Portraits – Yoga Series (8of 8)

2003 – Colored Pencil & Ink – To speak or Not Speak, That Is the Question!



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Self-Portraits – Influences

2004 – Ink – I have been influenced by so many, many souls. All contribute to the journey. Even as I write this, there is a part of me that knows that every soul that ever was, and every soul that will ever be, has an effect on me. We are all, after all, in a way we may never fully comprehend, one.



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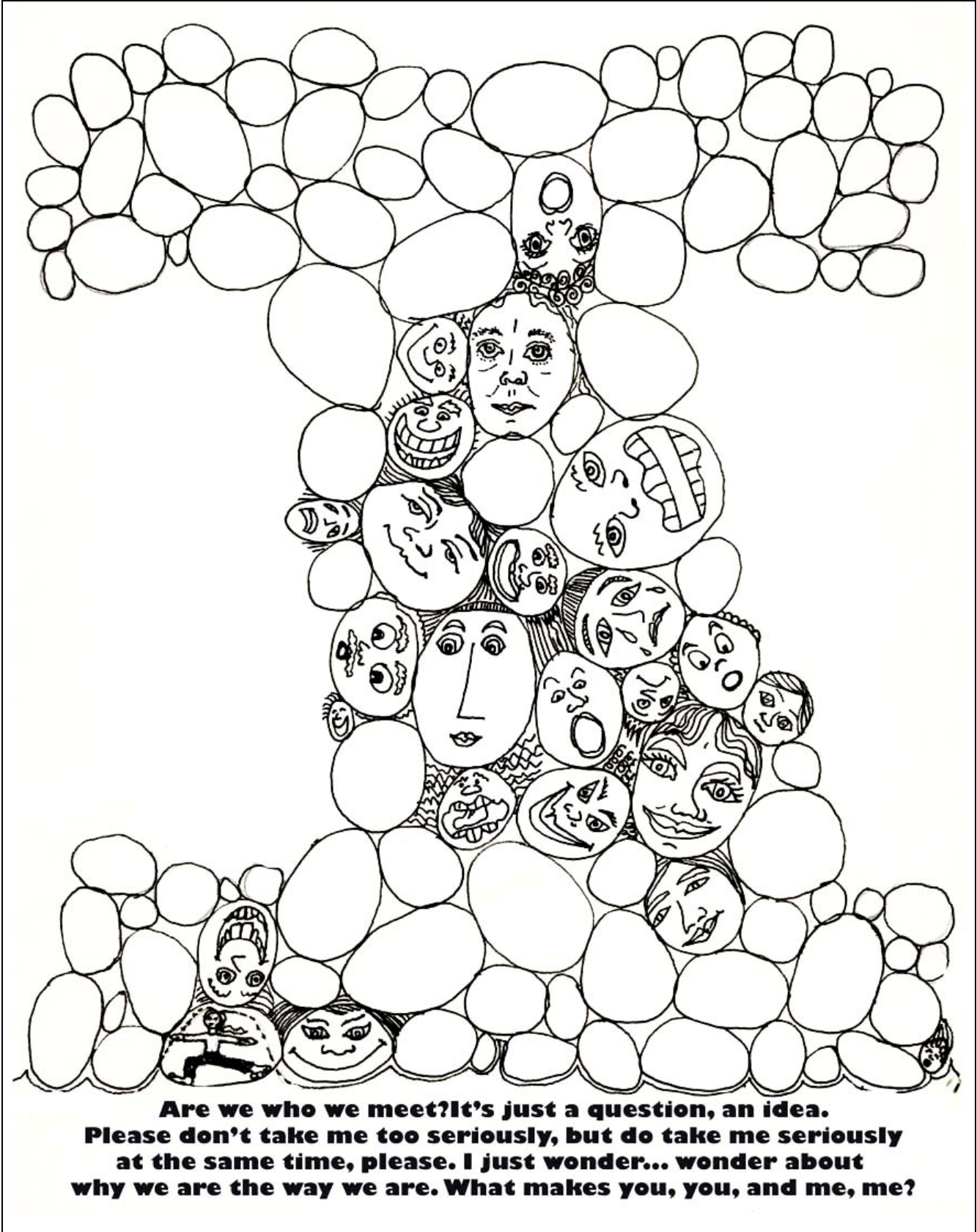
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Self-Portraits – Are We Who We Meet?

2003 - Ink – Unfinished, this work is a question. If I carry with me what I learn from others, if we are all one, if we are all reflections of "God", how does it all fit together?



**Are we who we meet? It's just a question, an idea.
Please don't take me too seriously, but do take me seriously
at the same time, please. I just wonder... wonder about
why we are the way we are. What makes you, you, and me, me?**

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Self-Portraits – Rainbows Stay

2003 – Markers – I love color. Color keeps the blues away. Bright and beautiful colors will always be a part of my life, if I have something to say about it.



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Self-Portraits – God Loves Me

2006 – I know despair. I know what it is to think “I could die and no one would notice.” I know what it is to feel sorry for myself and all alone. But no matter how desperate I feel, bottom line, I know and remind myself that God loves me, and I can love myself too. If you’ve been there, you know what I’m talking about.



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Self-Portraits – Embrace All

2006 - I will not reject any part of myself. I will accept all that I am, glaring flaws and all. I accept. I love.



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Self-Portraits – Transformation

2006 - It has not felt easy. I have felt rejected by most of my immediate family. I have had a few unsuccessful marriages. I have had numerous jobs. People come and go, in and out of my life. I do not form attachments easily; maybe that is a blessing. God is the only constant in my life. I want to evolve into whatever it is "God" wants me to be; I know it is in my best interest. The caterpillar is earthbound, until the transformed butterfly gives it wings.



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