

Laurel Schwartz

*“Ecstatic Expressions” from the void*

*My painting process continues to evolve. My images have always seemed to come from ‘nothing’ ... I show up at the canvas with music and my journal...and then, I wait. I dim the lights, dance, write, reflect, and allow myself to fully express whatever is there. I’ve learned to just ‘follow mySelf around’ and let whatever wants to arrive, come, which may or may not include painting. It’s liberating, healing, and quite magical if an image emerges.*

*The ecstatic expression that I’m referring to here with the name of this exhibit is a recent realization. What I’ve begun to see is that the ecstatic isn’t exclusively joy and pleasure in the way we usually speak about it, but includes the full range of emotion. Whether what is there is ‘preferred’ or not...it’s all an element of the ecstatic purely through its expression...its release. Full bodied expression at least for me, seems to be where the ecstasy lives.*

*I’ve recently begun to paint personal, healing ‘soul reflections’ for individuals... some are displayed here. If you’d like to hear more about these, please contact me. My hope in sharing my paintings...my experience...is that people will get curious about themselves in terms of their own freedom through ‘full bodied expression’ and maybe catch a glimpse of their inner ecstatic!*



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