

The Vessel

Oil on Canvas, 14" x 16"

“The position of the artist is humble. He is essentially a channel.”

Piet Mondrian

The Vessel is a self-portrait. Clearly I am an old soul!

It's earthy tones and inward gaze reflect a commitment to stewardship – to co-creating a better world for all. There is a sense of fertility and creation energy. Of looking within for guidance and inspiration. It feels like a work-in-process.

Spiritual teachers often coach students to become “Empty Vessels” or “Hollow Bones”. They urge us to become clear channels free of the ego's self-serving and often toxic agendas

I painted *The Vessel* during a time of intense study and personal growth. There is a sense of coming undone. I think of the journey a caterpillar makes through the chrysalis. Transformation is happening. Hallelujah!

Beauty, Balance and Peace – Janet

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