

## Sanctuary

Mixed Media with glass, feathers, shells and beads, 13”w x15”h (frame)

*“It’s not what you look at that matters, it’s what you see.”*

Henry David Thoreau

“*Sanctuary*” is about safeguarding fragile and wildish notions so they can take root and grow. It’s about looking closely and seeing from an innocent gaze.

I’m intrigued with planting seeds.

Seeds of intention.

Seeds of friendship and goodwill.

Seeds of Peace

Seeds of new ways of being,

I know from long experience that seeds need to be nurtured, nestled, nursed with tender-loving care and eventually perhaps, nudged into blossoming.

“Sanctuary” reminds me of the award-winning documentary “My Octopus Teacher” with its intimate and expansive underwater footage (produced by Filmmaker Craig Foster and aired on Netflix). “Developing a relationship with a wild octopus, Foster reveals, “She made me realize just how precious wild places are.”

The fluid and feathered womb space wrapped around several pearls feels protected and peaceful. The bubble-like shapes floating outside this fertile sanctuary undulate like a gestating heartbeat. There is ample time to emerge when ready.

In Beauty, Balance & Peace,

Janet

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