

# ARTIST STATEMENT

*"Your life is more meaningful with transformative art. You deserve art that's good for your soul and shows people exactly who you are."*



When was the last time you owned a piece of art that lowered your blood pressure, lifted your spirits and birthed a great conversation? I get it. As a busy professional, it's hard to find amazing, one-of-a-kind art. That's why for over 15 years I have been painting regenerative art, some of which is hanging next to an original Picasso. I want to create art that brings hope, healing, and a sense of possibility and community to the people who enjoy it.

Finding transformative art isn't easy. I know what it feels like to want one-of-a-kind art that you just can't find. If you're like so many of the people I know and admire, you're a confident, accomplished professional always on the lookout for the next big thing. You've probably wondered if there's any art out there that ticked those crucial boxes of uniqueness, sophistication, and self-actualization. This can often feel frustrating, like you're missing out or stuck on the sidelines. That's why I created ArtRegen. I want you to achieve all this so you can stop feeling like you're missing out.

Creativity is the lifeblood of my work, my art and my life. I love being on a journey of creative mastery and mystery, and I'm so grateful to be able to express my creativity and speak my truth through the symbolism of words and stories, as well as sound and color. My art operates on three different levels – abstract, object and motion. When you first look at the art, you might see an abstract pattern reminiscent of the kinds of patterns seen in nature. Look again and maybe you'll experience a subtle, intricate motion of the object and see it move within the context or background of the painting. The idea is that these three levels function together to center you, to help you become more present in the moment and more engaged. I want my art to help people form a deeper, more emotional and more regenerative connection with themselves and their lives.

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Health is a creative process, and regenerative health requires imagination. Understanding the art in your personal space or work areas is part of the full mind-body-spirit experience of the art. Studies show that 'an enriched environment' can activate stem cells in the brain, which is part of our innate system for regeneration. My paintings draw on the science of light, color and abstraction to create sacred otherworldly spaces where people can tap into the magnificence of their own imagination and activate their innate power for self-healing and self-efficacy.

In my exhibitions, I connect visual and performing arts with fiction in order to create sacred spaces where people can travel through the doorways of their imagination to worlds that inspire them. As I'm most drawn to painting, my preferred medium is oil on canvas. The 'color chords,' or color combinations of my paintings, draw from a public art form known as Junkanoo that was developed in The Bahamas, the place of my birth.

Since 2007, my work has been shown in more than 25 solo and group exhibitions in The Bahamas, London, Las Vegas, New York, and Memphis, Tennessee. Many of my paintings have also been featured in juried publications, such as International Contemporary Masters. More recently, my paintings have sold within minutes of sharing the images to collectors online, resulting in 2020 exhibitions being pre-sold prior to the event. I am honored and excited that my paintings are being featured in British Vogue (May, June, July 2021), House and Garden (June, July and August 2021) and Tatler (August, September and October 2021). The more people who become exposed to my art and ArtRegen, the more people we can help own meaningful art that's good for their soul and shows others who they truly are.

For full art inventory click <https://www.artregen.com/current-inventory>