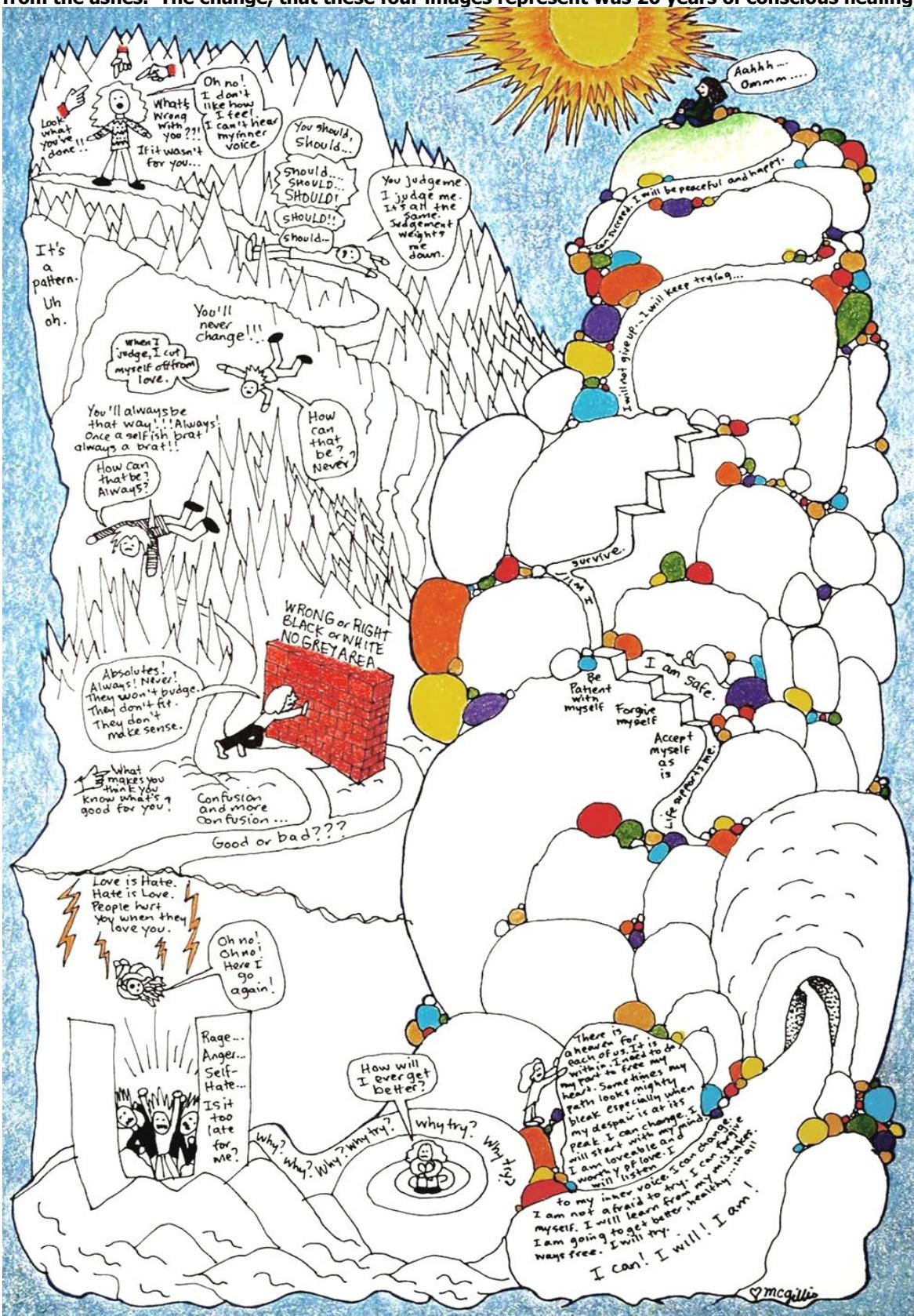


# Self-Portraits – Catharsis (1 of 4) A Way Out

2000 – Pencil & Ink - This is a series of four self-portraits. They represent a catharsis, a phoenix rising, from the ashes. The change, that these four images represent was 26 years of conscious healing.



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**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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