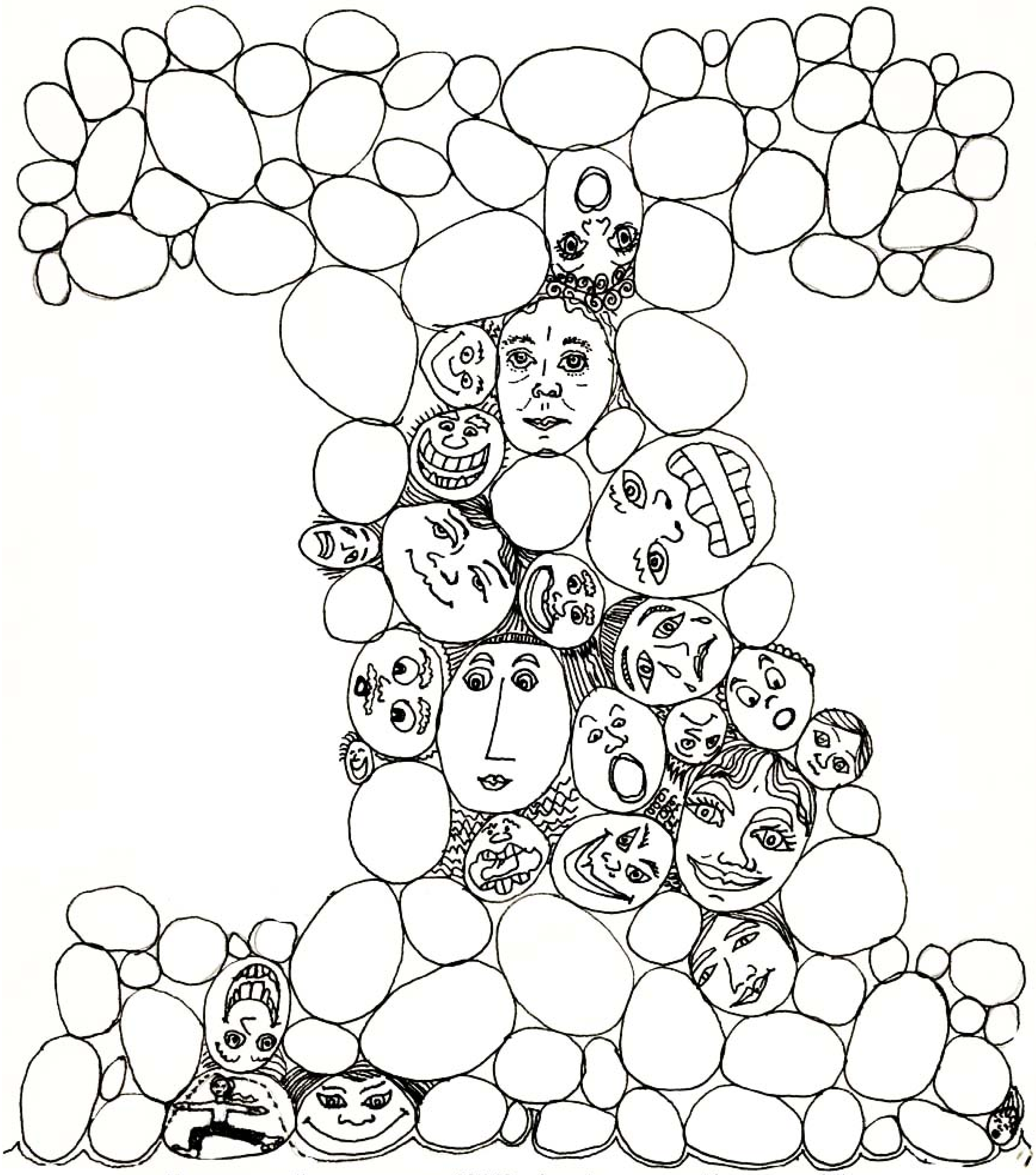
Self-Portraits – Are We Who We Meet?

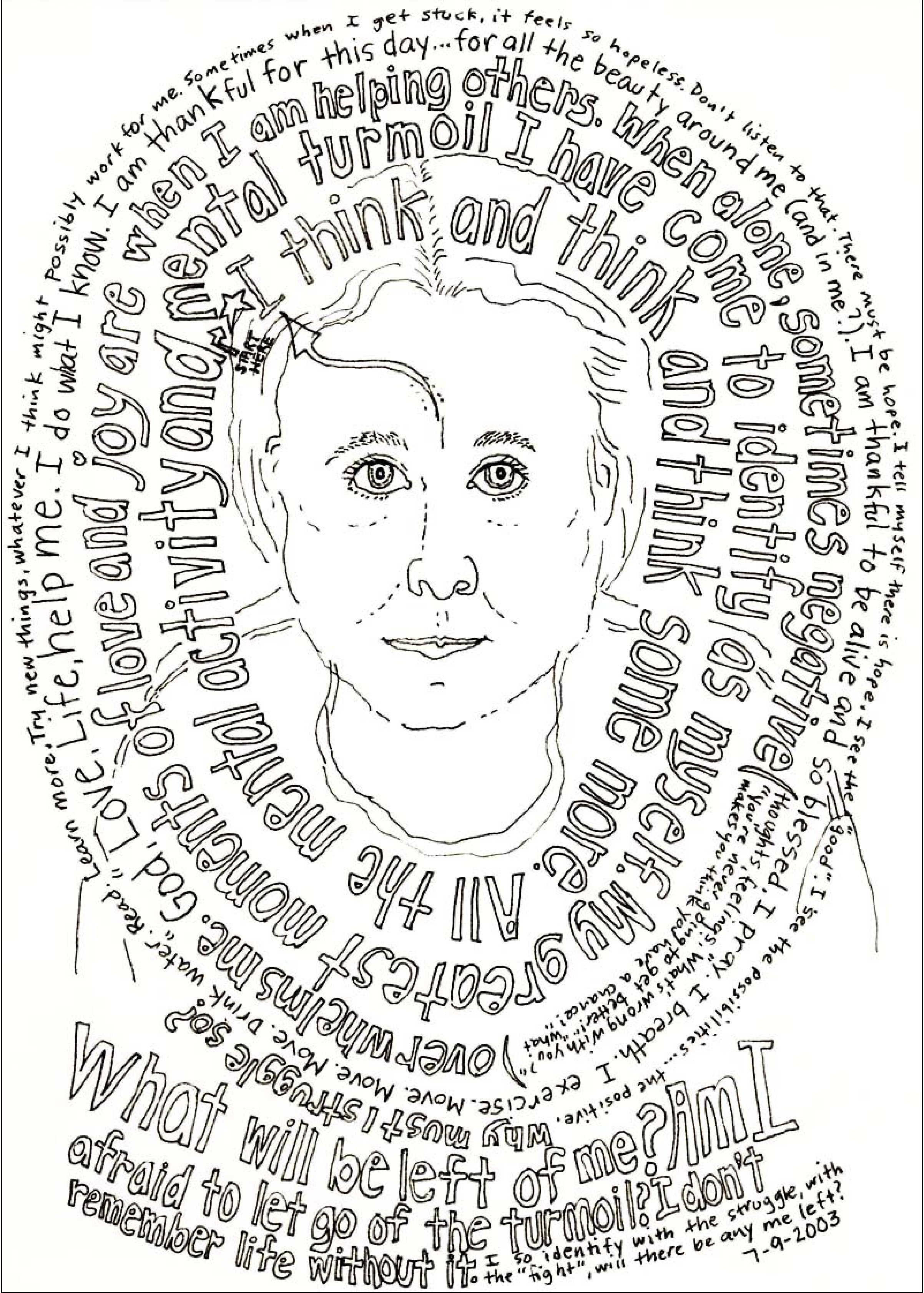
2003 - Ink – Unfinished, this work is a question. If I carry with me what I learn from others, if we are all one, if we are all reflections of "God", how does it all fit together?



**Are we who we meet?It's just a question, an idea.
Please don't take me too seriously, but do take me seriously
at the same time, please. I just wonder… wonder about
why we are the way we are. What makes you, you, and me, me?**

Self-Portraits – What Will Be Left of Me?

2003 - There is more to "me" than what I think, do and have.

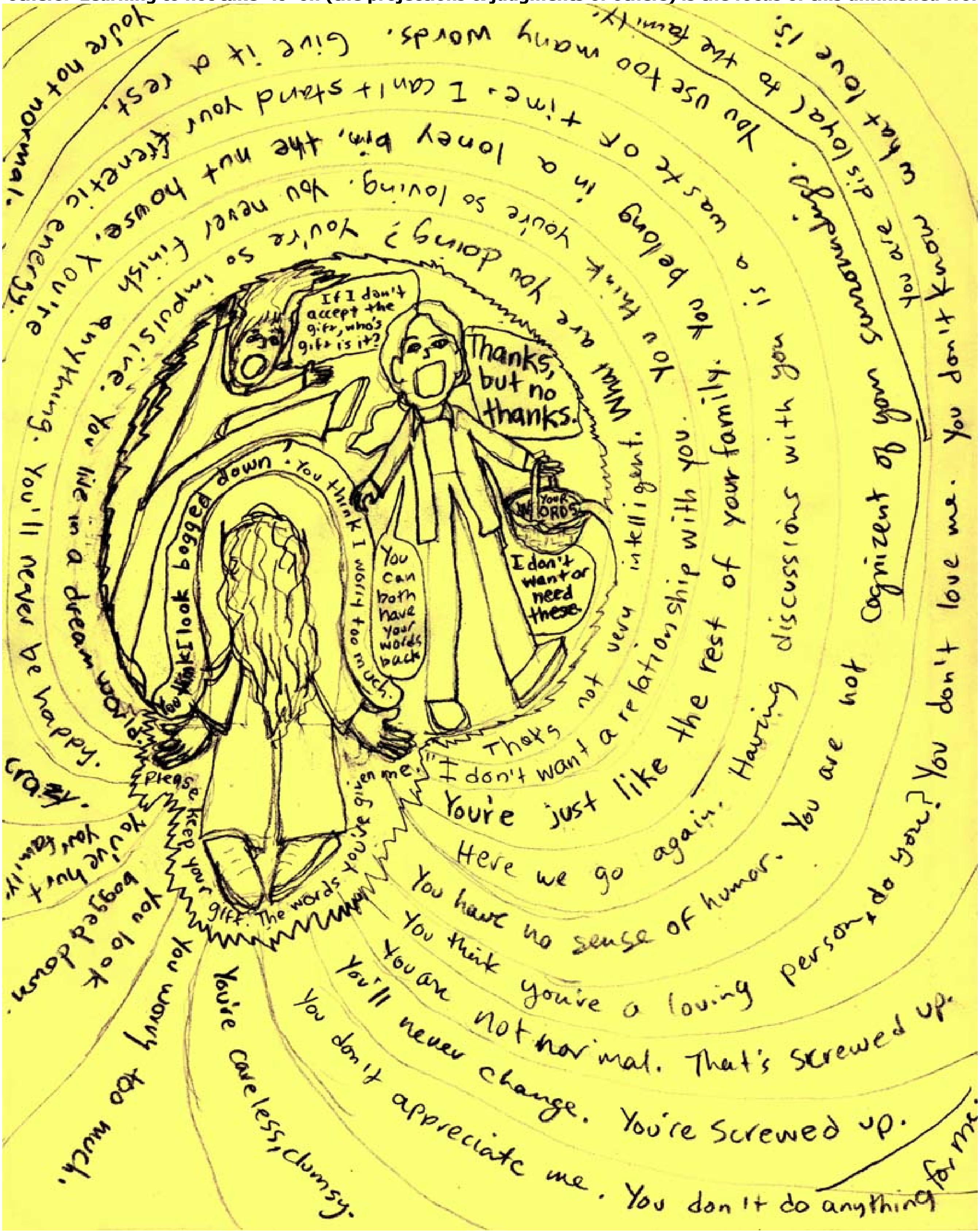


I think and think and think some more. All the mental activity and mental turmoil I have come to identify as myself. My greatest moments of love and joy are when I am helping others. When alone, sometimes negative (thoughts, feelings, "You're never going to get better," "What's wrong with you?" "What makes you think you have a chance?") overwhelms me. God, Love, Life, help me. I do what I know. I am thankful for this day... for all the beauty around me (and in me?). I am thankful to be alive and so blessed. I pray. I breath. I exercise. Move. Move. Move. Drink water. Read. Learn more. Try new things, whatever I think might possibly work for me. Sometimes when I get stuck, it feels so hopeless. Don't listen to that. There must be hope. I tell myself there is hope. I see the "good"; I see the possibilities... the positive. Why must I struggle so? What will be left of me? Am I afraid to let go of the turmoil? I don't remember life without it. I so identify with the struggle, with the "fight", will there be any me left?

7-9-2003

Self-Portraits – Have Your Words Back

2003 – Very Rough Draft in Ink – My sense of self develops in relation to others. Most of us internalize the projections of others. Learning to not take "it" on (the projections & judgments of others) is the focus of this unfinished work.



If I don't accept the gift, who's gift is it?
Thanks, but no thanks.
YOUR WORDS
I don't want or need these.
You can both have your words back
You think I look bogged down.
You think I worry too much.
Please keep your gift. The words you've given me.
What are you doing? You're so impulsive. You live in a dream world.
You think you're so loving. You never finish anything. You'll never be happy.
You belong in a loney bin, the nut house. You're crazy.
is a waste of time. I can't stand your frenetic energy.
You use too many words. Give it a rest.
You're not normal.
You are disloyal to the family.
You don't know what love is.
You don't love me. You don't
That's not very intelligent.
"I don't want a relationship with you.
You're just like the rest of your family.
Here we go again. Having discussions with you
You have no sense of humor. You are not cognizant of your surroundings.
You think you're a loving person, do you? You don't
You are not normal. That's screwed up.
You'll never change. You're screwed up.
You don't appreciate me. You don't do anything for me.
You're careless, clumsy.
You worry too much.
You look bogged down.
You've hurt your family.

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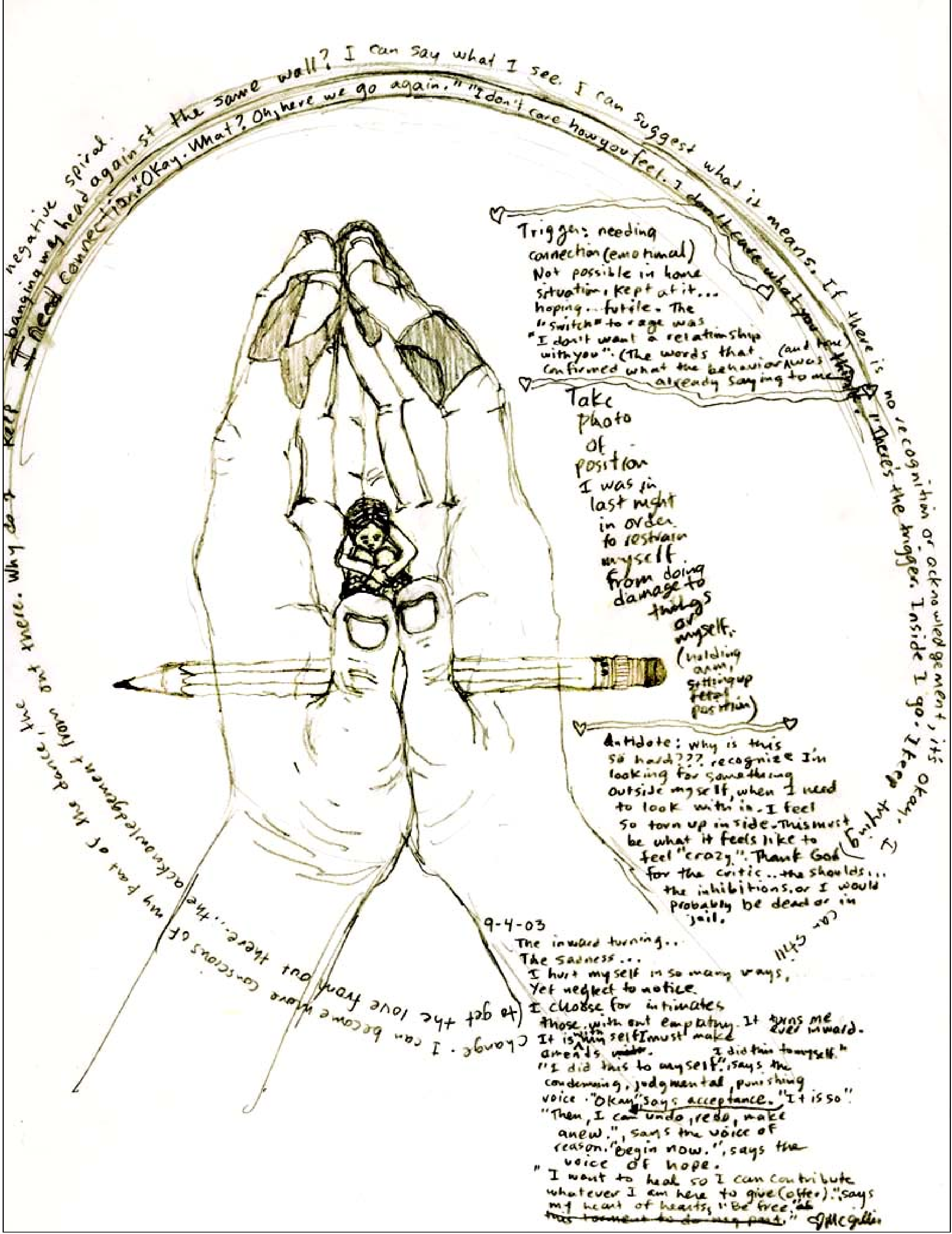
Contact artist, mo@expandingheart.com, to give feedback or negotiate commercial & non-profit agreements.

More downloads at www.expandingheart.org .

Self-Portraits – Please God Peace

2003 – Pencil – This is a very rough draft of a self-portrait. So much inward turning, sometimes I feel like I get all bound up. It will work itself out, no matter how it feels.



Why do I keep banging my head against the same wall? I can say what I see. I can suggest what it means. If there is no recognition or acknowledgement, it's Okay. I can still change. I can become more conscious of my part of the dance, the acknowledgement from out there.

negative spiral.

I need connection. "Okay. What? Oh, here we go again." "I don't care how you feel. I don't care what you think." "There's the trigger. Inside I go. I keep trying

(to get the love from out there... the

1145

Trigger: needing connection (emotional) Not possible in home situation, kept at it... hoping... futile. The "switch" to rage was "I don't want a relationship with you". (The words that (and how) confirmed what the behavior was already saying to me.

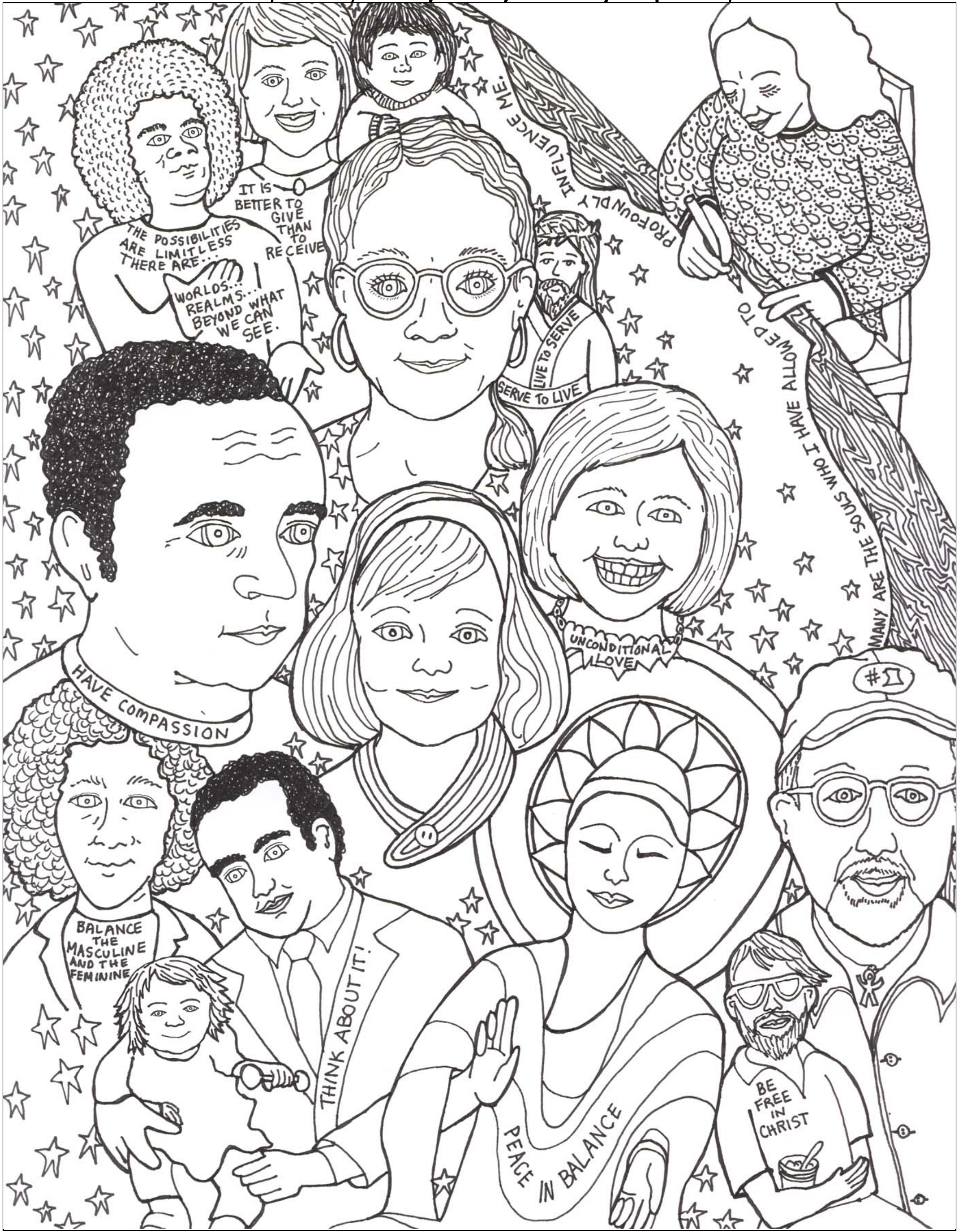
Take photo of position I was in last night in order to restrain myself from doing damage to things or myself. (holding arm, sitting up fetal position)

Antidote: why is this so hard??? recognize I'm looking for something outside myself, when I need to look within. I feel so torn up inside. This must be what it feels like to feel "crazy". Thank God for the critic... the shoulds... the inhibitions, or I would probably be dead or in jail.

9-4-03
The inward turning..
The sadness...
I hurt myself in so many ways,
Yet neglect to notice.
I choose for intimates
those with out empathy. It turns me ever inward.
It is this self I must make amends ~~with~~. "I did this to myself."
"I did this to myself", says the condemning, judgmental, punishing voice. "Okay", says acceptance. "It is so".
"Then, I can undo, redo, make anew.", says the voice of reason. "Begin now.", says the voice of hope.
"I want to heal so I can contribute whatever I am here to give (offer).", says my heart of hearts, "Be free. ~~this torment to do my part.~~"
MMcGillis

Self-Portraits – Influences

2004 – Ink – I have been influenced by so many, many souls. All contribute to the journey. Even as I write this, there is a part of me that knows that every soul that ever was, and every soul that will ever be, has an effect on me. We are all, after all, in a way we may never fully comprehend, one.


THE POSSIBILITIES ARE LIMITLESS... THERE ARE...
WORLDS... REALMS... BEYOND WHAT WE CAN SEE.
IT IS BETTER TO GIVE THAN TO RECEIVE
MANY ARE THE SOULS WHO I HAVE ALLOWED TO PROFOUNDLY INFLUENCE ME.
LIVE TO SERVE
SERVE TO LIVE
UNCONDITIONAL LOVE
HAVE COMPASSION
#1
BALANCE THE MASCULINE AND THE FEMININE
THINK ABOUT IT!
PEACE IN BALANCE
BE FREE IN CHRIST