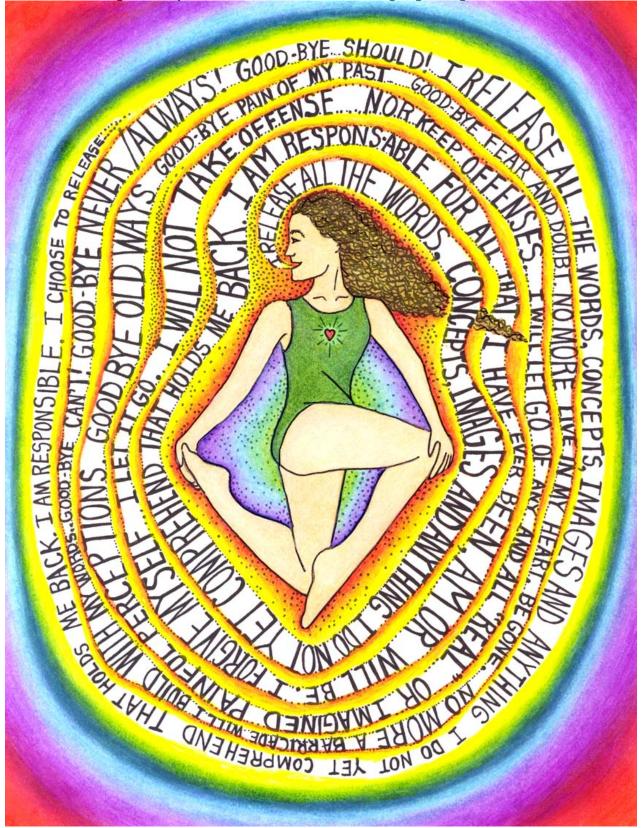
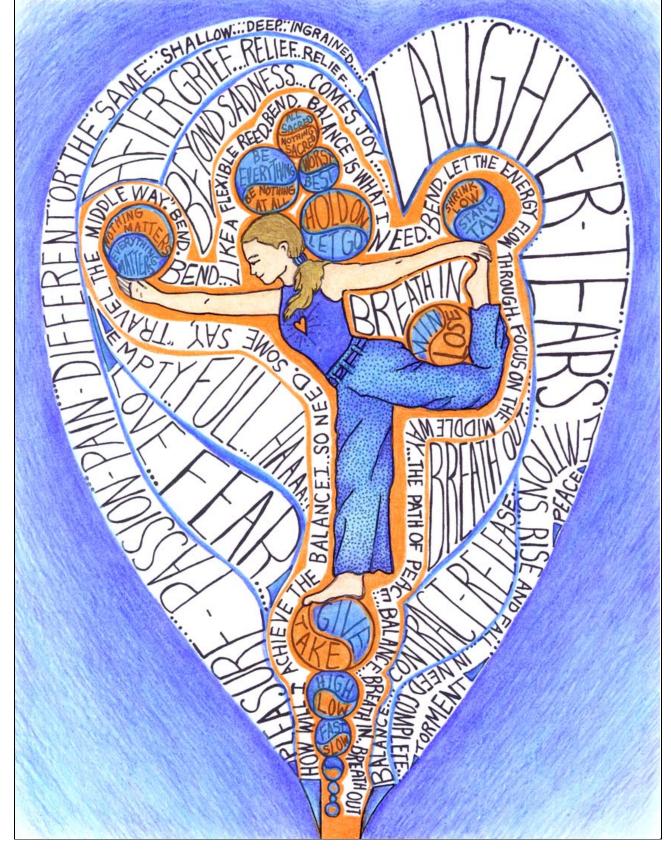
Self-Portraits – Yoga Series (1 of 8) Release

2003 – Colored Pencil & Ink -The idea for the first image of this self-portrait series came while in a yoga posture. Of course I had to stop, find paper and pen, and scribble the idea down so I wouldn't forget it. It was such a strong image that expressed a "solution" to what I was going through at the time.



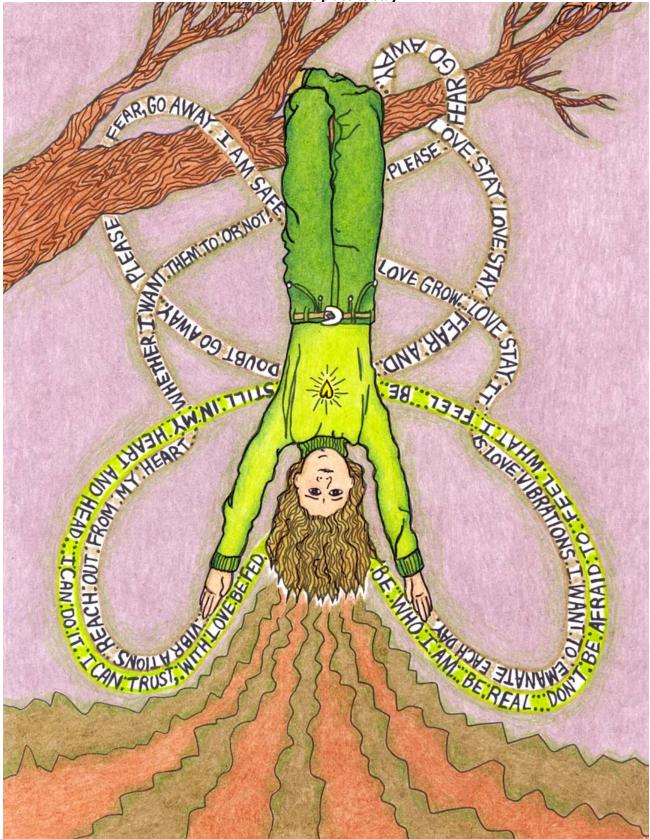
Self-Portraits – Yoga Series (2 of 8) Balance

200<u>3 – Colored Pencil & Ink -After the first image was complete, I got an idea for the next and the next and so on.</u>



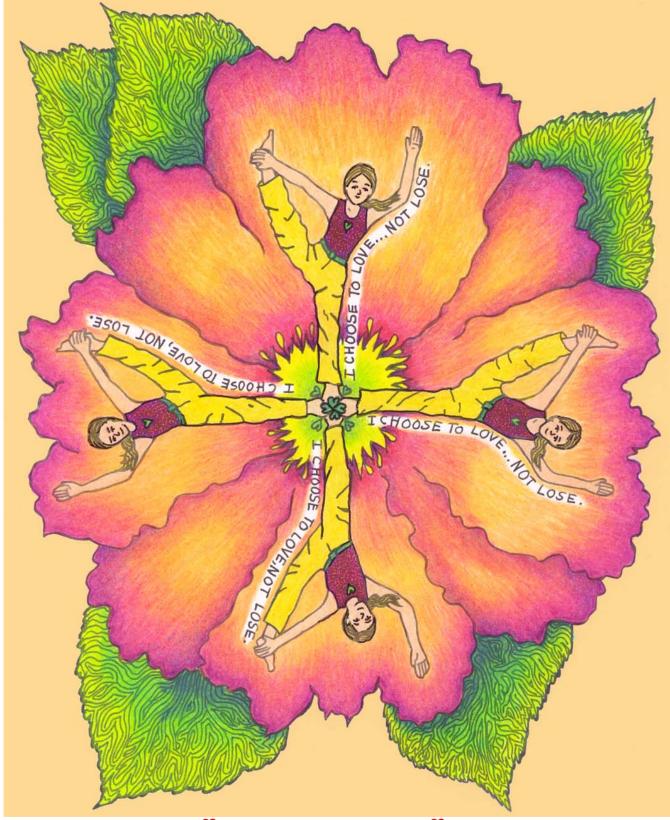
Self-Portraits – Yoga Series (3 of 8) Fear Go Away

2003 – Colored Pencil & Ink -I love to hang upside down. When I maintain a playful, child-like attitude, fear has no place to stay.



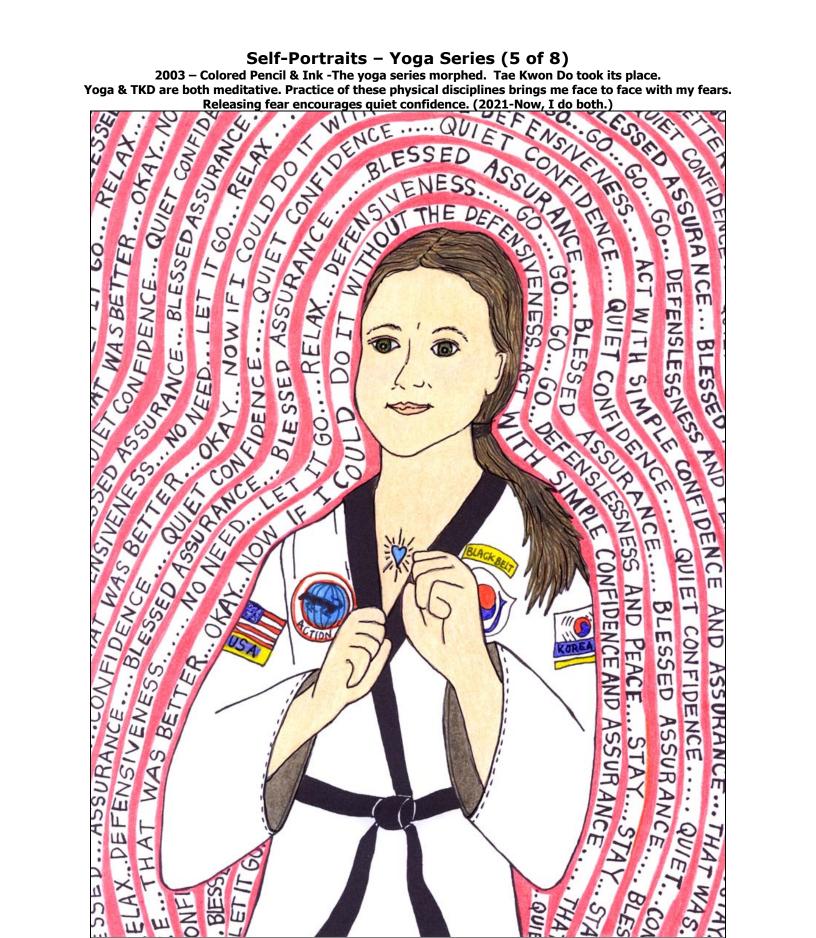
Self-Portraits – Yoga Series (4 of 8) Radiate Love

2003 – Colored Pencil & Ink -There are different kinds of balance; this is radial balance. Like a mandala, moving out from the center, that is how I want my love to be. Love is what I choose, over again and over again. There is really no losing, only putting off that which puts an end to self-inflicted suffering. Be brave, love and be loved.



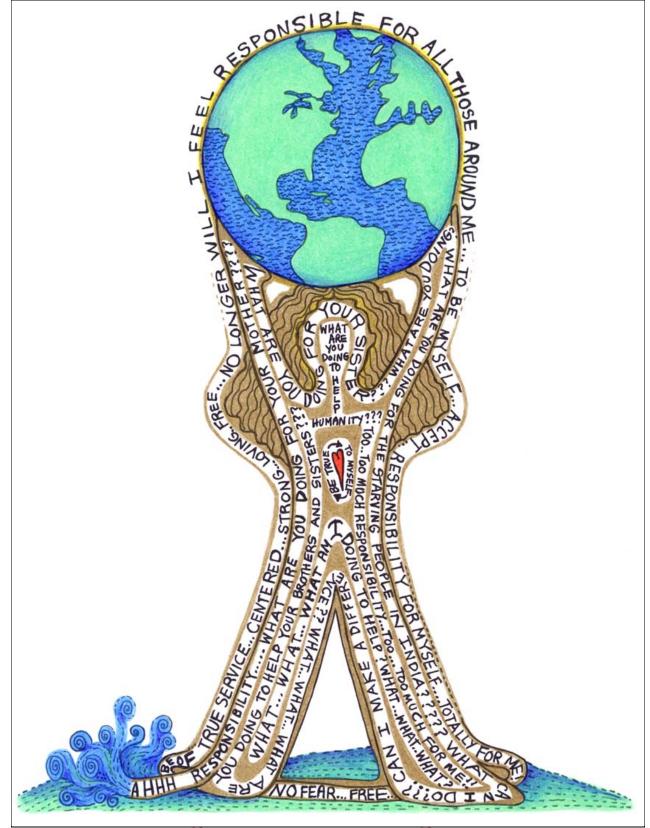
2003 – Colored Pencil & Ink -The yoga series morphed. Tae Kwon Do took its place.

Yoga & TKD are both meditative. Practice of these physical disciplines brings me face to face with my fears.



Self-Portraits – Yoga Series (6 of 8) Responsible Am I

2003 – Colored Pencil & Ink – The weight of the world on our shoulders, it is a saying for a reason. What am I actually responsible for? I must not give too much weight to the voices and opinions outside myself, but instead listen to the voice within, and be true to myself.



Self-Portraits – Yoga Series (7 of 8) 2003 – Colored Pencil & Ink – A prayer for strength to simply be.



2003 - Colored Pencil & Ink - To speak or Not Speak, That Is the Question! NO ... DON'TSA' DON'T SPEAK ... HOLDIT IN ... PAIN DEEPENS ... CONFUSION BEGINS ... WHEN I SAY ... IT'S WORSE. IT DOESN'T GO AWAY. M READY NOW. SPEAK MY HEART. SPEAK MY MIND. 0 UNDERSTOOD OR NOT, ET NEEDS TO BE SAID. CLEAR MY HEAD. HEALING HEALING ... HEALING ... THE TEARS COME. I SO WANT TO BE FREE. NO LONGER RUN OBHIDE FROM MYSELF. LETGO. 0 BE FREE. D

Self-Portraits – Yoga Series (8of 8)