



SPLASHES OF JOY

2025

60 x 60 inches

Acrylic on canvas

"Half the joy of life is in little things taken on the run... but let us keep our hearts young and our eyes open that nothing worth our while shall escape us."

-Victor Cherbuliez

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CHILDHOOD IN THE RAIN

2025

60 x 72 inches

Acrylic on canvas

"Playing together in nature is as much about us as it is about the child. Children get to celebrate and be themselves, while we are reminded of our inner child – the essence of who we are." - Nicolette Sowder

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SHOWERED WITH LOVE

2025

31.5 x 23.5 inches (80 x 60 cm)

Acrylic on acrypoly

"



WHERE BLESSINGS FALL

2025

31.5 x 23.5 inches (80 x 60 cm)

Acrylic on acrypoly



THE JOY OF TWIRLING

2025

31.5 x 23.5 inches (80 x 60 cm)

Acrylic on acrypoly

"We cannot protect ourselves from trouble, but we can dance through the puddles of life with a rainbow smile, twirling the only umbrella we need -- the umbrella of God's love." - Barbara Johnson

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HEARTFELT MOMENTS

2024

31.5 x 31.5 inches

Acrylic on acrypoly

"The happiness of life is made up of minute fractions - the little, soon forgotten charities of a kiss or a smile, a kind look or heartfelt compliment." -Samuel Taylor Coleridge

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BLOWING IN THE WIND

2025

24 x 18 inches

Acrylic on acrypoly

"The winds of grace blow all the time. All we need to do is set our sails." - Ramakrishna

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CHILDHOOD SHOWERS

2025

18 x 12 inches

Acrylic on acrypoly

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WHEN THE SKY GIVES BACK

2025

18 x 12 inches

Acrylic on acrypoly



SHELTERED IN LOVE

2024

18 x 12 inches

Acrylic on acrypoly

"My father is my rock, my safe harbour in life's tumultuous sea. His wisdom is my guiding light, and his love is the anchor that keeps me grounded in all of life's adventures."
-Unknown

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10,000 REASONS

2024

24 x 18 inches

Acrylic on canvas



JUST AS YOU ARE

2024

20 x 15 inches

Acrylic on canvas

"I've found beauty in such unexpected places. I think the most beautiful thing you can do is be yourself and to own it." -Shannon Purser

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OPEN SKY

2024

20 x 15 inches

Acrylic on canvas

*"In the sky an infinitude of hope, a canvas of glory—
all possibilities mine." -Terri Guillemets*

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WHAT I'M THANKFUL FOR

2024

20 x 15 inches

Acrylic on canvas

"I'm grateful for always this moment, the now, no matter what form it takes." -Eckhart Tolle

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CARRIED BY THE WIND

2024

20 x 15 inches

Acrylic on canvas

"May the wind always be at your back and the sun upon your face, and the winds of destiny carry you aloft to dance with the stars." - George Jung

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IN THIS TOGETHER

2023

24 x 16 inches

Acrylic on canvas

"There is a destiny which makes us brothers; none goes his way alone. All that we send into the lives of others comes back into our own." ~ Edwin Markham

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STORIES OF HOPE

2024

24 x 24 inches

Acrylic on canvas

"Hope can be a powerful force. Maybe there's no actual magic in it, but when you know what you hope for most and hold it like a light within you, you can make things happen, almost like magic." - Laini Taylor

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GIVING ME WINGS TO FLY

2023

20 x 15 inches

Acrylic on canvas

"Give the ones you love wings to fly, roots to come back and reasons to stay." -Dalai Lama

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SMILE IN THE WIND

2024

24 x 24 inches

Acrylic on canvas

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails."
- William Arthur Ward

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COURAGE TO LEAP

2023

36 x 24 inches

Acrylic on canvas

"Living rationally and authentically means understanding that life centrally involves making leaps of faith, both small and large, and that the value of living is to a large extent the value of experiencing your life, whatever that experience is." – L.A. Paul

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FREEDOM FOUND ME

2024

24 x 24 inches

Acrylic on canvas

There is freedom waiting for you,
On the breezes of the sky,
And you ask "What if I fall?"
Oh but my darling,
What if you fly?
Erin Hanson

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FREE YOUR SPIRIT

2022

18 x 12 inches

Acrylic on canvas

"I have fallen in love with the imagination. And if you fall in love with the imagination, you understand that it is a free spirit. It will go anywhere, and it can do anything." – Alice Walker

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GET YOUR HOPES UP

2024

18 x 12 inches

Acrylic on canvas

"When you live in the garden of hope, something is always blooming!"-Joyce Meyer

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HIGHER LOVE

2024

12 x 8 inches

Acrylic on acrylic

"Love is how it feels to recognize our essential unity. Awakening to oneness is the experience of Big Love. Knowing you are one with all, you find yourself in love with all." — Timothy Freke

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LIFE IS A SONG

2024

12 x 8 inches

Acrylic on acrylic

"Life is a song - sing it. Life is a game - play it. Life is a challenge - meet it. Life is a dream - realize it. Life is a sacrifice - offer it. Life is love - enjoy it." -Sai Baba

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SEE THE LOVE

2024

12 x 8 inches

Acrylic on acrylic

"Love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well." – Vincent van Gogh

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WHIRL OF PASSION

2024

24 x 24 inches

Acrylic on canvas

"A true passion that burns within your soul is one that can never be put out." — Zach Toelke

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GLIMMERS IN MOTION

2024

24 x 24 inches

Acrylic on canvas

*"Something that is very special today might not be special tomorrow, but to hold it, to grasp it, to keep it, to make it special, to elevate it from the ordinary, that's when you open up the champagne. To make it sparkle."
-Christoph Waltz*

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AN INWARD STILLNESS

2023

36 x 24 inches

Acrylic on canvas

*"Let us labor for an inward stillness--
An inward stillness and an inward healing.
That perfect silence where the lips and heart
Are still, and we no longer entertain
Our own imperfect thoughts and vain opinions,
But God alone speaks to us and we wait
In singleness of heart that we may know
His will, and in the silence of our spirits,
That we may do His will and do that only"*

-Henry Wadsworth Longfellow

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CHASING LIGHTS

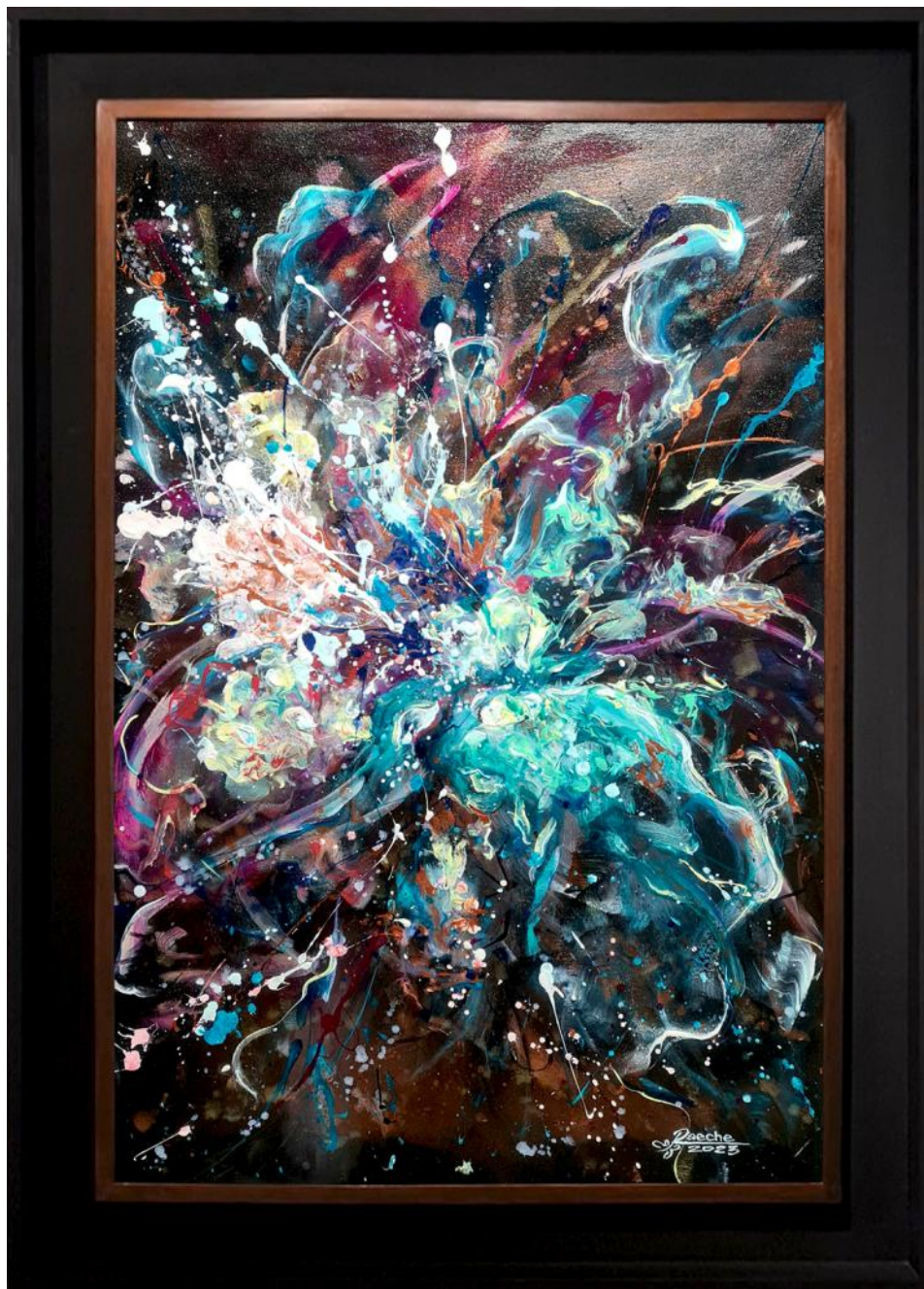
2023

36 x 24 inches

Acrylic on canvas

"I am forever chasing light. Light turns the ordinary into the magical." -Trent Parke

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BETWEEN THE STROKES

2023

36 x 24 inches

Acrylic on canvas

"To create one's own world takes courage."

~ Georgia O'Keeffe

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IN A SLOW MOMENT

2023

24 x 24 inches

Acrylic on canvas

"We do not remember days, we remember moments. Too often we try to accomplish something big without realizing that the greatest part of life is made up of the little things. Live authentically and cherish each precious moment of your journey. Because when you finally arrive at your desired destination, I guarantee you, another journey will begin." -unknown

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A FAMILIAR LOVE SONG

2023

24 x 24 inches

Acrylic on canvas

"In a society that worships love, freedom and beauty, dance is sacred. It is a prayer for the future, a remembrance of the past and a joyful exclamation of thanks for the present."

— Amelia Atwater-Rhodes

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LET THE JOURNEY TAKE YOU

2023

20 x 15 inches

Acrylic on canvas

"Aim for the sky, but move slowly, enjoying every step along the way. It is all those little steps that make the journey complete." -Chanda Kochhar

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HOPE IN THE CLOUDS

2023

20 x 15 inches

Acrylic on canvas

*"Clouds come floating into my life, no longer to carry rain
or usher storm, but to add color to my sunset sky."
- Rabindranath Tagore*

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READY TO BE

2024

18 x 12 inches

Acrylic on canvas

"One must not always think so much about what one should do, but rather what one should be. Our works do not ennoble us; but we must ennoble our works." - Meister Eckhart

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FEEL MY RHYTHM

2024

18 x 12 inches

Acrylic on canvas

"Music and rhythm find their way into the secret places of the soul" -Plato

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LIFE'S A TWIRL

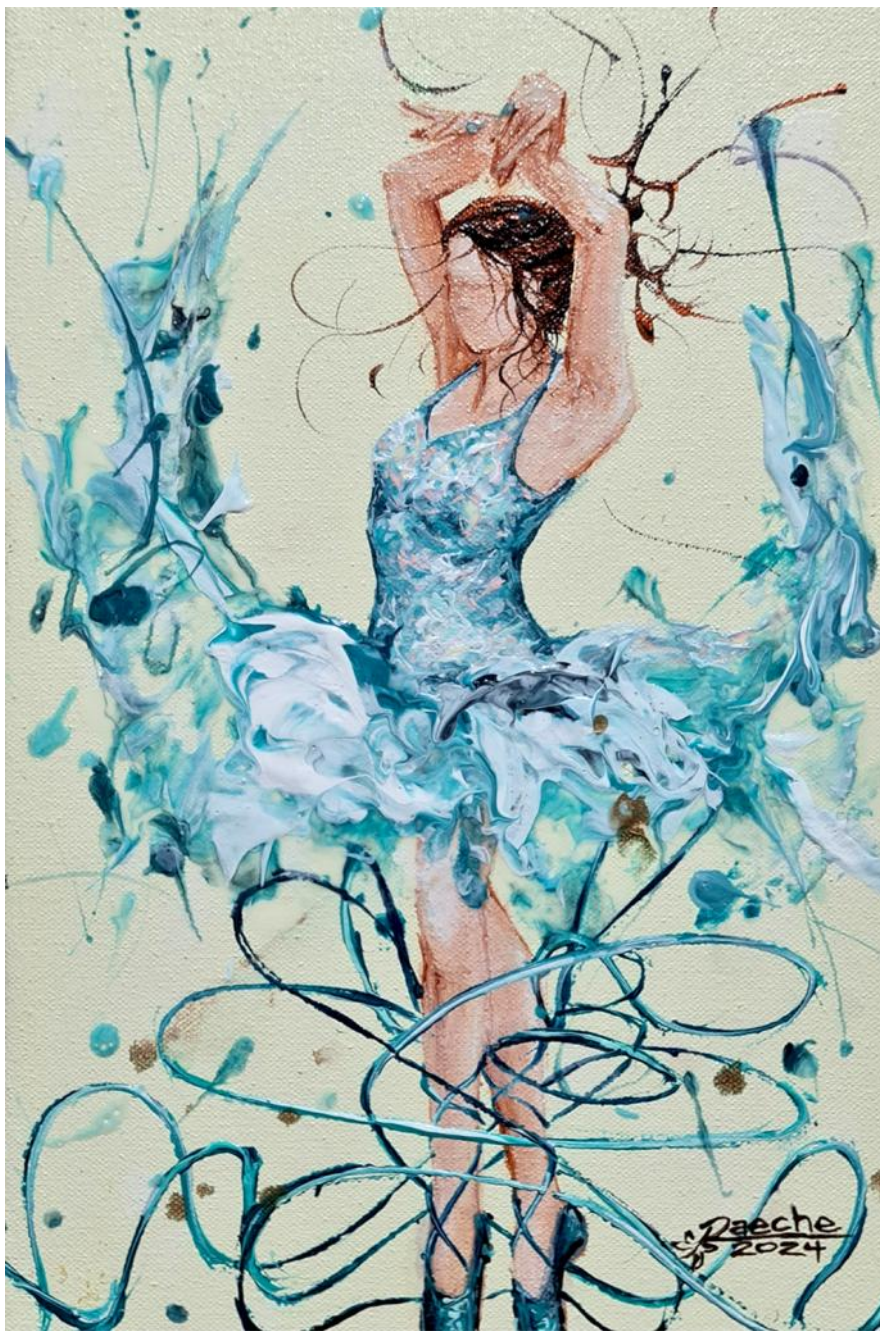
2024

18 x 12 inches

Acrylic on canvas

"Be in tune with the music of life and twirl to your own beat."

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SOFTLY SHE DANCES

2024

12 x 8 inches

Acrylic on canvas

"In the dance of life, she moves to her own music."

- John Mark Green

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EUPHORIC MOMENTS

2024

12 x 8 inches

Acrylic on canvas

"When we feel joyful, euphoric, happy, we are more open to life, more capable of seeing things clearly and handling daily tensions." -Leo Buscaglia

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REVERIE

2024

24 x 16 inches

Acrylic on acrypoly

"Reverie allows us to imagine other possibilities than those which lie immediately before us, other worlds than those we inhabit." -Chris Fleming

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IN ESSENCE

2024

24 x 16 inches

Acrylic on acrypoly

*"The essence of all beautiful art, all great art, is gratitude."
-Friedrich Nietzsche*

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GRACE TO GRACE

2021

48 x 48 inches

Acrylic on canvas

"Whatever we are waiting for - peace of mind, contentment, grace, the inner awareness of simple abundance - it will surely come to us, but only when we are ready to receive it with an open and grateful heart."

-Sarah Ban Breathnach

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LIFT ME UP

2021

48 x 48 inches

Acrylic on canvas

"Knowing God is like listening to beautiful music. His words have power. He lifts me up & soothes my soul. He makes me dance. He gives me joy." -Germany Kent

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BE

2021

48 x 36 inches

Acrylic on canvas

"Practice sharing the fullness of your being, your best self, your enthusiasm, your vitality, your spirit, your trust, your openness, above all, your presence. Share it with yourself, with your family, with the world." Jon Kabat-Zinn

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CATCHING FEELINGS

2021

48 x 36 inches

Acrylic on canvas

*"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart".
Helen Keller*

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HIGHER

2021

48 x 36 inches

Acrylic on canvas

"Never undermine the power of passion. You have a very high chance of achieving anything you are passionate about." - Israelmore Ayivor

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AFTERGLOW

2021

48 x 36 inches

Acrylic on canvas

"Grace and beauty originates from within. It is the spirit's light that glows out and make every-thing beautiful."

-Angie karan

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