

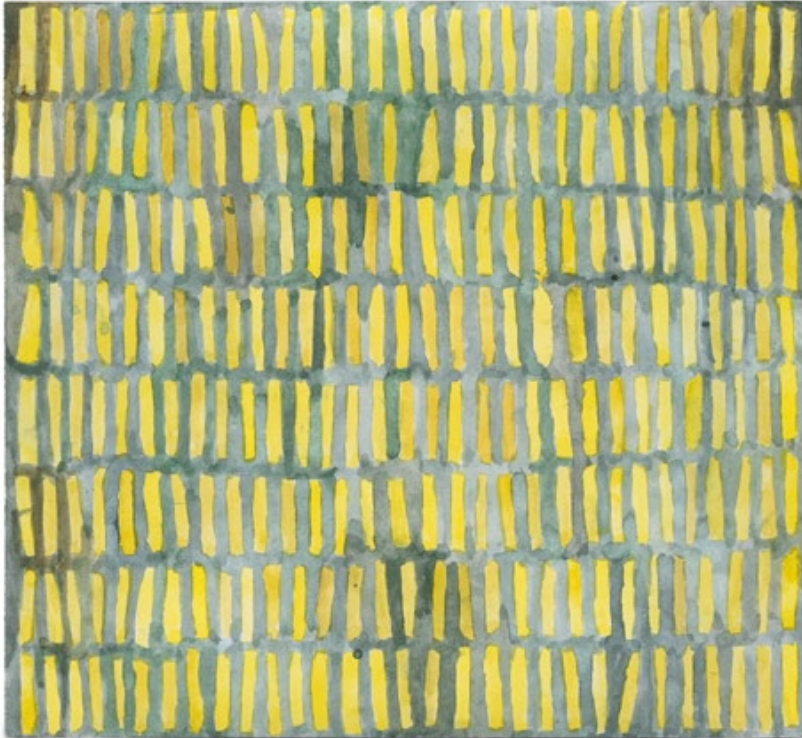
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I can unequivocally say that my two weeks at the residency were two of the most satisfying, productive, and revealing weeks of my life. I went to Montello to find out what my life would be like with only art, meditation, and self-knowledge as my daily activities and what I found was a peace, equilibrium, and focus that provided a new opening in my work.

*Untitled, 2019, watercolor on Paper, 14 in x 11 in*



*Stone Web #6, 2019*  
hydrocal, pigment, foil, plaster wrap, acrylic, watercolor, enamel, polyurethane

I have been a zen practitioner for the past fifteen years and have done several long retreats in that tradition, so the silence and isolation were familiar to me. What was different was the incorporation of art making into my schedule. At a zen retreat your whole schedule is set for you, here I had to find my own way. Having no outside contact and nowhere to go allowed my mind to settle very quickly into a lovely routine of meditation, art making, reading, walking, and just being aware and attentive. I found myself working and acting as I haven't in thirty years, a time when my responsibilities to jobs, family, and career were a small part of my life.

I also must mention the influence and impact of the small library. I read five books and numerous collections of articles that have sent my interests in a new direction. The library felt curated to my taste and was further evidence of the intelligence and design of both the physical and experiential environment.