Art has heavily impacted who I am and how I see the world. I have been creating art as a coping mechanism, as a hobby, and as a passion for as long as I can remember. I treasure the support I had growing up for my creative mind. In the basement of my house back in Minnesota we had a workshop for my dad’s tools, in one corner specifically designated for me, was my art studio. It’s just a corner with a little stool, my easel, and one of his old tool organizers to hold my paints and oil pastels. I was so thankful for this little space I had. I remember very fondly the times my father and I spent, him dinking away on his projects, and me with masterpieces and projects of my own. My family has continued to support my art by helping fund my supplies, and encouraging me to try out new ideas, and allowing me to share my art with them.

I use several different mediums for my art, however my personal preferences are ink and watercolor. I like the permanence of ink, and also the flow it has within my hands. Sometimes it feels like the ink is pouring out of my fingertips instead of the pen. I also like the precision with ink. The lines can be more exact and I can depict a lot more details than I can through paint and other mediums. I like watercolor for almost the complete opposite reason. I like the impermanence of every stroke I make. I can add a color and some water and create unexpected pieces that truly intrigue me. It’s a totally different train-of-thought than when I am creating with ink. When I am creating with water color, I feel my emotional state is different- more explorative and open. You can see this in the color.

When I am stressed from school or need a mental break, art centers me and taking me simultaneously away from reality while also reconnecting me to it. I have even gotten my friends more interested in this pastime. We like to call it “casual art.” Oftentimes, people get discouraged from creating because they feel like their art “isn’t good” or they just “don’t have a creative mind.” I feel that is one of the most limiting things one can do to oneself. Art is to let the mind wander, to allow yourself the freedom to explore your thoughts through colors and lines rather than formulating words all the time. To limit your thought to only one side of the brain is to dull the brains abilities and moreover, hindering your own mental capacity.

I am a strong believer in the world you create and shape around yourself and how you present yourself directly correlates to how you are manifesting your ideas, thoughts, and passions – you are creating your own masterpiece around you every moment you interact with your surroundings. Stemming from that, you are in complete control of your own masterpiece. You are your own artist in every aspect of your life. Your decisions are your medium.

That is why I have embraced art so heavily in my everyday life. I use it as an escape and reconnection- vacation for my brain from the tangible and explainable. I truly feel as though art can positively benefit every person’s life in some way, shape, or form, it’s just finding the medium that fits your creative mind the best.