

Creation is the foundation of my artistic practice. Whether through embroidery, beading, drawing, or digital design, I gravitate toward hands-on, tactile methods that immerse me in the creative process. I find deep satisfaction in transforming materials into unique expressions of self, conveying emotions and narratives that words often cannot capture. My work is deeply rooted in process, often embracing repetitive, meditative motions that allow me to connect with my materials in a meaningful way.

Embroidery and beading, for example, require patience and precision—each stitch or bead forming part of a larger composition. The slow, intentional process mirrors the rhythms of thought and emotion, making each piece not just a visual experience but a physical and personal one. Repetition is a key element in my practice; the act of creating something through small, methodical movements allows me to feel present, grounding my thoughts in the moment. This sense of mindfulness extends into my other artistic mediums, where I find comfort in detailed linework, intricate patterns, and layered textures.

Nature plays a significant role in my work, both visually and conceptually. Organic patterns, natural textures, and the way elements in nature organize themselves influence the shapes and compositions I create. I am drawn to the imperfect symmetry found in nature—the way vines twist, waves ripple, or tree branches form intricate networks. These natural forms find their way into my designs, adding fluidity and depth to my pieces. The organic repetition of nature—growth, decay, renewal—parallels the way I approach my creative process, embracing both structure and spontaneity.

Much of my work explores themes of mental health, particularly anxiety, through abstract forms, high contrast, and intricate patterns. What began as simple doodles to quiet my mind has evolved into a refined artistic style. By embracing abstraction, I aim to evoke emotion rather than depict it literally, allowing viewers to find their own connections within the work.

Art, for me, is both a process and a practice—a way of grounding myself through repetitive motions, tactile materials, and intuitive creation. Each piece is an exploration of rhythm, emotion, and presence, reflecting the ebb and flow of thought and feeling. Through my work, I strive to create immersive aesthetic experiences that resonate with others, fostering connection and understanding.