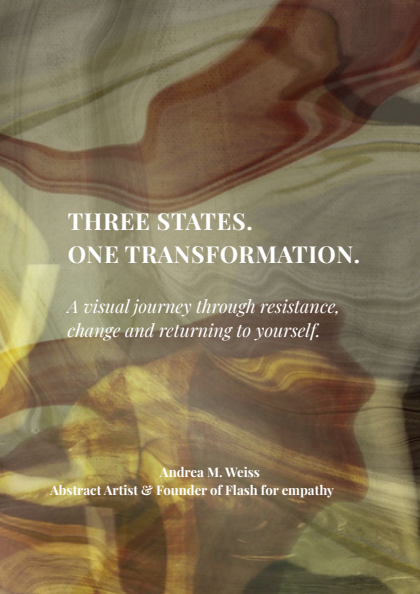




THREE STATES. ONE TRANSFORMATION.

*A visual journey through resistance,
change and returning to yourself.*

Andrea M. Weiss
Abstract Artist & Founder of Flash for empathy

A woman with long, wavy blonde hair and dark sunglasses is shown in profile, looking out over a body of water under a clear blue sky. She is wearing a light-colored, patterned tank top. The background is a soft-focus view of the ocean and horizon.

I was recently asked why
I paint these pictures.

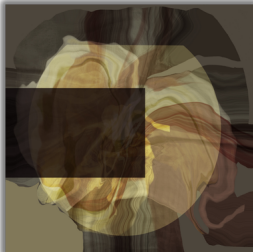
Honestly, I don't know if I
have one clear answer.

I think I paint to better
understand what is happening
in my life, and sometimes what
isn't happening.

The older I get, the more I
notice certain patterns. The
way I react. The things I resist.
The moments when something
no longer feels right, even though
I can't yet explain why.

Obstruction

*When something feels like
it is standing in your way.*



There are moments when we feel blocked.
we feel something is holding us back.
A situation. A person. A decision.
Sometimes even ourselves.

*But what if the obstacle isn't exactly
where we think it is?*

Fracture

*When the old structure
begins to change.*

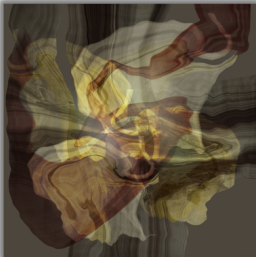


Not everything that breaks is lost.
Sometimes something has to come apart
before we can see what was holding it together.

It is not a comfortable place.
But it can also be a place of possibility.

Internalization

Turning inward.



After resistance and rupture, there can be a quieter moment.

A moment when we stop looking for the answer
somewhere
outside ourselves.

*There is no longer a need to hold everything in place.
No need to make everything clear.*



*Sometimes transformation
is almost invisible.*

Obstruction

I feel blocked.

Fracture

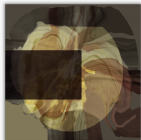
Something changes.

Internalization

I return to myself.

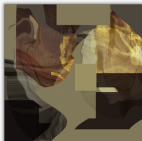
I don't think transformation is always a dramatic moment. Sometimes it is almost invisible, a thought, a reaction, a pattern, a feeling, a different way of looking at something.

Three States. One Transformation.



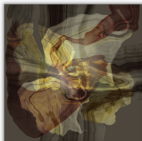
Obstruction

*Internal resistance/
perception*



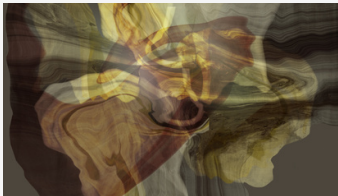
Fracture

*Disruption /
change*



Internalization

*Integration /
returning inward*



Perhaps a painting doesn't have to give you an answer. Perhaps it can simply remind you of something you already know.

That is what I hope my paintings can do.
Create a small pause. A moment of recognition.
A visual reminder to return to yourself:

*Everything you are looking for
is already within you.*

Andrea M. Weiss
Abstract Artist & Founder of Flash for empathy