

**THREE STATES.
ONE TRANSFORMATION.**

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

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

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.*



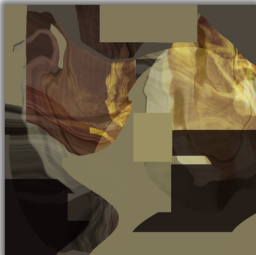
There are moments when we feel blocked.
Something seems to be holding us back.
A situation. A person. A decision.
Sometimes even ourselves.

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

Obstruction explores internal resistance,
perception and the illusion of being blocked.

Fracture

*When the old structure
begins to change.*



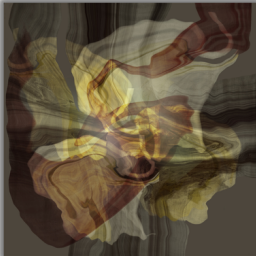
Not everything that breaks is lost.
Sometimes something has to come apart
before we can see what was holding it together.

Fracture explores disruption, loss and the uncertain
space between what was and what comes next.

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.

Internalization is about turning inward, integrating what has happened
and returning to yourself.

*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.

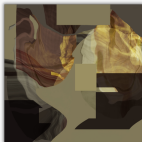
I don't think transformation is always a dramatic moment. Sometimes it is almost invisible, a thought, a reaction, a pattern, a feeling, a different way of looking at something.

Three States.
One Transformation.



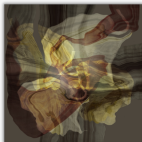
Obstruction

*Internal resistance/
perception*



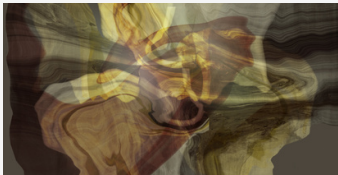
Fracture

*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.

Something you have felt.
Something you have forgotten.
Something you haven't found the word for yet.

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.***

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