

# ARTIST'S STATEMENT | RAINA STEBELSKY

In my paintings and prints, I instinctively seek the primordial, the deepest part of our being, which is found in all mankind. I only know how to do this by exploring, and laying to scrutiny, my own soul. My work is largely biographical, drawing upon my personal experiences. For me, art is a vehicle for healing wounds and rediscovering feelings. It allows me to communicate to others who have lived similar experiences but without the opportunity to tell their stories. It is also a vehicle for depicting beauty, which I see in the darkest crevasses.

As for subject matter, the raw elements of nature, the human form, and ancient man-made forms are what interest me most, and lead me on my path to self-discovery. I find that the use of pure colour, simple forms, and a subtle symbolism allow me to best express my inner self. There is a rhythm to my brushstrokes, pencil marks or wood incisions which I find soothing but which also convey my own inner turmoil and the suffering that I see in the world around me.

My goal in art is to communicate and share my experiences with other people through my art.

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