



Brenda Heim

Gestural calligraphic brush movements and “no mind” Zen brush painting

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ARTIST STATEMENT

My work unites gestural calligraphic brush movements and the ancient method of “no-mind” Zen brush painting.

The oversized, gestural brush movements seen in my work emerged from a hunger to stretch beyond my former training of traditional Calligraphic letter forms. During a two year quest for self-realization, these gestural brush markings further emerged after an introduction to the ancient “no-mind” method. The fusion of these separate art forms represents my personal style of painting and the process from which I create

Following the “no-mind”, I step aside intellectually when approaching my work, thus clearing a path to channel creativity and insight. In essence, I become a witness, watching with anticipation as brush movements and color combinations manifest themselves on a blank canvas. This process is my doorway to new dimensions of creativity and greater potential for both canvas and artist.

Oversized brushes and large Sumi mops are used to maneuver high polymer acrylics, enamel and/or Sumi ink across un-stretched canvases on the studio floor. I specialize in site-specific commissions and I’m passionate about painting large scale formats for interior and exterior environments.

My works can be seen in a growing number of private, corporate and public collections. Studio visits welcomed by appointment.

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ARTIST STATEMENT • BIO • METHOD AND PHILOSOPHY • 2007 • 2006 • 2005 • 2004 • 1995-2000

BIOGRAPHICAL INFORMATION

SELECTED CORPORATE, PUBLIC AND PRIVATE COLLECTIONS

Fiserv CBS Worldwide — Lake Mary, Florida
Coopers & Lybrand — Orlando, Florida
Rumberger, Kirk & Caldwell — Orlando, Florida
201 N. New York Avenue Partnership — Winter Park, Florida
Adrenaline Films — Orlando, Florida
Shiloah South, Center for Psychology — Leesburg, Florida
Central Florida Symphony — Ocala, Florida
Around Travel, Inc. — Eustis, Florida
Mr. & Mrs. Harris Rosen — Orlando, Florida
Dr. & Mrs. Ira Shafran — Orlando, Florida
Don & Toogie McIntosh — Winter Park, Florida
Mr. & Mrs. Schmidlin — France
Mr. & Mrs. Gray — Nova Scotia
Dr. & Mrs. Becker — Jacksonville, Florida
Dr. Leonard & Ellen Glass — Longwood, Florida
RJV Homes — Winter Park, Florida
Michael Catello — Winter Park, Florida
The Mader Family — Windermere, Florida
Nina & Andrew Bamberger — Orlando, Florida
John Lee Brewerton, III, Esq. — Orlando, Florida
Chris Alexander-Manley & Tommy Manley — Orlando, Florida
Gloria Richards — College Park, Florida
Carol & Len Greenbaum — Heathrow, Florida
Gayle & Richard Reis — Maitland, Florida
Richard Streitler & Brian Joyce — Maitland, Florida
Karen Shores — Heathrow, Florida
Barbara Watts — Houston, Texas
Laurent Nicastro & Scott Alles — Heathrow, Florida
The Pierson Family — Altamonte Springs, Florida
The Quammen Family — Montverde, Florida
The Quammen Group — Winter Park, Florida
Karen Moorefield & Jim Grumberg — Apopka, Florida
Michelle B. Kane, Esq. — Orlando, Florida
The Cullison Family — Mount Dora, Florida
Leslie Campione, PA — Mount Dora, Florida
Mr. and Mrs. Ushikubo — Vancouver, BC
Mr. and Mrs. Joseph O'Sullivan — United Nations Plaza, NYC
Jackelyn Arvelo & Eduardo Jana — Jarabacoa & Casa de Campo,
Dominican Republic

SELECTED SOLO & GROUP EXHIBITIONS

2006

Art Collaborations Gallery — Eustis, Florida
Tamarack Galleries — Naples, Florida
Onessimo Fine Art — Palm Beach Gardens
Gallery One — Naples, Florida
Minus COLOR — Orlando Marriott Downtown Art Gallery
From Apha to Enigma — Chelsea, New York City
Scott Laurent Collection — Winter Park, Florida

2005

Tamarack Galleries — Naples, Florida
Gallery M — Winter Park, Florida
Florida Artists Gallery — Daytona Beach, Florida
Onessimo Fine Art — Palm Beach Gardens
Tensho Gallery — Vancouver, B.C.
Grand Bohemian Gallery — Orlando, Florida
Scott Laurent Collection — Winter Park, Florida
Art Atelier — Luxembourg, Europe
Flying Fish Gallery, "Dancing Brush...pen in hand 2" — Eustis, Florida
Minus COLOR — Orlando Marriott Downtown Art Gallery

2004

Onessimo Fine Art — Palm Beach Gardens
New River Gallery — Ft. Lauderdale & Naples, Florida
Tensho Gallery — Vancouver, B.C.
Grand Bohemian Gallery — Orlando, Florida
Scott Laurent Collection — Winter Park, Florida
Art Atelier — Luxembourg, Europe
Flying Fish Gallery — Eustis, Florida
Tavares City Hall, "Dancing Brush...pen in hand" — Tavares, Florida

2003

Tensho Gallery — Vancouver, B.C.
New River Gallery — Ft. Lauderdale, Florida
Herman Miller Showroom — Orlando, Florida
Grand Bohemian Gallery — Orlando, Florida
Art Atelier — Luxembourg, Europe

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BIOGRAPHICAL INFORMATION (Continued)

2002

Tensho Gallery — Vancouver, B.C.
OVO Designs, Inc. — Orlando, Florida
Orlando Museum of Art, First Thursdays — Orlando, Florida
Lake Eustis Museum of Art — Eustis, Florida
Grand Bohemian Gallery, "Integro" — Orlando, Florida
Art Atelier — Luxembourg, Europe

2001

Addison Gallery — Boca Raton, Florida
Tensho Gallery — Vancouver, B.C.
OVO Designs, Inc. — Orlando, Florida
Scott Laurent Galleries — Winter Park, Florida

2000

Fields BMW — Lakeland, Florida
Koucky Gallery — Naples, Florida
Europa Gallery — Mount Dora, Florida
Addison Gallery — Boca Raton, Florida
Tensho Gallery — Vancouver, B.C.
Scott Laurent Galleries — Winter Park, Florida

1999

Living Quarters — Orlando, Florida
Regency House Fine Art — Atlanta, Georgia
"10 Women Art Show" — Orlando, Florida
Evolution Gallery — Orlando, Florida
Scott Laurent Galleries — Winter Park, Florida

1998

West River Galleries — Jacksonville, Florida
Artists at the Market — Winter Park, Florida
Scott Laurent Galleries — Winter Park, Florida

1997

Barnett Bank Center Building — Orlando, Florida
West River Galleries — Jacksonville, Florida
Scott Laurent Galleries — Winter Park, Florida

1996

West River Galleries — Jacksonville, Florida
Orlando Museum of Art, "Art after Dark Series" — Orlando, Florida
Civic Theatre of Central Florida w/Jacquelyn Jones — Orlando, Florida
Florida Business Interiors — Orlando, Florida
SunTrust Bank Building — Jacksonville, Florida
Hospitality Galleries — Orlando, Florida
Scott Laurent Galleries — Winter Park, Florida

1995 - 1991

Omnisphere Gallery — Toledo, Ohio
Raleigh Gallery, The DeCota — Ft. Lauderdale, Florida
The Gallery Upstairs — Claremont, California
Lake Sumter Community College — Leesburg, Florida
Maitland Art Center — Orlando, Florida
Fidelity Arts — Los Angeles, California
Mount Dora Center for the Arts — Mount Dora, Florida
Scott Laurent Galleries — Winter Park, Florida

REPRESENTATIVES, GALLERIES & AFFILIATIONS

Art Collaborations Gallery — Eustis, Florida
Kace Montgomery, Art Consultant — Eustis, Florida
Onesimo Fine Arts — Palm Beach Gardens, Florida
Mary Ann Steltenkamp, Art Consultant — Winter Park, Florida
Lisa Corkery, Art Consultant — Lake Mary, Florida
Leone Interiors — Altamonte Springs, Florida
Scott Laurent Collection, Art Consultants — Winter Park, Florida
BOBOSART, Art Consultants — Orlando, Florida
Windermere Fine Art & Custom Framing — Windermere, Florida
Jasmine Gallery — Mount Dora, Florida
PAM (Public Arts & Music) — Eustis, Florida

ARTIST IN RESIDENCE

1993 - 1995 Scott Laurent Galleries — Winter Park, Florida

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BIOGRAPHICAL INFORMATION (Continued)

EDUCATION

1957 b.- present — Life Experiences
1974 - 1976 — Alliance High School, Alliance, Ohio
1979 - 1982 — Lake Sumter Community College, Leesburg, FL
— Commercial Art, Photography, Humanities, Sociology...
1979 - 1989 — Seven Calligraphic typestyles
1989 - present — Zen Brushwork

MISCELLANEOUS HEIM SITINGS

August 2005 — Wabi Sabi, feature story Central Florida, FOX 35 news

Feb 2004 — HIMSS Healthcare trade show, Orlando, Florida
Oct 2004 — Southern Womens Show, Orlando, Florida
Feb 2005 — Winter Park LOFTS, group exhibit, Winter Park, Florida
Jan 2005 — DeLand Cultural Arts Center, fundraiser for ABWA, DeLand, FL
Fall 1999 — Nickelodeon's "Noah Knows Best", Orlando, Florida
August 1994 — Co-juror, Lakeridge Winery Fine Art Show, Clermont, Florida
CD cover for band — Straiph, Scotland
CD cover for Circularity, Orlando, Florida
The Golden Rule Foundation — various fundraising events: Bloomingdales, Isleworth Estate, etc — Central Florida

PUBLICATION HISTORY

May 2007	<i>Lake Magazine</i>	"Art from the Heart", Brenda Heim Zen Painting Artist
March 2007	<i>Orlando Sentinel</i>	"Co-creation" Exhibit, Mount Dora Center for the Arts
Sept 2006	<i>Lake Sentinel</i>	Heim/Hays Gallery pushes Public Art Sept 2004 <i>Lake Sentinel</i> 2 shows open fall arts season
Dec 2002	<i>Orlando Sentinel</i>	Artist Spotlight/Brenda Heim
Sept 2002	<i>Orlando Sentinel</i>	The Gallery, "Abstract & Primal"
Sept 2002	<i>Orlando Sentinel</i>	"Art exhibit exudes energy"
Sept/Oct 1999	<i>Arbus Magazine</i>	5 year Anniversary Issue with cover artists
Nov 1998	<i>Orlando Weekly Afterwards</i>	"Gathering of the tribes"
May 1998	<i>Orlando Magazine</i>	FACES - "Outside the Lines"
Dec/Jan 96-97'	<i>Arbus Magazine</i>	"The Art of Calligraphy"
Mar/April 1995	<i>Central Florida Arts Digest</i>	"Scott Laurent Galleries 4th Anniversary"
March 1994	<i>Focus-on Lake County</i>	"The dreams and visions of one are destined to be shared by many"
May 1993	<i>WPRK 97.5, Winter Park, FL</i>	"The Unbearably Primal Scream of the Inner Being"
Sept 1992	<i>Daily Commercial</i>	"Eustis students rally for drug-free futures"
Sept 1992	<i>Daily Commercial</i>	"Music, movement stir Tavares artists' talent"
Aug 1992	<i>Lake Sentinel</i>	"The artist within"
June 1992	<i>Lake Sentinel</i>	"Woman of Letters"
July 1991	<i>Lake Sentinel</i>	"Artist shares joy of painting with children in summer class"
May 1991	<i>Lake Sentinel</i>	"Artist Evolves Calligraphy into Painting"
May 1991	<i>Daily Commercial</i>	"Artist debuts in Mount Dora", "Capturing the abstract"

Zen Brush Painting — METHOD AND PHILOSOPHY

My art schooling began when I was a little girl with dance, violin and piano. In later years commercial art, photography and extended studies of calligraphy added to my repertoire of creative endeavors. In the late 80's, two profound life experiences became the foundation to my personal style of painting. One was the introduction to Zen Brush Painting as a way to loosen my tight calligraphic hand; and the second was a life challenge that catapulted me into therapy.

Alongside the therapy process (1989-1991) of unlocking buried emotional, mental and spiritual pain, I continued to experiment with the "no-mind" Zen brush painting method. Painting oversized, gestural sweeps of calligraphic brush movements not only loosened my calligraphic hand, it also worked as a release technique to help me get out of my head and into free movement. The process was euphoric. A state of spiritual reverie independent of thought or analysis.

Following the "no-mind" when approaching my work, I become a witness, watching with anticipation as brush movements and color combinations manifest themselves on a blank canvas. It's truly an authentic experience of the magic and wonder of letting go and letting God.

High polymer acrylics are hand mixed on the pole barn studio floor. Most canvases exceed eight feet in length. Oversized brushes, Sumi and/or large brush tools are selected as a vehicle between the canvas, God and myself. Layers of colors (acrylic, enamel and/or Sumi Ink) are added like watercolor washes, drying in the sun after each application. For the canvases that stay in the studio for a year or more, they become transformed even more so with additional layers of color upon color. Without losing sight of the initial 'laying on' of colors, new hues and images continue to emerge. I call this process - the risk of losing it all, in order to have it all. It simply is (for me), a risk of letting go of the best painting, in order to receive better yet. As in art, it is, as in life.

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2007



PDF33
Homage to Motherwell
11" x 9"
Acrylic on watercolor paper



PDF34
Plan A release-Plan B ice cream
6' x 4'
Acrylic on canvas

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2007



PDF35
The Sentinel
6'2" x 5'2"
Acrylic on canvas



PDF36
Black Tea Gestural 2
30" x 44"
Acrylic on tea stained watercolor paper

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2006



PDF1
Here and Now Meets Destiny
6' 9" x 3' 9"
Acrylic on canvas



PDF2
The Guardian
4' 9" x 3' 9"
Acrylic & gold leaf metallic powder on canvas

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2006



PDF3
Sitting Quietly
12' x 4' 6"
Acrylic & enamel on raw canvas



PDF4
Oriental Abstract
5' 5" x 3' 5"
Enamel on raw canvas

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2006



PDF11
Oriental Abstract, Black & Red 2
2' x 32"
Enamel on raw cotton duck canvas

2005



PDF12
YangShe Dragon
3' x 9'
Sumi Ink & Enamel on canvas

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2005



PDF13
Land HO! Steady As She Goes
9' x 4' 2"
Acrylic and Sumi Ink on canvas



PDF14
Abstract Calligraphy Black/White 6
22" x 30"
Sumi Ink on watercolor paper

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2004



PDF27
Oasis of Ebony
4' x 4' 3"
Acrylic with gold leaf metallic powder on canvas



PDF28
Sumi Ink Abstract / Chartreuse
24" x 64"
Acrylic and Sumi Ink on canvas

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2004



PDF29
New View
28 1/2" x 5' 6"
Acrylic and Sumi Ink on canvas

1995-2000



PDF30
Learning to Dance
3' x 7'
Acrylic and Sumi Ink on canvas

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1995-2000



PDF31
You and me...a story of Love
5' x 7'
Acrylic on canvas



PDF32
The Way . . . is in God's hands
7' 8" x 4'
Acrylic & Sumi Ink on canvas