

SOUL OF THE BRUSH



Brenda Heim

Abstract Calligraphy Painting & Sculpture

Red Square 2, 6'5" x 4'2" Sumi ink and acrylic on linen 2013 Sept/Aug



Top: Red Square 3, 6'3" x 4'2" Sumi ink and acrylic on canvas 2013 Sept/Aug

Bottom: Red Square 1 Sumi Ink Landscape, 6'10" x 4'2" Sumi ink and acrylic on linen 2013 Sept/Aug



Top: Walking Meditation Blue #1, 5'6" x 25" Acrylic, Sumi ink, metallic powder on linen 2013

Bottom: reUNITED, 10' x 4'5" Sumi ink, acrylic, enamel on raw canvas 2013/12



Walking Meditation Blue #2, 3' x 4'3" Sumi ink, acrylic, oil stick, metallic powder on canvas 2013



L: *Way of the Brush - Cyan*, 4' x 6'5" Sumi ink, acrylic on canvas 2013/12

R: *Walking Meditation Black Ink*, 22" x 30" Sumi ink on watercolor paper 2013



Companions, 2 panels - 22" x 30" ea., Acrylic, Sumi ink on watercolor paper 2013



Top: Enso Black with Blue Brush, 30" x 22" Acrylic, Sumi ink on watercolor paper 2013

Bottom: Black Ink Blue, 30" x 22" Acrylic, Sumi ink on watercolor paper 2013



Top: *Walking Ink*, 6' x 4'2" Acrylic, Sumi ink on canvas 2013/12

Bottom: *Flying Cyan 2*, 5' x 26" Sumi ink, acrylic on canvas 2013



Way of the Brush 1, 7' x 5'2" Acrylic, Sumi ink on canvas 2013



Top: Red Samurai Black Enso, 4'10" x 32" Acrylic, Sumi ink, silver/gold metallic powder on raw canvas 2013

Bottom: Quixote Crossing, 47" x 28" Acrylic, Sumi ink on canvas 2010



Top: *Ink Mark - Ox*, 30" x 22" Acrylic, Sumi ink on watercolor paper 2013

Bottom: *Ink Mark - Woman*, 30" x 22" Acrylic, Sumi ink on watercolor paper 2013



Way of the Brush - Lavender Red/Orange, 49" x 5'4" Sumi ink, acrylic on canvas 2013/12



White Samurai, 5' x 7'6" Sumi ink, acrylic on canvas 2012/11



L: *Precarious Enso*, 41" x 4'10" Acrylic, Sumi ink on raw canvas 2013/12

R: *Mother River*, 36" x 4'8" Acrylic, Sumi ink on raw canvas 2013/12



Top: Walking Sticks, Bird, Ocean Wave, 2 panels 20" x 15" ea. Acrylic, India ink on watercolor paper 2011

Bottom: Broken Circle Series - Indigo Abstract with Enso, 8'8" x 27" Acrylic, Sumi ink on canvas 2011



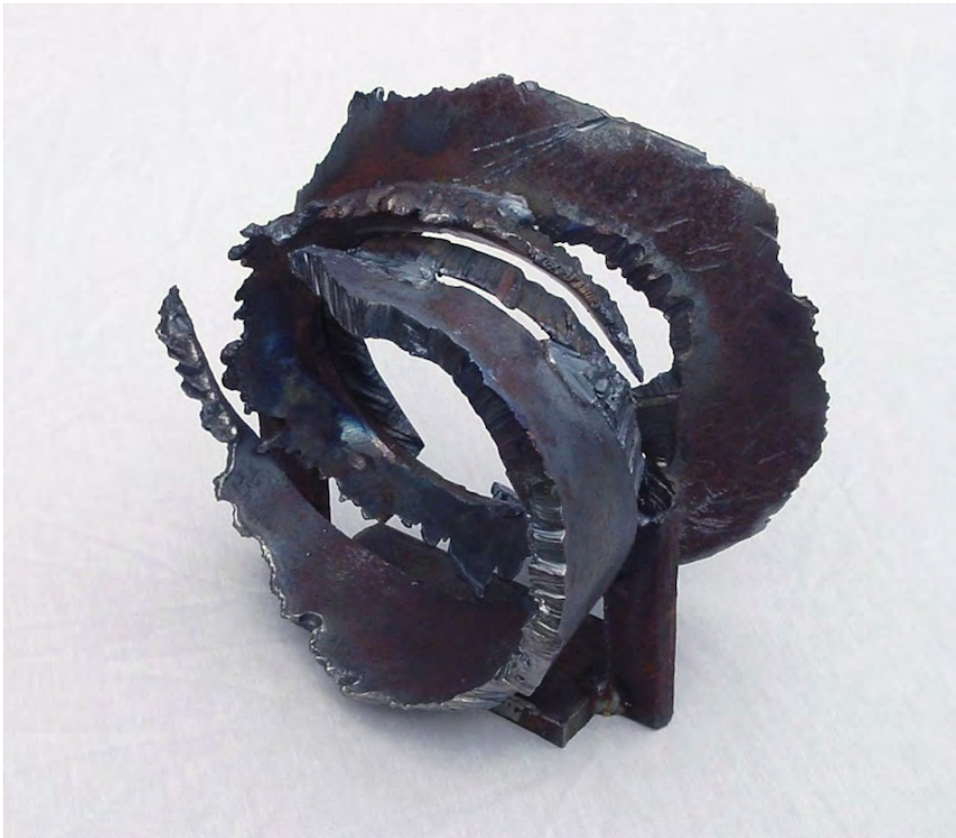
Top: Broken Circle Series - Crossroads, 58" x 3' Acrylic, enamel, Sumi ink on canvas 2011

Bottom: Indigo Brush, 83" x 35" Sumi ink, acrylic, graphite on canvas 2007



Top: Enso 7 - 2nd Generation, 10"h x 8"w x 5"d, Steel, natural patina 2013

Bottom: Enso 9 - 2nd Generation, 9"h x 7.5"w x 4"d, Steel, natural patina 2013



Enso Circle Sculpture 1 - 1st Generation / Maquette, 10"w x 11"h x 6"d, 1/2" plate steel, natural patina 2012



*Left: Maquette/Collaboration - Particle and the Wave 1, 6"w x 23"h x 7"d Powder coated steel 2011
Collaboration with sculptor Doug Hays*

*Right: Maquette/Collaboration - Abstract Calligraphy, 8"w x 16"h x 8"d Mild steel 2006
Collaboration with sculptor Doug Hays*

Brenda Heim is a Modernist to her core. Her calligraphic 'no-mind' Zen approach that dominates her paintings and weaves through her sculptures is a throwback to the heyday of the New York School Action Painters. Championed by Clement Greenberg, artists such as Franz Kline, Jackson Pollock and Willem De Kooning paved the way for more and more freedom of expression, particularly when it came to technique and aesthetics.

When viewing Heim's work, it is truly the 'action' that is at the core of her success. You can't experience her paintings, especially the largest ones, without imagining a whole body in motion - a human presence that is one with the artist's choice of painting tool, whether it be a brush or a super saturated mop - every action, large and small, is clearly recorded and viscerally felt by the viewer.

The 'no-mind' aspect, to quote Stephen Addiss from The Art of Zen, is a "state beyond thought, emotions and expectations." Heim reaches this Zen state with regular ease as she allows subconscious or unconscious 'connections' to happen. In many cultures, both ancient and contemporary, there is a common belief that there exists a collective consciousness across time, and that anyone, if willing and free-minded enough, can tap into it by simply opening up their minds to move beyond their conscious experiences. This open-mindedness that Heim utilizes when she works through her art allows her to mirror a kindred link to the 16th Century Zen Monks of Japan who explored their subconscious through calligraphy and meditation.

With Heim's 3-D work, there tends to be far more forethought as gravity, the physical strength of the materials she uses, and the literal balance of her sculptures comes into play. And despite these restrictions, her sculptures still have that sense of immediacy, action and movement. It's all there, in each and every piece - a free mind and a contagious spirit.

-- D. Dominick Lombardi

Biography

Brenda Heim's paintings and sculptures follow a long line of freethinking artists that include the New York School Action Painters and the Color Field Painters of the 1950s. By borrowing the Action Painters affinity for spontaneous and unorthodox paint application, with the Color Field Painter's emphasis on one's emotional state of mind as expressed through color, Heim has amassed her very own body of work that is flavored with an enchanting absence of the known world.

Heim was born in 1957 in Alliance, Ohio, and currently resides in Umatilla, Florida. Her earliest work from 1979-89 can best be characterized as passive and analytical – a state which would change profoundly from 1989-91 when she experienced first hand, Zen brush painting, psychotherapy and emotional release techniques – new areas of interest that freed her both emotionally and intellectually – body and soul.

Picasso once said, "It took me four years to paint like Raphael, but a lifetime to paint like a child." Essentially, this is what happened with Heim. That free thinking, non-prejudiced, eyes wide open approach that most of us last felt as a child took over her stagnant painting process. Heim was moving away from being a non-descript observer/painter to a passionate, bold and impulsive Action Painter like her forbearers. She likes to state it as a feel first, think second methodology that many art lovers will find quite refreshing and honest since so many are concerned only with fame and fortune.

Over the past eight years Heim has moved into the realm of public art turning her meditative, gestural two-dimensional works into three-dimensional steel. This transition, which sometimes occurs with co-creator, sculptor Doug Hays, leaves us with an even greater understanding of Heim's emphasis when it comes to free and fluid thinking. This ability that Heim has to maintain a high level of freethinking in the designs of her three-dimensional works is important to note because the production of a sculpture, especially one that is fabricated in steel, requires a lot more planning than a painting.

Beginning in 2012, Heim explored a series of two-dimensional works collectively titled "Broken Circle" opening up an even greater path to her emotional and spiritual wholeness. By placing the color orange alongside fragments of circles, and painting with her non-dominant hand, Heim produced an unusual and unfamiliar rhythm of markings, mixtures and movements.

Also at this time, Heim made one very pivotal technical leap mastering a combination of wet-on-wet Sumi ink and acrylic paint-layering combinations. This new technique, as with the previously used approaches, worked perfectly with her quest to maintain spontaneous creativity without analytical bias based on predetermined aesthetics.

Most recently, in addition to working with mops and industrial sized brushes Heim has begun to make her own painting tools opening up even more options in her highly sensitive and contemplative iconography. In some instances, a hint of architectural form comes into play as Heim makes increasingly larger and more powerful works.

Heim has exhibited her art for a number of years in such institutions as Naples Museum of Art in Naples, FL, Lake Eustis Museum of Art in Eustis, FL, Orlando Museum of Art in Orlando, FL, Tensho Gallery in Vancouver, B.C., and Addison Gallery, in Boca Raton, FL.

Brenda Heim

Artist Statement

Art has the ability to give something back beyond wealth, fame or critical acclaim. The joy in art making comes when one's mind, body and spirit are relaxed and set free from the barriers of Western, Euro-centric intellectual protocol. My experience with Zen brush painting, coupled with emotional release techniques has brought me over thirty years of constantly renewing and revitalizing life-sustaining vigor in the studio.

To be able to create art in the Zen state of 'no-mind,' whereby all preset, outside, so called intellectual concerns and obsessions are eliminated has totally liberated me in my creative approach. To not be concerned about where my brush strokes, drips and spatters are landing – to be able to work with anything from small 'artist's brushes' to mops soaked with paint – to eliminating any thoughts or subject matter or narrative of any kind has allowed me to express myself in the most primal and primitive of ways – the only ways in which one can be totally uninhibited while in the creative state.

Even when I work on public art I am able to sustain avenues of unrestrained creativity as that state of 'no-mind' is actively practiced and projected through the work. Whether I am creating intimate paintings, executing 14' foot long canvasses, or working in the metal sculpture studio with co-creator Doug Hays, the discipline of maneuvering between 'no-mind' and analysis is continually challenged and honed.

At a deeper level, my creative process is about integrating and uniting the adult with my un-prejudiced inner-child. I am an avid student of psychology and its relationship to health, healing and well-being, which, when coupled with the inner-child/adult relationship that I experience and enjoy during the creative process brings me through any number of significant avenues to achieve true spirituality - connecting to the greater community called We and the interconnectedness of all things.

Brenda Heim

Resume

SELECTED SOLO AND TWO PERSON EXHIBITIONS AND SHOWS

- 2013 "HE SHE WE | Solo & Collaborative Exhibition" Lake Eustis Museum of Art, FL
curated by Richard D. Colvin and Betsy Arvelo - Two-person exhibition
- 2012/13/14 "Enso & the Anvil" Solo & Collaborative Work w/ sculptor Doug Hays, Red Trombone Gallery, Fort Lauderdale, FL
curated by Sheila Bechert and Wendy Weber - Two-person gallery show
- 2007 "co-creation" Mount Dora Center for the Arts, Mount Dora, FL - Two-person exhibition
- 2006 Art Collaborations Gallery | Heim & Hays private gallery/paintings & sculpture, Eustis, FL Two-person gallery show
- 2005 "*Dancing Brush...pen in hand 2*" Flying Fish Gallery, Eustis, FL - Solo gallery show
- 2004 "*Dancing Brush...pen in hand 1*" Tavares City Hall, Tavares, FL - Solo exhibition
- 2003 "Abstract Paintings Brenda Heim" Herman Miller Showroom, Orlando, FL - Solo exhibition
- 2002 "Calligraphic Abstract Expressionism" Lake Eustis Museum of Art, Eustis, FL - Solo exhibition
"Integro" w/sculptor Aurora Rincon, Grand Bohemian Gallery, Orlando, FL - curated by Debbie Roberts - Two-person gallery show
- 1997 "Abstract Calligraphy" Barnett Bank Center Building, Orlando, FL - curated by Mark Terry - Solo exhibition
- 1996 "Abstract Calligraphy" Hospitality Galleries, Orlando, FL - curated by Rick Highsmith - Solo gallery show
"New Directions" w/ Kenneth G. Powell, West River Galleries, Jacksonville, FL - Two-person gallery show
SunTrust Bank Building, Jacksonville, FL - Solo exhibition
- 1992 "Calligraphic Abstract Expressionism" Lake Sumter Community College, FL - curated by Mark Andrews - Solo exhibition
- 1991 "Two Painters and a Sculptress" Mount Dora Center for the Arts, Mount Dora, FL - Three-person exhibition

SELECTED GROUP EXHIBITIONS AND SHOWS

- 2013/12/11 Off The Beaten Path Studio Tour, Middle Tennessee & Central FL
- 2013 Lake Eustis Museum of Art, FL - "LEMA Permanent Collection" - curated by Richard D. Colvin
- 2009 Naples Museum of Art, FL - "FL Contemporary: Paintings & Photographs" - curated by Michael Culver
- 2009-10 Imperial Fine Art Gallery, Sarasota, FL
Eustis Public Sculpture Program, Sculpture Collaboration w/sculptor Doug Hays, Eustis, FL
- 2008 Windermere Fine Art Gallery, Windermere, FL
- 2006-08 Orlando Marriott Gallery, Orlando, FL - "Minus Color" - curated by Donna Dowless
- 2005-06 Tamarack Galleries, Naples, FL
- 2005 Gallery M, Winter Park, FL
- 2003-06 Onessimo Fine Art Gallery, Palm Beach Gardens, FL
- 2003 New River Gallery, Fort Lauderdale & Naples, FL
- 2002 Orlando Museum of Art 1st Thursday Series, Orlando, FL - "Beauty of the Far East"
- 2000-04 Tensho Gallery, Vancouver, B.C.
- 2000-02 Addison Gallery, Boca Raton, FL
- 1999 "The 10 Women Art Show", presented by Florida Hospital & VGroove Productions, Orlando, FL
- 1996-98 West River Galleries, Jacksonville, FL
- 1996 Orlando Museum of Art - Orlando, FL - "Art After Dark Series"
- 1995 Omnisphere Gallery, Toledo, OH
- 1994 Raleigh Gallery, Fort Lauderdale, FL
- 1991-01 Scott Laurent Galleries, Winter Park, FL

SELECTED PUBLIC & PRIVATE COMMISSIONS AND COLLECTIONS

- Fiserv CBS Worldwide Headquarters, Orlando, FL (commission)
- Coopers & Lybrand, Orlando, FL
- Rumberger, Kirk & Caldwell, Orlando, FL
- Quammen Health Care Consultants, Orlando, FL, Murfreesboro, TN (commissions)
- The Quammen Family, FL, TN (commissions)
- Lake Eustis Museum of Art Permanent Collection, Eustis, FL
- South Lake Hospital, Clermont, FL (commissions)
- City of Eustis Public Art Collection, FL
- Lake County Welcome Center/Lake County Public Art Collection, FL
- 201 N. New York Avenue Partnership, Winter Park, FL (commission)

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cont'd SELECTED PUBLIC & PRIVATE COMMISSIONS AND COLLECTIONS

Adrenaline Films, Orlando, FL
Central Florida Symphony (commission)
Shiloah South, Center for Psychology, Leesburg, FL
RJV Homes, Orlando, FL
Laurent Nicastro and Scott Alles Art Consultants, Orlando, FL (commissions)
Lisa Scotland Art Consultant, Orlando, FL (commission)
Mr. and Mrs. Ushikubo, Vancouver, BC
Mr. and Mrs. Joseph O'Sullivan, United Nations Plaza, NYC
Adrienne Bailey, Jacksonville, FL
Dr. and Mrs. Becker, Jacksonville, FL
Mr. and Mrs. Harris Rosen, Orlando, FL
Barbara Watts, Dallas, TX
Mr. and Mrs. Schmidlin, France
Mr. and Mrs. Gray, Nova Scotia
Jackelyn Arvelo and Eduardo Jana, Dominican Republic (commissions)
Paul Kruchten, Luxembourg, Europe

SELECTED BIBLIOGRAPHY

- 2013 "He She We The Exhibition," *ART & GATOR* February 22, 2013.
Retrieved Feb. 22, 2013 from <http://artandgator.com/latest-features/he-she-we-the-exhibition/>
"He, She, We - the solo and collaborative works of Brenda Heim and Doug Hays - Lake Eustis Museum of Art," March 16, 2013
Retrieved March 16, 2013 from <http://orlandoartreview.blogspot.com/2013/03/he-she-we-solo-and-collaborative-works.html> (reproductions)
"Lake Eustis Museum of Art exhibit joins works of artists Brenda Heim and Doug Hays," *Orlando Sentinel / Lake Edition*, March 8,
- 2011 DeSantis, Mary Ann. "Prescription for Art: Artists Brenda Heim & Doug Hays," originally published in *Lake & Sumter Style*, November
Retrieved on March 15, 2013 from <http://www.maryandesantis.com/prescription-for-art/> (reproductions)
- 2009 "POP Art: Brenda Heim and Doug Hays," *Lake & Sumter Style / UPfront*, July 2009
- 2008 "Perspectives: Brenda Heim," *Orlando Home & Leisure* pp.128, June/July 2008 (reproduction)
- 2007 "Art from the Heart," *Lake Magazine / Lifestyle ART* pp 112-117, May 2007 (reproductions)
"All-over exhibit: Indoors, outdoors," *Orlando Sentinel / Lake Edition*, Section G, March 9, 2007
- 2006 "Gallery to serve as center of Lake's public-art push," *Orlando Sentinel / Lake Edition*, Dec. 1, 2006 (reproduction)
"Art Collaborations: Zen meets Steel," *Explore Downtown Eustis/The Daily Commercial*, Nov/Dec 2006
"Gallery pushes Lake's public art," *Lake Sentinel Express*, Volume 16, Number 50 p. 6, Sept. 2006
- 2004 "2 shows open fall arts season," *Orlando Sentinel / Lake Edition*, Section G, Sept. 17, 2004 (reproduction)
- 2002 "Artist Spotlight | Brenda Heim," *Orlando Sentinel / Art Scene*, Section G, Dec. 2, 2002 (reproduction)
"Abstract and primal," *Orlando Sentinel / The Gallery*, Sept. 29, 2002 (reproduction)
"Art exhibit exudes energy: Brenda Heim's works have an Asian influence," *Orlando Sentinel*, Section G3, Sept. 6, 2002 (reproduction)
- 1999 "Celebrating 5 years/showcasing cover artists," *Arbus/North Florida's Arts & Business Magazine* pp. 53, Sept/Oct 1999 (reproduction)
- 1998 "Gathering of the tribes," *Orlando Weekly / Afterwords*, Nov. 1998
"Outside The Lines," *Orlando Magazine / Faces* pp. 12, May 1998 (reproduction)
- 1996/97 "The Art of Calligraphy," *Arbus/North Florida's Arts & Business Magazine*, p. 28, Dec/Jan 1996/97
- 1995 "Scott Laurent Galleries 4th Anniversary Celebration," *Central Florida Arts Digest*, March/April 1995 (reproduction)
- 1994 "The dreams and visions of one are destined to be shared by many...", *The Mount Dora Topic* Vol.112 No.08, Feb. 17, 1994
- 1993 "The Unbearably Primal Scream of the Inner Being," *WPRK.97.5 Lower Frequencies - Rollins College*, May 1993
- 1992 "Music, movement stir Tavares artists' talent," *Daily Commercial / Section E*, Sept. 16, 1992 (reproduction)
"Woman of letters: LSCC host abstract works by artist Brenda Heim," *Orlando Sentinel / Lake Edition*, June 5, 1992 (reproduction)
- 1991 "Artist shares joy of painting with children in summer class," *Orlando Sentinel / Lake Edition*, July 26, 1991
"Artist evolves calligraphy into painting," *Orlando Sentinel / Lake Edition*, May 19, 1991 (reproduction)

EDUCATION

2005-present Metal Sculpture study with Sculptor/Blacksmith Doug Hays
1989-present Zen Brush Painting, abstract calligraphy, action painting
1979-89 Seven formal Calligraphic typestyles
1979-82 Lake Sumter Community College: Commercial Art, Photography, Humanities, Sociology
1972-76 Alliance High School, Alliance, OH

ARTIST IN RESIDENCE

1992-95 Scott Laurent Galleries, Winter Park, FL
1957 b. Alliance, Ohio

Brenda Heim

Contact

Cell: 352-357-4838

Email: Brenda@HeimArt.com

Mailing address:
37336 New York Avenue
Umatilla, Florida 32784

Website: www.HeimArt.com

Representatives & Affiliations

Robert Kelley, Broker/Dealer, Sarasota, FL
Red Trombone Gallery, Fort Lauderdale, FL
Windermere Fine Art, Windermere, FL
BOBOSART Consultants, Orlando, FL
Onesimo Fine Art, Palm Beach Gardens, FL
Eaton Fine Art, Austin, TX