

## The Unbearably Primal

# Scream of the Inner Being

Artist Brenda A. Heim sees her art as a vehicle for self-expression. Perhaps more importantly, she believes in its ability to empower peoples of all cultures, assisting them to deal with the world around them positively. Music, art, and dance are among her influences and she has 13 years experience in the graphic arts as a designer, calligrapher, and abstract expressionist.

*"Calligraphy was the starting point, but the words always seemed too specific. Too labored and controlled. I began to think of reproducing letterforms as being similar to drawing pictures of real objects... basically representational art which didn't represent me. I wanted something looser, more immediate and more physical.*

*"So I began to experiment with enlarging the calligraphic strokes, leaving letterforms behind. Freed of duplicating letters, I find it easier to get my entire arm and shoulder involved in the gestures, to work faster and less analytically... resulting in work that's more satisfying to create, and hopefully, to interact with.*

*"In some ways, I still feel like a calligrapher... in the sense that my individual works may be fragments of a larger word or phrase. The painter in me realizes however, that the language of those words or phrases is not to be read. It is a language that has meaning but which does not impose meaning."*

Art is self-discipline, but it is also an emotional release. From learning her own style for the letter forms of the alphabet, she developed "Expressions!"; a painting workshop developed from her dream to enlighten others and provide an outlet for letting go from established and structured societal controls. These acts of self-discovery paired with movement, music, and playfulness encourage participants in the workshop to vocalize emotions and verbalize positive living patterns.

**Expressions!** provides effective tools that enable participants to expand creativity, increase motivation and enthusiasm, improve academic performance, develop communication skills, reduce stress, enhance self-esteem, and embrace the freedom and energy of Youth.

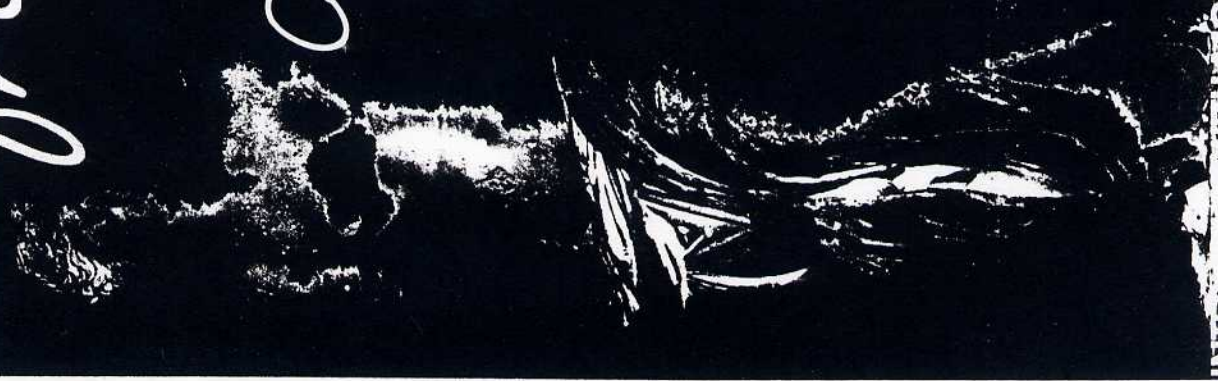
Brenda Heim is currently the Artist in Residence at the Scott Laurent Galleries. Visit the gallery to see Brenda's work or find out more on the next Expressions! workshop.

# LOWE R

## frequencies

MAY, 1993

# CENSORSHIP!



# W R I T I N G

INTERVIEW WITH JOBY DIAMANDA GALAS, OTHERS