



For Brenda Heim, painting is an emotional release. Her works depicting large, gestural, calligraphy-like brush strokes coupled with intense splashes of color have become her signature style.

In the late 1980s, Heim experienced a "life challenge" that resulted in two years of therapy and a period of "self-inquiry." During this time, she experimented with the ancient art of "no-mind" Zen Brush painting. The technique allowed her to relax her hand and produce her distinctive pieces. "[The process] was orgasmic if you will; it cleared my head," she explained.

Heim contributes her painting to intuition. "I don't paint Monday through Friday because I'm an artist," she said. "I paint when I'm pulled." This "pull" produced works such as "Portal of Passion," pictured above.

The piece, featuring unintentional, instinctive markings of red brush strokes atop a mastered "Enso" circle, is "a powerful painting," according to the artist, who works out of her studio in Umatilla.

"The warm red is one of my signature colors, and it speaks to me of one word - passion," she said. "Looking at the 'Enso' with red markings, the title came to me."

Heim's brush strokes are a powerful manifestation of her inner spirit, and often the resulting compositions stir the viewers' emotions.

"I don't have anything that I hope people get from my paintings," she said. "I just put my work out there. Some people weep when they see them, and I think it's because I release so much into the painting that it just reverberates."

To learn more about Heim's work, visit heimart.com. -Crystal Potts