



Heim
— Brenda Heim —

Zen Brush Painting
also called “no-mind” painting, is an
ancient art form that was practiced daily by
16th Century Zen Monks of Japan and
continues to present day, as an aid to
meditation and calligraphic studies.

...a state of “no-mind”, a state beyond
thought, emotions, and expectations.

Stephen Addiss/*The Art of Zen*



Enter

ARTIST STATEMENT

My personal style of Zen Brush Painting is a combination of spontaneous, oversized gestural brush movements and tapping into the source of all my creativity; God.

It's like painting blindfolded, in a state of spiritual reverie independent of thought or analysis. I step out of the way of manipulating the outcome or movements of the brush and the paintings come alive and dance their own dance. It is at this moment that images appear in my paintings. Stepping aside intellectually clears a path for God to channel creativity and insight through me onto the canvas; which is the entire foundation of my life and my work.

High polymer acrylics are hand mixed on the pole barn studio floor, for most canvases exceed eight feet in length. Then oversized brushes, Sumi and/or large brush tools are selected as a vehicle between the canvas, God and myself. The 'laying on' process of color upon color (acrylic, enamel and/or Sumi Ink) is applied with child like abandon in a watercolor wash method, building backgrounds in preparation for the final brush movement. Upon occasion, a painting is selected for Kanji and/or poetry to be hand scribed directly onto the canvas. Thus, my work is primarily a method of spontaneous "no-mind" painting with traces of the disciplined penmanship of Calligraphy.

Heim specializes in site-specific and large scale art works for interior and exterior places.
Her works can be seen in a growing number of private and corporate collections.
Studio visits available by appointment only.
www.heimart.com

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

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

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

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
Tensho Gallery, Ltd. — Whistler, B.C.
Leone Interiors — Altamonte Sprints, Florida
Scott Laurent Collection, Art Consultants — Winter Park, Florida
Windermere Fine Art & Custom Framing — Windermere, Florida
BOBOSART, Art Consultants — Orlando, Florida
Pat Womack Interiors — Maitland, Florida

ARTIST IN RESIDENCE

1993 - 1995 Scott Laurent Galleries — Winter Park, Florida

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

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

Unbeknownst to me, my fine 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. Then 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.

Throughout the next two years (1989 - 1991) of twice a week therapy and digging into the trenches of my soul and experiencing (what I call) a death and rebirth of the ego - I also began to experience spontaneous meditations, visions, prophetic insights and unknown to me at the time, yoga poses. Also during this time period of unlocking buried emotional, mental and spiritual pain, I continued creating oversized, spontaneous gestural sweeps of calligraphic brush movements in the ancient style of "no-mind", Zen Brush Painting as a release technique to get out of my head and into free movement. The process is like painting blindfolded, in a state of spiritual reverie, which is independent of thought or analysis.

During this time, a 'knowing' surfaced within and what became absolutely clear to me was that the more I stayed out of my own way of trying to manipulate the outcome of the brush movements and color combinations, the more the paintings came alive and danced their own dance. It is at this moment that images appear in my paintings. Truly an authentic experience of the magic and wonder of letting go and letting God channel through my body. Stepping aside intellectually clears a path for God to channel creativity and insight through me onto the canvas; which is the entire foundation of my life and my work.

High polymer acrylics are hand mixed on the pole barn studio floor, for most canvases exceed eight feet in length. Then, 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 longer, 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.

2006

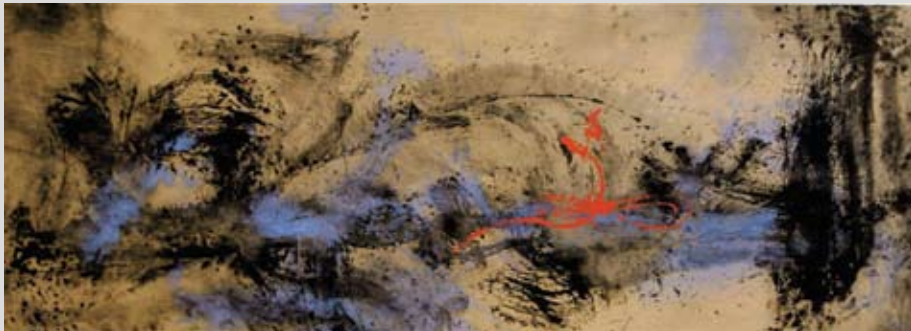


PDF1
Here and Now Meets Destiny
6' 9" x 3' 9"
Acrylic on canvas



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

2006

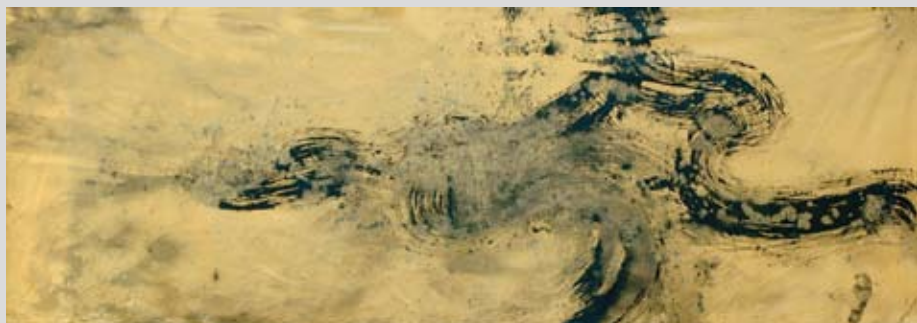


PDF3
Sitting Quietly
12' x 4' 6"
Acrylic & enamel on raw canvas



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

2006



PDF5
Lessons from the Ancestors
4' x 13'
Enamel on canvas



PDF6
6 Panels East
Six panels, each 12" x 9"
Enamel on raw silk

2006



PDF7
Planting Seeds
34" x 56"
Acrylic and enamel on canvas



PDF8
Dancing Brush 1
18" x 24"
Acrylic & ink on watercolor paper

2006



PDF9
Dancing Brush 2
24" x 18"
Acrylic & ink on watercolor paper



PDF10
Divine Order of Chaos
Two panels, 18" x 24" each
Acrylic & ink on watercolor paper

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

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

2005



PDF15
Abstract Calligraphy Black/White 5
22" x 30"
Sumi Ink on watercolor paper



PDF16
Abstract Calligraphy Black/White 3
22" x 30"
Sumi Ink on watercolor paper

2005



PDF17
Turquoise Pearl 1 of 2
22" x 30"
Enamel and Acrylic on watercolor paper



PDF18
Turquoise Pearl 2
22" x 30"
Enamel and Acrylic on watercolor paper

2005



PDF19
Ikebana 2
17" x 7"
Acrylic on canvas



PDF20
Indian Summer
31" x 4' 3"
Acrylic & Sumi Ink w/ gold & copper leaf metallic powder on canvas

2005



PDF21
Saffron Scribe 1
22" x 30"
Sumi Ink & Acrylic on watercolor paper



PDF22
Saffron Scribe 2
22" x 30"
Sumi Ink and Acrylic on watercolor paper

2005



PDF23
Portal 3, You and Me... (a reference to Spirit and self)
each panel 26" x 28 1/2"
Acrylic with gold leaf metallic powder on canvas



PDF24
Sword of Honor
11" x 14"
Giclee, S/N limited edition on canvas

2005



PDF25
Abstract Calligraphy Plum & Gold 2
30" x 22"
Acrylic on watercolor paper



PDF26
Abstract Calligraphy Plum & Gold 1
22" x 30"
Acrylic on watercolor paper

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

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

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