

ArT RoCkS

february 2026

kscarminach studio presents a quarterly newsletter tumbling with art inspiration, art invitations, and art conversation.

kscarminachstudio.com

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SF MOMA Women's Bathroom 6th floor

Welcome to the ArT RoCkS quarterly newsletter! My intention here is to establish an on-going conversation that inspires and motivates you to reach for creativity as a way to make you feel more alive in the world. Here you will find museum shows, movies, books, restaurants and anything else that delights me. I am fascinated by art, travel and culture and I am always on the look out for the curious and adventurous. Thank you for coming on this journey with me.

ArT MuSiNgS

New Work

Sample artwork and journal pages taken from my book From Surviving to



From Surviving to Thriving

A How-To Visual Journal

for self-exploration, for healing, & for pure enjoyment

Cover

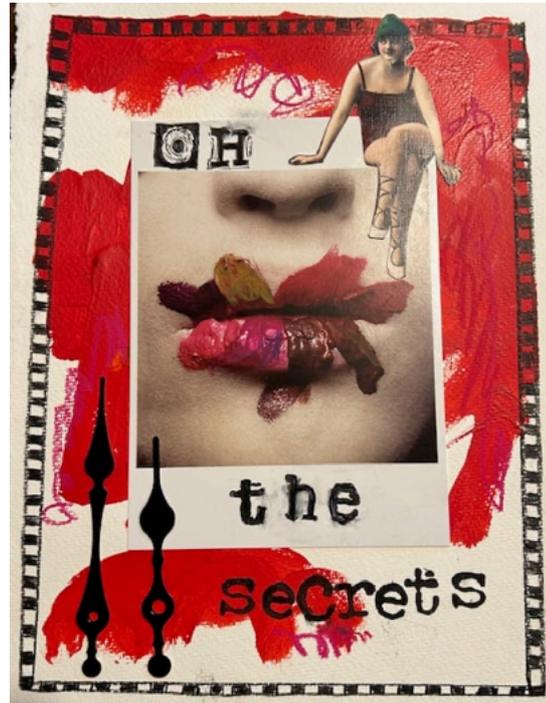
***Projected deadline for publication
May/June 2026***

***All proceeds go to The Thriving
Initiative at UCSB***

thethrivinginitiative.org

ArT MuSiNgS

Journal Pages



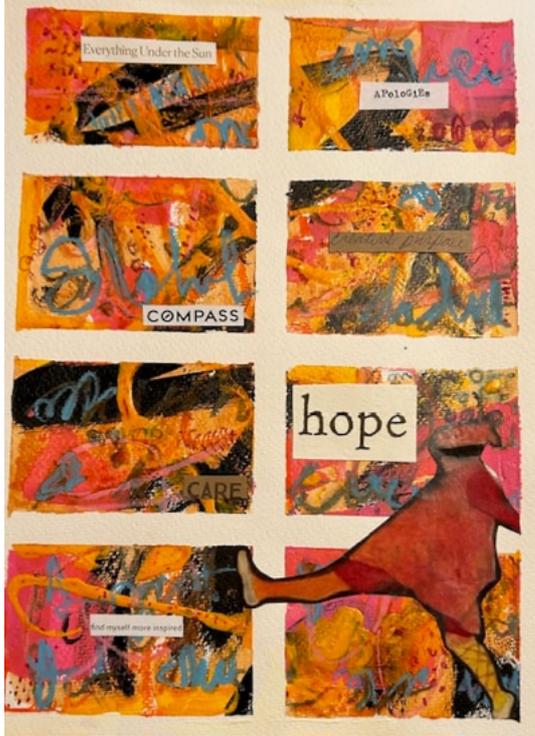
Oh the Secrets

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

***Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal***



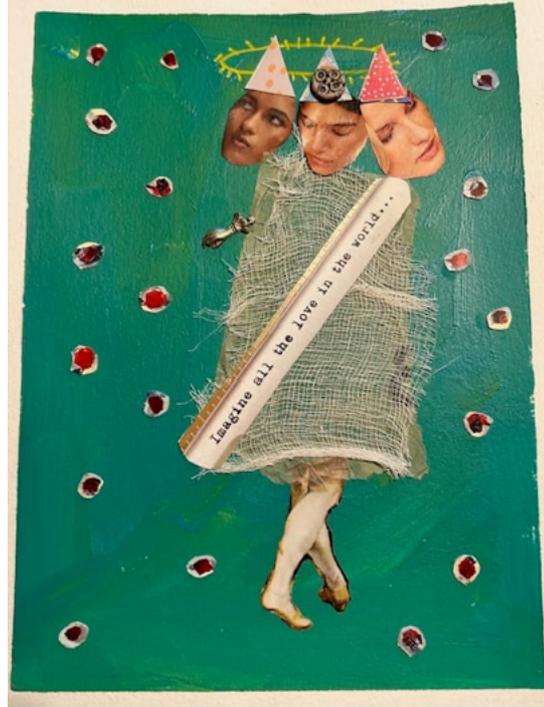
Take the First Step

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**



Imagine All the Love in the World

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**

ArT MuSiNgS

Journal Pages



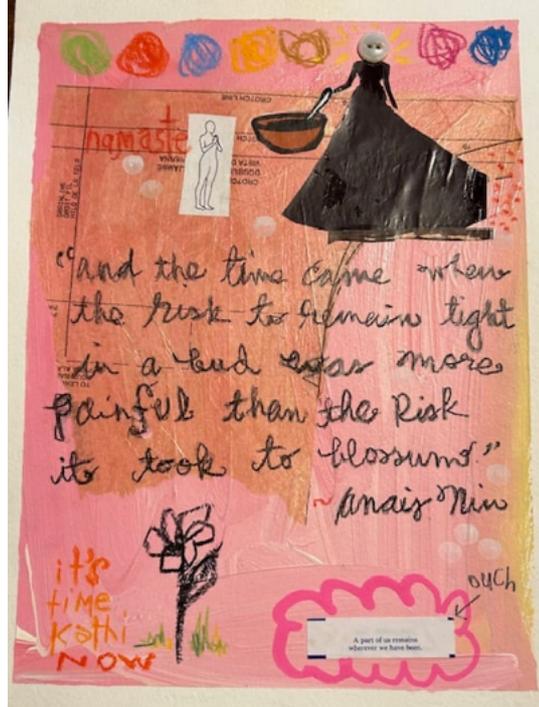
The Wind Around Me

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**



And the Time Came

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**

ArT MuSiNgS

Journal Pages



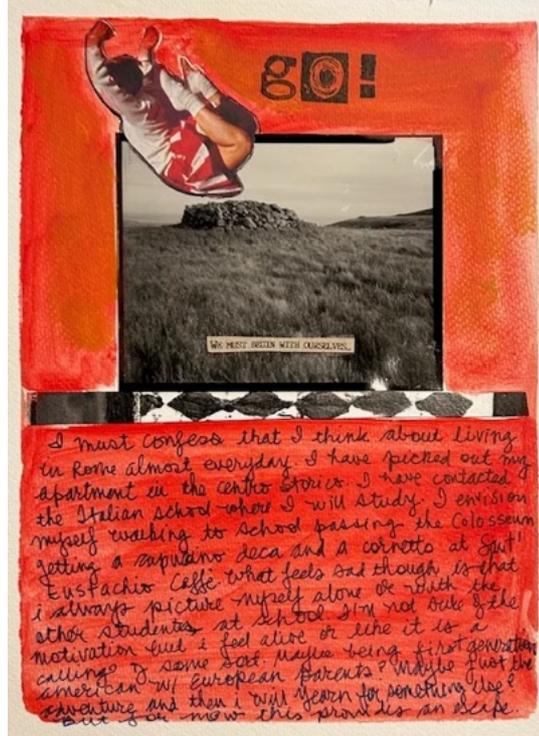
Buckled Over

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**



Go!

Acrylic & Mixed Media

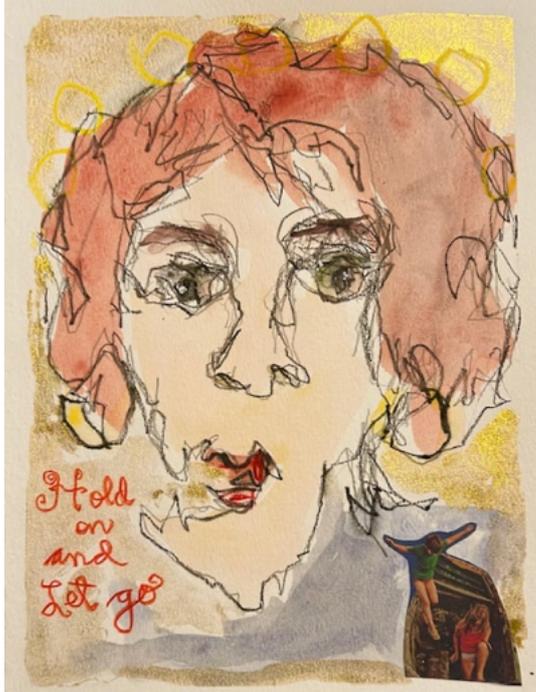
Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**

ArT MuSiNgS

Journal Pages



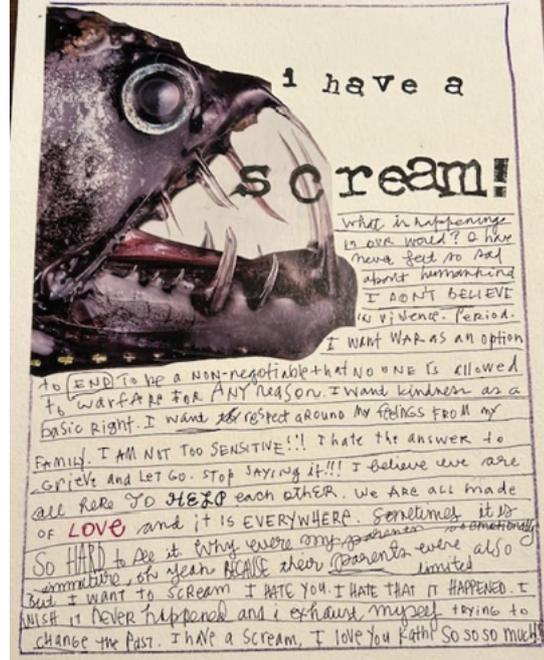
Because She Just Knew

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**



I Have a Scream

Acrylic & Mixed Media

Watercolor Paper

9" x 12"

**Journal Page from the book:
From Surviving to Thriving :A How-
To Visual Journal**

Artist Life

Uhm well, it's been a minute. I'm going to start by sharing my artist statement from my website kscarminachstudio.com

I am an artist. Deep breath, there I said it.

I am evidence of the power of creativity to heal.

I facilitate visual journal workshops for The Thriving Initiative at UCSB and the Santa Barbara City College where I demonstrate how to merge art and writing into a self-care resource.

I had a life and death experience that profoundly changed the way I view the world.

I live to feel connected to others at the heart.

I am curious.

I am an introvert.

I am nervous to live out my life in the way that I have dreamed, but I am doing it anyway.

I always learn regardless.

Sometimes I wonder what might happen if

I wholly committed to being myself first,

before other responsibilities,

before other relationships,

before anything or anyone.

The thought actually scares me.

I am not really sure where to begin, but over the last 15 months I have had several life and death experiences, been in ICU for sometimes up to two weeks, I've lost my thumb and big toe, had my hand sewn into my groin for 5 weeks and have had, last count, 18 surgeries. I've done almost nothing else but manage my care, my divorce and malpractice lawsuit. Allow me to take a breath for a second.

And, and, and I can say that I am coming into the last lap here and despite or because of this tragedy I feel more loved than I have ever felt in my life and I am on my knees grateful to everyone who has travelled this other-worldly orbit with me.

Over the last several weeks I have picked up where I left off in publishing my book called

From Surviving to Thriving: A How-To Visual Journal for Self-Exploration, for Healing, & for Pure Enjoyment

The book launch will be at Gala Restaurant galasb.com on October 25 Sunday 4:00-7:00 pm and visual journal guru and my inspiration for all things creative Sabrina Ward Harrison will also attend. <https://www.sabrinawardharriso...> I am still in shock that she will be there! I am pinching myself!

For those of you who are just joining me I will give a little backstory.

I originally was just going to self-publish and use the workbook only for survivors taking my workshops at UCSB via The Thriving Initiative, an organization which offers a variety of resources for healing and resilience to student participants who have experienced sexual assault, domestic violence or stalking.

But, after talking it over with my accomplice, The Thriving Initiative Executive Director Lauren Roberts, we decided that the most benefit would come from offering it to the world at large. I found a holistic publishing company called Reaching & Rooted that is purpose-led and author-centric and that brings messages of hope, healing, and light to a world that has never needed it more. <https://reachingandrooted.org/>

All proceeds from sales will be donated to The Thriving Initiative and the idea is that the workbook will continue to be of service to all whom are curious and interested in putting together their own personal visual journal and to The Thriving Initiative participants, for many years to come.

If you're unsure as to what a visual journal is, below is an excerpt from the workbook:

"A visual journal is a way to record life using a variety of writing implements and art materials. It all starts on a piece of anything like paper, fabric, or a manila envelope. Your visual journal is a tangible expression of your ideas, insights, torment, joy and all the feelings that come and go for all of us every day. It is a container for life's experiences, an escape hatch, and a space to hold what wants to be seen, heard and written without having to share it with others, use proper punctuation or spelling, or have it graded. It is for you and you alone to be relied upon as one of the arrows in your quiver of self-care resources."

I hope you will all come October 25 and celebrate with me to support The Thriving Initiative, but also to encourage writing, art and creativity as a means to self-growth and self-exploration. It's been a really rough ride, but somehow I believe that it will all work out even better than I could ever imagine.

What's New Out There in the Art World

San Francisco MOMA .



Self-Portrait



Suzanne Jackson

What is Love?

from continued

The exhibition spans early ethereal compositions on

Suzanne Jackson

Okay after my surgery in early February I was able to sneak over to the SF MOMA. And, look who I found!!!

For over six decades, Suzanne Jackson has created lyrical, awe-inspiring paintings influenced by her deep respect for the natural world and continual belief in the connection between all living things. Jackson's life has been driven by a search for creative freedom and a bohemian spirit indebted to the San Francisco ethos of the 1950s and 1960s in which she was raised. *Suzanne Jackson: What Is Love* — the first retrospective devoted to the full breadth of her career — celebrates her groundbreaking artistic vision through more than 80 paintings and drawings from the 1960s to the present that emphasize her innovative use of color, light, and structure to expand the parameters of painting and illuminate beauty, peace, and love.

continued

canvas that layer luminous washes of pigment and imagery from her dreams to recent three-dimensional paintings suspended in midair and often embedded with materials that draw on ancestral and cultural histories. The presentation concludes with a new large-scale installation that reflects on the global environmental crisis and migration.

Jackson has led an expansive creative life as an artist, as well as a dancer, poet, theater designer, and an ardent supporter of other artists. The exhibition highlights these multifaceted aspects of her career by bringing together artworks that were originally shown at Gallery 32, a self-funded exhibition space that Jackson ran out of her Los Angeles studio from 1968 to 1970, ephemera documenting Jackson's work as the artistic coordinator for the Comprehensive Employment and Training Act (CETA) in the late 1970s, and a selection of her stage and costume designs.



I Remember

Sold Work



New Wall Change

Gallery Los Olivos

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please subscribe at <https://landing.mailerlite.com...>

I'll send you a handmade thank you card if you
email me your address. I'm at kmscarminach@gmail.com

Thank you for being part of ArT RoCks! I truly appreciate it.

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thethrivinginitiative.org



The conversation has officially started. Feel free to write me if you would like to talk about anything in the newsletter or share about your own art excursions..

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