

ArT RoCks

february 2021

kscarminach studio presents a monthly newsletter
tumbling with art inspiration and art invitations



Hot Springs Creek after February rains

Welcome to the ArT RoCkS monthly newsletter! You will find all things ArT here. My intention is to establish an on-going ArT conversation that inspires, heals, and motivates you to reach for ArT as part of your life practice, particularly in these uncertain times. So settle in, fix yourself a cup of coffee, tea or a glass of wine, whatever your time zone and preference. I will tell you what I have been musing about and share what I have found in the world of ArT.

"Day 2" Wins Second Place in the 2021 Thousand Oaks Art Association Open Juried Show Acrylic/Oil Category



Kathi Scarminach, "Day 2", 2020

22" x 22", acrylic on paper, \$400 unframed

Self-Limiting Beliefs

<http://kscarminachstudio.com>

Due to the pandemic, art receptions also take place over Zoom. As an artist with an artwork which was accepted into the show I was

invited to the Thousand Oaks Art Association Open-Juried Show awards ceremony. I had already decided that I hadn't won anything, so I was half watching the ceremony while flipping through Ergon Schiele Drawings and Watercolors and ironing cloth napkins. Then I heard my name, I saw it on the screen, the judge Jeff Horn had submitted comments about my painting, I felt paralyzed in disbelief. But why?

In an instant I was flooded by my self-limiting beliefs. They are:

- Those who can't do, teach.
- I am neither a "real" nor a "good" artist.
- I have no style of my own.
- I need to learn more and take another class.
- I am an imposter, this win is a fluke.
- I need a proper art studio to make good art.
- Making art is a waste of time and money.
- I need a mentor.
- No one will want to buy my art.
- What will I do with all my art?

In another instant I felt a dizziness, like my head was swirling and a firm whisper took hold of my body, from the tips of my toes to the top of my head, even the strands of my hair vibrated in unison with this feminine echo:

- Whew! It must be exhausting carrying such heavy baggage.
- Try this, I AM good enough to sell my art.
- It is NOT a waste of money or time to try to sell my art.
- My work comes from an authentic place within me that is UNIQUE to me.
- I am NOT an imposter.
- I feel deeply about my art.
- I AM A REAL ARTIST.
- There is only one ME and I have a particular style that is all my own.
- I can make my art life whatever I want it to be. That is for me to decide.
- I DON'T need to learn more. I am ready now to create REAL art.
- I don't need an art studio.
- Repeat after me, I AM A REAL ARTIST! Say it again, again, again ...

Ever had an experience where you are question your worth by placing limitations on yourself? It doesn't have to be about art. It could be about anything--music, cooking, your appearance, your job, loveability, your yoga practice, a longing to be seen, performing, finding a partner, or just plane ole' belonging.

The take-away? Here it is. Be gentle and still yourself in order to hear the voice within that knows the truth of who you are and who you are in the process of becoming. And if you still can't hear her then reach out. We are all here to help each other. As Dan Eldon said, "The journey is the destination."

What's New Out There in the Art World

Art Adventures You Can Take From Home



photo by Paola Banfi Sacconi

Murals in Rome

Stroll through the neighborhood of San Lorenzo to see graffiti, tags, and the apartment building size murals which explode in color and design.

<https://www.blocal-travel.com/...>

Get to know the photographer of the above mural Paola Banfi Sacconi. A world traveler and personal friend who resides in Rome, Italy, Paola has a flair for finding the extraordinary in the daily. The thread that runs through all her photographs is color, but color like you've never experienced it before. Peruse her website, you will be transported. I promise!

<https://paolabanfiscacconi.com/>



Museum of Dream Space

You need to be physically present for this all immersive art experience which takes place in rooms which are part Yayoi Kusama, part Timothy Leary, and 100% digital art. Soooooo cool! Do it! You won't regret it.

<https://www.mods-museum.com/be...>

Get lunch at Gjusta in Venice afterwards and eat on the beach. Bring a blanket to sit on.

<https://gjusta.com/>

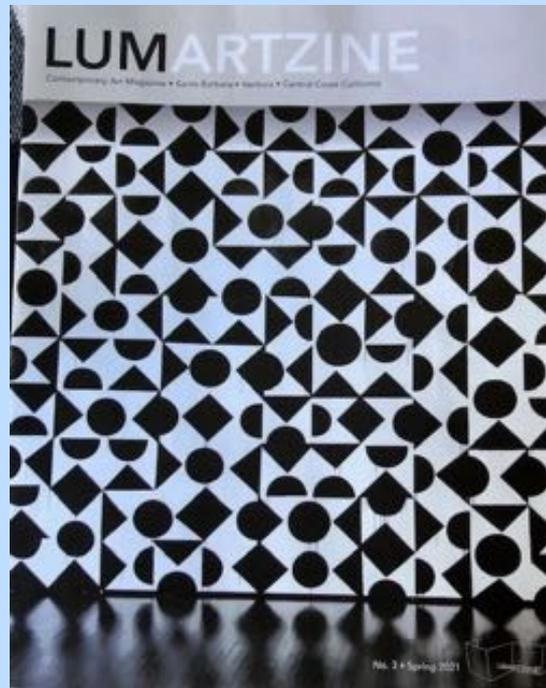


The Savvy Painter Podcast with Antrese Wood

Learn, find an art community and get to know hundreds of artists and their process.

Antrese is personable, knowledgeable, humorous and approachable. She covers every corner of art from contemporary artists, art history, art business and the making of art. Great to listen to while you are working.

<https://savvypainter.com/the-s...>



Find it at the Architectural Foundation, Handlebar, Sullivan Goss, Dune, Chaucers ...

LUMARTZINE

Lum Art Magazine is a biannual contemporary art and culture magazine covering the Central Coast. The Spring 2021 issue highlights local Santa Barbara printmaker extraordinaire and SBCC professor Stephanie Dotson.

<https://www.lumartzine.com/>



Art Instruction, Events and Gallery

GraySpace Gallery and Ruth Hoag Fine Arts

If you are looking for fun and welcoming arts community, look no further than GraySpace



Gallery and its owner, director, curator, resident artist and teacher Ruth Hoag. Ruth has created a delightful and comprehensive learning environment for beginners to advanced painters. Exhibitions in the gallery are usually collaborations with local artists with intriguing themes and a variety of mediums. One stop for all your art interests and needs.

<https://ruthellenhoag.com/>

New Gallery in Santa Barbara

@gift_to_the_street

If you live in Santa Barbara there is a tiny art gallery at 435 East Pedregosa Street made to inspire and enliven the street, to make walking an adventure. Come by any time and bring something index card size or smaller **or** take something. The solar light is on all night. Made by Michael Long as a birthday gift for Jill Littlewood.

If this newsletter was forwarded to you and you've made it this far please subscribe at <https://landing.mailerlite.com...>

I'll send you a handmade thank you card if you email me your address.



The conversation has officially started!

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Thank you for being part of ArT RoCKs and for all the positive feedback. I truly appreciate it.

Until March, a presto,
kscarminachstudio.com

kathi

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