

## LEAH NGUYEN ARTIST STATEMENT

My work celebrates the harmony and deep pattern of the universe. I create glimpses of the invisible life force that unifies everything and direct our attention to the unspeakably spacious beauty that is the essence of all.

I create my work in collaboration with my soul and a team of guides. To communicate with this team I use energy testing to find answers to yes/no questions using the muscular system as an indicator. Energy testing indicates the strength of an individual's energy field. Everything has an energy field; rocks, plants, animals, and humans. The energy field of humans is strong in the presence of truth, and temporarily weakened in the presence of something that is not true. This tool allows me to address yes/no questions about color, form, order, and texture to my soul, bypassing my conscious mind and ego. By using these processes I have developed new forms, unhindered by aesthetic habits and I am constantly delighted and surprised.

Most recently I have used this process to create a series of paintings on paper that I call Soul Pattern Portraits. The portraits visually embody a pattern that is essential to the higher self of the individual and unique to that soul. The pattern anchors part of the soul's energy in physical form and is healing to the individual. To create the portraits I collaborate with a spiritual team that includes the soul of the individual. The process of energy testing allows for their soul to guide the creation of a pattern that will best serve the individual at that time. These works serve as a daily reminder of a deeper and timeless identity.

The patterns I paint in collaboration with my team of spiritual guides help individuals heal, center, align with purpose, and recognize their deeper identity. I also paint patterns for places, aspects of Nature, and relationships between humans and place. These patterns help establish balance and collaboration with Nature. I paint physical manifestations of the vibrant energy that we are made of and that surrounds us all to assist with our growth and transformation as individuals and a collective consciousness.