

My work is abstract, pigment rich color studies, made by hand cutting and adhering thousands of tiny sampled pieces of paper, one piece at a time onto a cradle board like a puzzle with no overlapping.

These works serve as a meditation in process for me and as a meditation aid for others as a final product. When making these pieces I don't anticipate my next move or the piece as a whole, instead I slowly choose one remnant at a time. This is an action in focusing on the "present." They are my daily reminder that there is beauty in this world, amongst all this everyday ugly. Self reflection, momentary living, and color appreciation are my getaway from our current chronic depressive geo-political, pandemic world state. I would argue that this is the most political art I can make at this time.

Sue Fox is Chicago deep, an original Native of the Myaamia people. (Miami Oklahoma) but resides now in beautiful Chattanooga, TN. This mixed media artist graduated from the School of the Art Institute of Chicago in 2003, with a focus in Fiber and Material studies. Her work largely centers on meditation thru color exploration and present living. Sue is also a practitioner of Chinese Medicine, and asserts that her art career is just as important to her medical practice, as her medical practice is important to her art career. Her work has been published in Numbers Inc, Studio Art Magazine, and lately Shinrin Yoku Journal. She has shown extensively throughout the United States including with Kai Lin Gallery in Atlanta, GA, Gallery Studio Oh in Chicago, IL, and Wavelength Gallery & Channel to Channel in Chattanooga TN. In 2023, she received 1st place in the "Eugene Brown Memorial Show" at the Myaamia Heritage Center, in Miami, OK. Most recently she participated in a two person show at the Lyndon House Museum in Athens, GA. immediately upon her return from an eight month sabbatical in Asia. There, she completed residency at Saikoneon in Fujikawchiko, Japan at the foot of Mt Fuji. Now home, she looks forward to hiking through the Cumberland plateau, and showing the work that she completed on her travels overseas.