

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 a mixed media artist from Chicago living in Chattanooga, TN. She graduated from the School of the Art Institute of Chicago in 2003, and has shown extensively throughout the United States. Her work largely focuses on meditation thru color exploration. She is also a practitioner of Chinese Medicine, and asserts that her art career is as important to her medical practice, as her medical practice is important to her art career. She has just returned returned from a eight month Sabbatical in Asia where she completed a residency at Saikoneon in Fujikawchiko, Japan. She is currently participating in a two personshow at the Lyndon House Museum in Athens, GA., a group show at Wavelength Space in Chattanooga, TN and in a all Tribal member only show at The Myammia Heritage Center in Miami, OK..