My paintings emerge from quiet observation and embodied awareness of place and my surroundings. Working primarily in small- to medium-scale oil paintings, I draw on imagery from nature, water, light, landscapes, and built environments to explore the act of searching: for meaning, stillness, and rootedness beyond distance. My work reflects an ongoing meditation on time, home, belonging, presence, and change. I am less interested in documenting a specific place than in inhabiting the space of contemplation itself: those moments when the fleeting, the eternal, and the unknown seem to coexist.

Paying close attention to the land, everyday rhythms, nature's cycles, and changing light reconnects me to the present and deepens my relationship to the world around me. My experiences as an adoptee and member of the diaspora, particularly my ongoing search for grounding, inform my understanding of home and embodied memory.

I draw inspiration from my immediate surroundings, walks in nature, and travels along the coast. Returning to familiar subjects and motifs over time allows my relationship with them to deepen and evolve. I am drawn to plant details, shifting light, and the ever-changing sky, sensing subtle shifts in tone, color, texture, and atmosphere. Bodies of water and horizons are recurring subjects in my recent work, reflecting the vastness and mystery of life and mirroring the inner landscape and ever-changing nature of the mind. Moments of transition and the movement of waves evoke life's cycles and impermanence, while the ocean offers a sense of calm, connection, and belonging within the natural world and the larger universe.

Through observation, sketching, and photography, I gather impressions and visual fragments that eventually find their way into the studio. There, the paintings develop through discovery, reflection, and distillation. By considering what to leave behind as much as what to bring forward, I allow reduction to become part of the process. I hope to distill these impressions into a visual language that invites a more personal and contemplative way of seeing.

- Cherisse Alcantara