



The ocean is peaceful and serene and full of wonder, it is also powerful and dangerous and mysterious. Either way the ocean is beautiful, infinite, and an integral part of the way the world works together.

This piece shows a powerful wave, movement and vibrancy and life. The splash and curve of the wave, I can almost hear it as I look at this painting. The ocean's movements are powerful, they change the landscape. Just like us when we move powerfully, we can change our whole world.



Sometimes I really don't like the phrase 'good enough'. Sometimes this says to me, when talking about someone else or myself, that you just about scrape a pass - not great but good enough, you'll do.

But that's not true. You are MORE THAN ENOUGH. More than good enough, exceptional, deep, wonderful, stunning, strong, unique, breathtaking and beautiful.

This piece, 'More Than Enough', is 1m² then framed. I used acrylic pouring techniques, silicone oil, and sand to create the texture of the roaring waterfall.