As a student of philosophy, contemplation on the nature of things has been an integral part of the way I approach life. Through the observance, appreciation and contemplation of nature, I have found art as the expression of that process. I like the idea of recycling materials and although most of the pieces on display were done on stretched canvas, I also do a lot of work using materials such as wood, metal and glass as my surface. All of the work incorporates natural materials such as fiber papers that are dyed with natural color and made from material such as mulberry, rice and cotton. I use lots of dried flowers and foliage and even silk cloth. These pieces are mixed media and include oil pastels and acrylic paints along with the natural materials described above. The rich texture I can get from overlaying various materials gives the work depth and intense color and supports the fact that nature is art.