

# Nightmares & Daydreams



Stream of Consciousness  
22" x 46" oil on canvas

Nightmares & Daydreams are two sides of the same coin. It is very easy for a dream (or life) to become a nightmare. Some of the works shown here were created as a catharsis for my own dark periods; a way to move from nightmare back to daydream.

I am taken with the timeless elegance of the undraped human form: uninterrupted, unencumbered, free. There is no darkness, no conflict to burden the figures. I consciously try to avoid things that would give reference to time or place, which creates a dreamlike quality.

A piece that encompasses both nightmare and daydream is "The Voice Within". The cicada is regarded as powerful symbol of rebirth. The dragonfly is a symbol for renewal, a positive force and the power of life. The brilliant crystal in the depths of the lightless abyss is a symbol of the voice within that whispers to us - "Hold on".

The Sanskrit text on the piece titled "Healing" says "Live life joyously, calm and content". Purusa and Prakriti represent the universe as consisting of two balanced realities: Prakriti is the realm of physical matter, Purusa is the consciousness or spirit. The lotus flower is one of the most ancient and revered

symbols of rebirth and renewal on our planet. The lotus flower grows in dark muddy water and rises above the surface to bloom with remarkable beauty. At night the flower closes and sinks underwater, at dawn it rises and opens again.

My personal metaphor for life has been The Rope. When I consider the structure, I find it significant that the individual strands are weak but the grouping together of those strands, the forceful twisting into a rope, creates strength. The rope also symbolizes the tangles we get into in life and the difficulty of sorting it all out. Just as the fibers are weak, so often we as people are weak. When we work together, help one another, there is strength.

I thank you for viewing my work, and invite your comments and questions.

Lorene McIntosh  
[www.CanvasDancer.com](http://www.CanvasDancer.com)