

Anyone else afraid of horses?

Fellow art lover,

What does 'vulnerability' mean to you? Does hearing that word make you squirm and feel uncomfortable? To me . . .



'[Blooms Abounding](#)', 18 x 18 inch oil painting by Holly Van Hart
\$1,150, [Purchase details](#), [Questions? Click here to email me](#)

vulnerability is frightening! Yet it's absolutely critical to innovation and creativity. It takes a huge dose of courage to launch a new art exhibition, or even a single new painting.

In my previous career in high tech, we were supposed to appear fearless and to hide all doubts. I learned to put on a brave face, no matter what feelings or misgivings were churning around on the inside. Especially as a woman, it seemed important to be viewed as strong, never weak.

Now I'm busy unlearning much of that. As an artist, I'm aiming to embrace vulnerability as a way to feel more fully alive. It should be (will be) be a strength that will make me a better, more adventuresome, more honest painter.

But it's still scary! How so? Click here for a [list of my most vulnerable moments](#).

What's your experience . . . is vulnerability embraced by your colleagues and friends? Is it perceived as helping you to be a better leader, family member, and friend? Please lmk! I'd love to hear from you on this.

In the meantime . . . hope you have an excuse to get all dressed up and have a frightful, delightful Halloween!!!

A handwritten signature in blue ink, appearing to read 'Holly', with a stylized, flowing script.

P.S. Interested in seeing my [latest, still-wet flower and tree paintings?](#) [Click here.](#)
[Questions? Click here to email me](#)

btw, talk about feeling vulnerable and putting on a brave face . . . ever been on an hour-long horse ride when you're scared of horses? I have, last weekend, at an absolutely fabulous birthday celebration for a dear friend. Unlike my last ride (many moons ago), 'Docile Duke' did not gallop off at full speed in the opposite direction of the group. What a relief. I can even say it was fun!



Lots going on! Here's some info on current & upcoming Art Exhibitions (email me for details)

Slate Art Exhibition

Ritz-Carlton

Lake Tahoe, CA

June - Nov 2015

hollyvanhart.com

Bluestone Fine Art Gallery
Philadelphia, PA
Now - Spring 2016

Open Studio Event
Saratoga, CA
May 7 - 8, 2017

Stanford Art Spaces Exhibition
Stanford University, CA
September 17 - November 18, 2016

Art & Innovation Exhibition
The New Museum
Los Gatos, CA
Fall 2017

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