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.

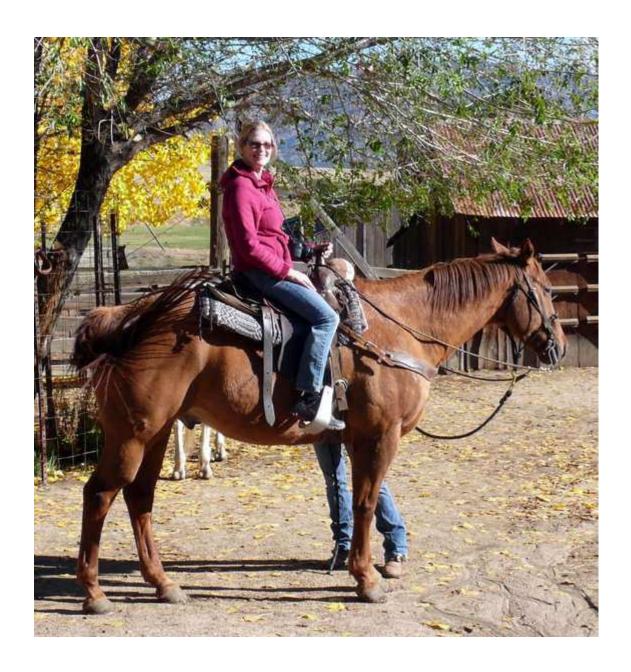
But it's still scary! How so? Click here for a list of my most vulnerable moments.

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!!!

P.S. Interested in seeing my <u>latest</u>, <u>still-wet flower and tree paintings?</u> <u>Click here</u>. 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!



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

Slate Art Exhibition Ritz-Carlton Lake Tahoe, CA June - Nov 2015

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

Thanks for all your support! Help spread the word . . .share this with a friend