

Mind State Series

By Ellen Bates

In the world today there is so much to be concerned about: climate change, weather emergencies, politics, misinformation, artificial intelligence, war, financial instability, and gun violence, to name a few. At the same time, in one's everyday life, the mind churns with tasks, chores, traffic, social media, bills, planning, and never enough time. Emotions flare around managing relationships at work, at home, and with friends. As a result, one's mind state is too often cluttered, confused, busy and otherwise lacking clarity.

The Mind State series is an investigation of how my mind state makes itself manifest in the work, and how striving to create more space and clarity in the work might affect my mind state.

Using a limited palette of colors, along with the elements of shape and value contrast, my intent is to make sets of three panels which, over time might express more spaciousness, calm and clarity. These first three panels perhaps reflect the mind states described in the first paragraph: Clutter, Confusion, and Busyness