





THIS JOURNAL BELONGS TO

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## INTRODUCTION



Even though I am a visual artist—a painter—I find myself surrounded by my writings. My studio is filled with writing. What passes for my office desk is covered with scraps of paper, Post-it notes, old envelopes, notebooks, sketchbooks and shopping receipts, all of which I've scribbled ideas on — from premises for future paintings to concepts to explore. As you get closer to my easel and art desk, it becomes even more chaotic. There's no more paper, just my scribbles on pieces of masking tape stuck onto the wall or even in paint on the surface of the furniture. Some of these 'ideas' are fully-formed sentences with descriptions and accompanying thumbnail sketches. Some are fragments of poetry, famous quotes or song lyrics that have struck a chord with me. Others again are brief phrases that may be possible titles for paintings. And still others are seemingly inscrutable singular words that can mean nothing to anybody but me, or sometimes not even me myself! I still have the word 'NUMINOUS!' written on my easel and I can't for the life of me remember its original scrawled intent. At any rate, when I am inspired—I write it down. Periodically, I index everything into a master list that is now literally thousands of ideas long. Whenever it is time to begin a new painting, to start a new series, to build a new gallery show, or to further explore a theme so far only briefly skimmed, I can then access my compendium of inspiration.

While not everybody is a painter, I do think that everyone can benefit from writing down their thoughts, ideas and inspirations. The simple act of putting something down on paper can trigger

creativity. I have created this journal in the hope that it may help to further inspire you. I have chosen each piece of artwork for this project specifically because I think it invites creative expression, intrigue, mystery or curiosity. I have also handpicked the various quotes in this book because they resonate with my own ideals, they are from creative individuals I myself admire, or they have inspired me in some way. Some are even written on scraps of paper littering my studio.

This is your book, and it is for you to use however you wish! Record your dreams or your daydreams. Write your stories. Compile your grocery list. Write your poems, your letters, your lyrics, your diary. Note down your ideas! And of course, enjoy the artwork.

—JASMINE







