

Creativity: A Journey of Transformation
Mary Daniel Hobson

Art Gallery and Healing Art Center
January 5 - April 29, 2011

During the winter months, longer periods of darkness remind us that, as Nature is drawing inward, we too, seek refuge and rest. The healing process itself also draws us inside, providing an opportunity to commune with our deeper nature and draw strength from most difficult truths. From this place of inner knowing comes a powerful source of inspiration and creativity. Nurturing this inner muse can initiate a path to healing. It often begins with a simple act.

Creativity: A Journey of Transformation explores an artist's inward voyage to healing through the power of art and creative practice. A native Bay Area photographer and artist, Mary Daniel Hobson, known as Danny, divides her studio time between San Francisco and Muir Beach, where she lives and works. Danny greets everyone she meets with a welcoming smile and kind spirit. Her openhearted nature and generosity invite a sense of intimacy that is very special. Creating sacred space for her creativity is important to Danny. On a recent studio visit to Muir Beach, I was struck by the warmth of her well cared for space - inspirational quotes are tacked to the walls, mixed media collages, framed prints, shelves of curious memory bottles greet you like old friends. A small loft is transformed into a beautiful meditative space. Here, the space proclaims, creativity is nurtured and thrives.

The journey of self discovery and healing, even allowing oneself to be vulnerable, can bring discomfort. Danny's courage and compassion to embrace pain in her own life, both physical and emotional is evident in her artwork. She describes the experience as, "that crack in one's world that initially is unbearable, but often yields an unexpected gift." At one time, Danny suffered from excruciating back pain and was bed ridden for weeks. "It was months before I could walk a couple of blocks," she said. "Pain can be very isolating. Ultimately, as a result of that experience, I became much more aware of my body as a signal. I had been a competitive runner and this forced me to slow down. I see it as a time of getting back on my path... it confirmed my passion in photography."

This exhibition is purposely shared between two spaces, connecting the Art Gallery and the Healing Art Center, making visible the interconnectedness of art and healing. Five distinct bodies of work, each described below, present the artist's masterful melding of photographic and mixed media techniques and a penchant for Surrealism – the dream world within.

Mapping the Body: 1996-2002

Intimate collages exploring the emotions and experiences housed within the body.

Milagros: 2002-2006

Collages combining photographs of participants' hands with their handwritten wish to creative visual affirmations for positive change.

Bottle Dreams: 2002-2007

Mixed media sculptures exploring the fragmentary and fluid nature of memory.

Evocations: 2006-2008

Intimate still lifes exploring states of mind.

Sanctuary: 2007-2008

Prints that present the natural world as a place of refuge.

Inspirational quotes that have supported Danny on her creative path are presented here in the gallery as a gift. The Healing Art Center offers a handout with instructions on how to draw a Mandala. May they help inspire or nurture a passion, just as a seed needs water to thrive.

In conjunction with each exhibition, Cavallo Point recognizes the good work of a non-profit that serves communities in supporting the arts, and environmental and social awareness. Cavallo Point is pleased to support *Barefoot Artists*, a non-profit dedicated to bringing the transformative power of art to the most impoverished communities in the world through participatory and multifaceted projects that foster community empowerment, improve the physical environment, promote economic development, and preserve and promote indigenous art and culture.

The artwork on display is available for purchase. A percentage of the artwork sales will be donated to *Barefoot Artists* for the duration of the exhibition. For more information, please visit barefootartists.org. For learn more about Mary Daniel Hobson, please visit marydanielhobson.com.

This exhibition was organized by Anne Veh, Curator, Cavallo Point Art Program.