



## Self Portrait as Still Life

“Art can permeate the very deepest part of us, where no words exist.” – Eileen Miller. I made this painting in order to present myself and express myself in ways that are not easily put into words. It was truthfully much harder than I anticipated finding objects that were not going to come off as “cheesy”. When I was selecting the items, they were not intentionally objects that specifically represented me they were just things that I enjoyed.

As I am in school currently for art therapy, we have this universal idea that all art is created for a reason. It was not until I was almost done with this still life that I finally understood what it meant for me. My mother passed away when I was young, she is represented through the

