I am not Worthy

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JNCONSCIO MIND

ALFRED TO SCHOFIELD M.D. M.R.C.S.

I am not worthy.

A collection of paintings depicting aspects of childhood viewed through an adult's reflection. Through the process of reflection, I became aware of the power of words and suggestions when I was a child. It is said that children are like sponges, they absorb their environment and those in it.

The child always listening, captivated by every word, influenced by the power of suggestion. "I am not worthy" struck a particular chord with me, when I heard the mantra coming from my lips, after years of repetition. But one day I really heard the words that I had repeated without question. They never really felt comfortable. I used to mumble that part of the prayer in mass.

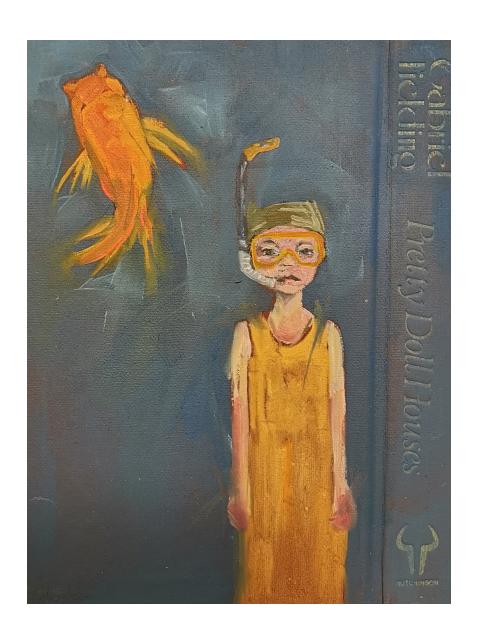
This body of work is not about questioning anyones religion or beliefs, but more to do with how powerful words can be. I did not like to be told I was not worthy, what if as children we are empowered by words that prompt us to love ourselves, believe in ourselves, be kind to ourselves.







contentment in knowing self acrylic on paper 28 x 36cm



I found my tribe oil on bookcover 15 x 20cm



paper boats and custard creams oil on book cover 13 x 10cm





you can't stop whats coming oil on canvas 100 x 150cm



play with me daddy acrylic on paper 29 x 45cm