

Artist Spotlight

Water, Symbolism, Resonance



What is your relationship with water?

Water has been a constant presence and profound teacher in my life. Living on a small island in Hong Kong, surrounded by the sea, I feel its immediate influence. Being underwater has deeply shaped my way of seeing, revealing a world of quiet beauty, suspended movement, and intricate life that feels both fragile and expansive. Water feels alive, responsive, and healing. It both reflects and absorbs, offering a mirror for inner states while cleansing and renewing.

Why did you choose to explore this theme in your paintings?

Through my own healing, I began to see that the parts I wanted to smooth out were actually the most meaningful. The cracks, the unevenness, the moments that didn't go as planned. They give the piece its breath, its honesty. When I teach, I hold the same space for others. I remind them that they don't need to control everything. Their hands already know what to do.



Creation, Healing, Process

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What does your creative process look like from concept to completion?

It begins with immersion, often time near water, journaling reflections, or meditative listening to guide intuition. In the studio, I work in layers, starting with loose, gestural marks in response to inner rhythms, then building depth with glazes, textures, or mixed media. I often carve back into the surface, meticulously yet intuitively, allowing form to emerge through removal rather than addition. Completion arrives intuitively, when the piece achieves balance and stillness, feeling both resolved and alive.



How do sound, vibration, and energy influence your visual art?

As a certified sound healer, I understand vibration as fundamental to all creation. In my painting, I incorporate this through rhythmic gestures that echo sonic waves, using color and texture to evoke frequency and resonance. Sometimes I play specific tones or ocean recordings while creating, allowing vibrational energy to guide mark-making. The result is artwork that carries an energetic imprint, inviting viewers to experience subtle healing or alignment.

Place, Journey, Connection



How does exhibiting in Singapore resonate with you as an artist?

As a maritime city-state that bridges East and West, Singapore has a unique and living relationship with water that feels immediately aligned with both my practice and my life in Hong Kong. The city's cultural fluidity and emphasis on harmony within diversity echo many of the themes I explore through my art. Exhibiting here allows me to engage with audiences who understand water as both life-giving and unpredictable.

How does your role as a sound healer and art teacher connect with your art practice?

These roles are deeply intertwined. As a sound healer, I facilitate energetic release and balance, which directly informs the therapeutic intent behind my artworks, creating pieces that serve as quiet anchors for reflection and renewal. As an art teacher and founder of Living Light Art Studio, I guide others in expressive discovery, reinforcing my belief in art's power to heal and connect.

Artistic World, Culture, Intention

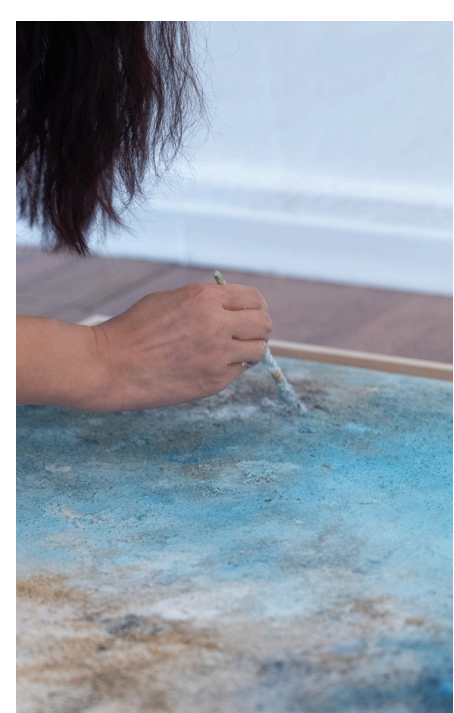
How would you describe your artistic world in a few words?

Meditative abstraction, oceanic resonance, layered stillness, energetic harmony, quiet transcendence.



What emotions or intentions are central to your work?

Central emotions include quiet hope, contemplative peace, and a gentle awe at existence's fragility and strength. My primary intention is to facilitate healing and presence, creating works that allow moments of pause, breath, and emotional resonance.



How does your cultural background influence your art today?

Growing up in Hong Kong, a dynamic fusion of Eastern traditions and global influences, has shaped my appreciation for balance, subtlety, and interconnectedness. Elements of Buddhist philosophy and the mindfulness found in Chinese ink traditions inform my layered, gestural approach. At the same time, the city's vibrant, fast-paced energy pushes me toward abstraction. It becomes a way to create spaces of calm and introspection amid chaos.

