

WATER, SYMBOLISM, RESONANCE



What is your personal 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?

The ocean's endless transformations, light playing on surfaces, depths concealing mysteries, and constant motion within apparent stillness, naturally became the core metaphor for my abstract practice. I chose water because it embodies duality: powerful yet fragile, chaotic yet harmonious. This sense of quiet abundance often surfaces in my work through subtle vibrancy and organic rhythms drawn from underwater environments, shaped by time spent both observing and creating while diving.



CREATIVE PROCESS



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.

What does your creative process look like?

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..

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PLACE, DECISION, EVOLUTION

How does exhibiting in Singapore resonate with you?

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 IDENTITY

AN ARTISTS OWN UNIVERSE.



How would you describe your artistic universe?

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



How does your background influence your work 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.



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.