

**Pablo Picasso, *Two Women Running on the Beach*, 1922**



**\*\*First Question First\*\***

What is *your* immediate reaction to this artwork?

Trust it. Write about it. Use the guide sheet for help.

Continue reading for another perspective and journal questions.

## **Pablo Picasso, *Two Women Running on the Beach*, 1922**

Excerpt from my journal:

*This Picasso has stayed with me for a while now. How can such heavy, massive women feel so light? They are full of life's vitality, they are hand in hand, one looking up, one looking forward. They are massive, yet completely unburdened. They have come to represent the building up of my spiritual, emotional, psychological "muscle" these last several years, gaining strength through loss and learning how to use this muscle to re-vitalize me as life goes on, now, and as losses continue. Seeing, experiencing losing Daddy as a spiritual workout in a way, a sweat-breaking, snail's pace road feels right. Not in any "self-improvement" kind of way. No. I'm feeling more of the slow burn away of illusion of forever, illusion of stasis. I am looking up, forward, and behind simultaneously these days. And I'm asking for and receiving help. These women reveal passion in their exposed breasts, joy, wonderful monumental movement. They are not weighted down in any way. Sadness will accompany me and influence my energy. Yes, that will always be so because I feel love and loss. But, to also carry this understanding that I am building spiritual muscle that allows for times of carefreeness leaves me with hope and faith. I need not worry. I know I am changed; these last many years have ripened me and now I'm going through a very beautiful ripening. There is energy in this ripening, there is vitality and joy in this ripening. And, again, I am not alone.*

Q.) Have you experienced a glimpse of something "bigger" going on in you through this grief? A hint of anything transformational? Write about this. And if this question angers or irritates you, write about that.