

About the author.

I cherish an old black and white photo showing me around 2 or 3 sitting on my dad's lap, both of us on the shore intently looking out towards the Pacific Ocean horizon. The Big Picture seems to be in my blood. Art History is our collective Big Picture, a "window on the world" of our time and place, and of ourselves.

For 15 years I felt honored to introduce this soulful world of art to university and college students. Witnessing them awaken to this most vital of human endeavors affirmed that art belongs to each of us, ready to enhance our lives and guide our spirits. My academic life has shifted these last 12 years into encouraging a more personal experience with art. In *Art One-On-One; Reflecting on Your Life Through Art*, I turn the focus onto you, the viewer. Looking at art is essentially a time to reflect, not only on this other time and place, but perhaps more significantly, our own dimensional life.

Art has always served someone, as often as not the welfare of its community. Using art viewing to help us grieve feels as old as the prehistoric Lascaux cave painters making their way through the dark passages, returning for thousands of years to the same sanctuary to add their experience to the limestone walls *for the benefit of their people*.

For these last several years life and death have interwoven themselves throughout my days. Looking at art has been a warming light guiding me through my own dark passages, reminding me that individual grief lives in the context of our human experience. We love, we mourn. Looking at art can feel like a quiet conversation with a trusted friend. The setting is your opened journal. May art soothe and assist you in your grieving time.

