

Life's Contradictions

A lot of my work comes from thinking about the contradictions

of life. It's something I struggle with and I know I'm not alone in that. For example, the question: "What should I focus on in life?" There are so many contradictory answers at any given time! You could say: focus on accumulating money. Or focus on a life of community and meaning. Or! Live for the moment! Or I'm coming to realize that I'm coming to realize that none of these are necessarily wrong or right. And part of the differences amongst people perhaps is what they decide to focus on. One of my "favorites" is the tension between living for the moment and living for the future.

How do I find some sort of balance with these things? What does that look like? What does that mean? It's challenging to me. And so with this piece, I was kind of thinking about that frustration and anxiety overall. Searching for peace in the contradictory nature of our existence

