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The paintings you see here are part of a collection, simply titled, 'Energy'; as my work embodies a range of universal emotional states which in essence is the experience of energy moving through the body.

The odd and often distorted, "Beings", within my work are generated after daily meditation. These creatures are filled with all the same fears, passions and flaws as anybody else. The process of these, 'Beings', flowing from my mind onto the page allows me to focus and free my thoughts simultaneously. This practice is a visual journal which brings forth raw material which often reveals its meaning retrospectively once all the elements have been infused within the artworks.

My work evolves alongside my emotional journey which might be unremarkable but my response to it is visceral. I would like people to sense a playfulness within my work and titles, which comes from enjoying this process whilst still acknowledging the shadow that accompanies us all.

Whilst I am influenced by The COBRA movement and masters such as Miro and Klee, it was the writings of Jung, Watts and Pinkola Estes that pulled me away from my job in Interior architecture, towards a life of self-discovery through the ritual of creating art.

I work with layers of plaster because this process and the artworks themselves then have a sense of the primitive, giving the feel of pictograms or petroglyphs in ancient caves. I make marks into the plaster, forcing myself to be spontaneous as the final layer dries rapidly. The medium dictates that I'm not too precious which allows me to let the piece take on its own life.

I have been working in Edinburgh for the past 9 years following a previous 6 years of exhibiting and living in London. I gained my Masters from Edinburgh College of Art then came up with and co- directed, the internationally acclaimed project, 'The Graffiti Project', at Kelburn Castle, Scotland. The artists urged me to focus solely on my artistic practice, which I have done since early 2008.

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