

# River Banks: *Cradling Creative Currents*

Art by Sonya Kleshik, April 6 – July 6, 2017

**Arterra**  
300 Berry St.  
San Francisco, CA 94158

**Opening Reception April 27, 2017**  
6:30 – 9:30pm

When I create, there are at least two aspects working within me: the creator and the creation, the container and the content, the river banks and the flow of the river. My art is not limited to any one style because my creative flow is always changing, and is unpredictable. I cannot anticipate what will happen when I come to the canvas; it is a mystery and a delight to observe what unfolds. My job is to remain constant – without judgment or expectation – as the creator, the



container, the river banks and to allow the flow of my inner experience to be given an outer life in my art. My intention is that life, then, allows others to connect to the flow of their own inner experience and their river banks, free from their own judgment and expectation, and is an invitation to cradle their own creative currents.

## About the Artist



After years of international travel and activism, my journey turned inward when I sat my first 10-day meditation retreat in 2013. A year later, I found my way back to my long-lost love of art. But this time, I had a new understanding of the power of creativity to foster self-realization and discovery. I went from years of creative drought and denial that I was an artist at all to being a prolific painter motivated by the intrinsic joy of creating. Now I wish to share the gift that creativity has brought me with the world.

I am available for speaking, group facilitation events and one on one creativity coaching sessions. I also accept mural commissions.

You can find more of my original art on my site [www.sonyakleshik.com](http://www.sonyakleshik.com) and follow me on [Instagram](#) and [Facebook](#).