

## **Jennifer Gleason**

### *Flood*

*Flood* (Self Portrait) - One of five images in a series I have entitled, "Disasters of a Natural Being" in which 5 natural disasters are metaphorically related to issues or problems we face in our lives and the effects our personal natural disasters have on our lives - the role they play is integral to our advancement or demise. While natural disasters are devastating and destructive, they can also be beneficial in creating new life, new opportunities and open the doors to new possibilities that otherwise would have been unattainable - the proverbial "silver lining." Life is ever changing. Our disasters in life mould & shape us - how we react, how we feel, how we think, how we live. It is for us to determine how we will be affected. In essence, disasters force change that either makes us stronger or breaks us down to our very core at which time we have no choice but to rebuild from ground zero.

In the case of being faced with a personal flood, we feel like we are drowning in life - it seems like we just can't seem to catch a break & it all becomes so overwhelming that we can't breathe. The tears won't stop falling and the waters just keep rising higher & higher... the more tears that come, the higher the waters rise and we find ourselves overwhelmed and drowning.

When asked to answer the question if this entry is for motion or emotion - I suppose, in this case it's a bit of cause and effect; a dance between the two where both are directly related and serving as catalysts to each other.