

## She Told Us To Trust Our Intuition by Deb Achak

## Issue 99

My mother's last words to my siblings and I before she died were "trust your gut instincts". It's struck me over the years how profound and revolutionary that one simple phrase is. It has become my mantra – my north star. When we still our mind, free it of conscious thought, intuition can be heard and felt, and becomes the perfect guide. Some years ago, I started to notice that when I am in a deep flow with my art, it becomes a meditation and I am able to hear my inner voice with complete clarity. In this series I use water, color, movement and the human form to express the meditative quality I feel when I am in sync with the flow of creating. I seek to capture that single moment where my camera, my intuition, and the natural world are perfectly aligned, and to give gratitude to my mother for bestowing such a powerful parting gift.

**Deb Achak** lives and works in Seattle, Washington. To view more of Deb's work, please visit her <u>website</u> or follow her on <u>Instagram</u>.

To purchase work please contact her representation at <u>Winston</u> <u>Wächter.</u>





The Half Written Poem

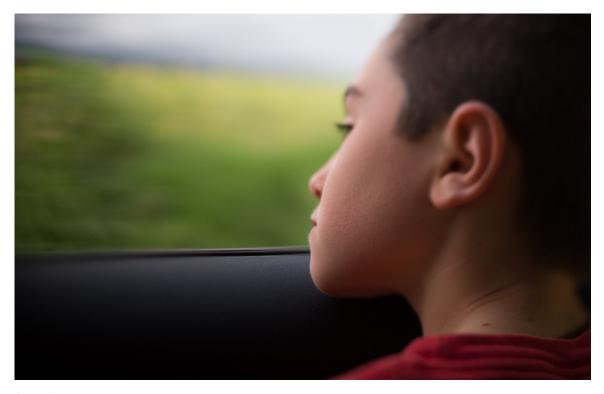


Untitled





Hāli imaile



Six is Green





Star Dust



Henry's Rib





The Queue

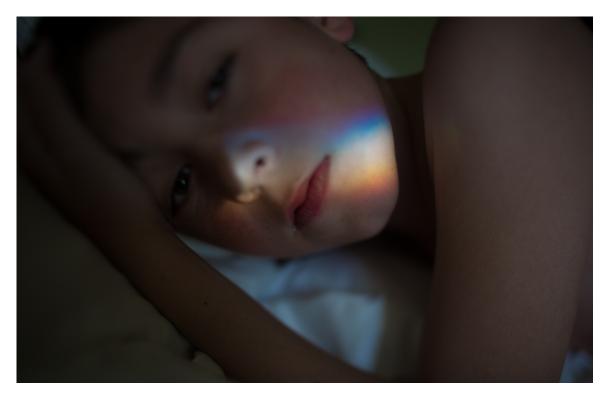


She Told Us To Trust Our Intuition



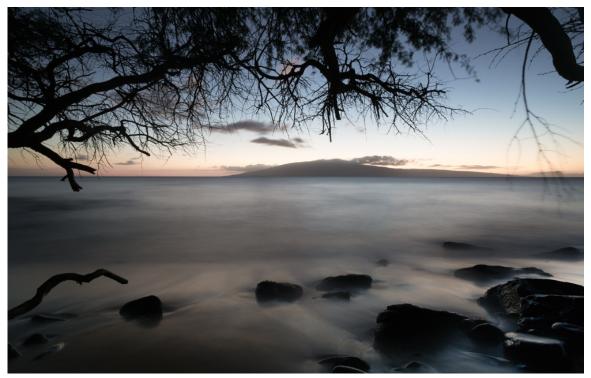


Inside the Wave

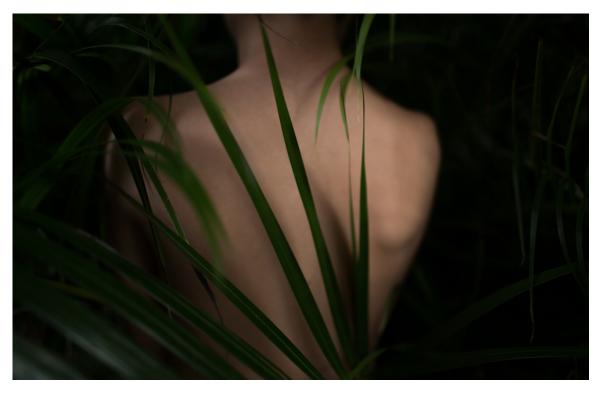


All The Colors I Am Inside





'Au'au Channel



Frond (no.1)





Cle Elum Lake