


 **FRACTION**

***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 [website](#) or follow her on [Instagram](#).

To purchase work please contact her representation at [Winston Wächter](#).



The Half Written Poem



Untitled

Winston Wächter Fine Art, Inc.

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Hāli□imaile



Six is Green

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Star Dust



Henry's Rib

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The Queue



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Inside the Wave



All The Colors I Am Inside

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'Au'au Channel



Fronde (no.1)

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