



# Protector

Painting by Tsultrim Tenzin

My paintings are a collection of many observed moments: time spent in the presence of people, places, objects. My subjects include friends and family, Tibetan motifs, everyday objects, and even, myself. In my work, you'll find simplified tones, bold brushstrokes, and striking colors, inspired by my Tibetan heritage and my classical art training.

I spend long stretches of time sitting and standing in front of my canvas, and sometimes, hiding from it, meditating in silence—just looking and listening and reflecting—whether the subject is a fruit or a friend, the process is all the same. I paint the shape of light and reveal the subject's surface textures through layers of paint, and only capture the colors that feel right, rather than look right.

My paintings are simple and sensitive. They are usually small and unexpected. And they reflect my desire to be more patient, more present. I paint to humbly observe the world that feels true to me, blurring and blending between the weight of my Tibetan heritage and my Western upbringing.

