

*A new series of paintings dedicated to those who face invisible challenges --
and to those who join them in meeting those challenges --
with courage, with conviction, and with love.*

INTRODUCING "LIGHTCASTING"



The last time I shared a meal with Noa we were in North Conway, New Hampshire. We were on a road trip and happened upon a Mexican restaurant -- Noa's favorite. Meals were already pretty challenging at that point, but Noa had brand-new Sony over-ear noise canceling headphones, and -- hey -- *tacos!*

So we gave it a try.

That was in October 2020.

We haven't eaten in the same room since.

scroll down to read more... or enter the [Lightcasting gallery](#) here

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Noa, my youngest child, is thirteen years old. They love animals with their whole heart, are gifted in math and art -- and experience severe misophonia.

Misophonia is a disorder of reduced tolerance to certain sounds or other stimuli -- called "triggers." Chewing, eating, sniffing, coughing, and other mouth/nose sounds are common triggers -- and are Noa's worst. Repetitive, patterned sounds like pen-clicking or keyboarding are common triggers, as well.

While most of us find these sounds occasionally irritating, people with misophonia tend to have immediate overwhelming emotional responses to their triggers such as rage -- or terror.



For Noa, life with misophonia means being always vigilant. Never fully at rest.

Physiologically, it's as if there are predators lurking around every corner. As if friends and family -- not to mention strangers -- may attack, unprovoked, at any moment -- with no warning at all.

Every day is a battle. Middle school is a minefield. Nowhere is safe.

LIGHTCASTING

While the school year had begun with as much excitement as trepidation -- *it was so good to see their friends!* -- the fall months were arduous ones for Noa.

By December, weeks of continuous fear and agitation taken their toll, and Noa was exhausted. By this point, Noa was almost completely isolated, rarely leaving their bedroom when at home, and haunting the hallways at school.

Their nerves were shot. So were mine.

So when winter break rolled around, Noa and I took another trip -- just the two of us. Seeking a little peace and lots of quiet, we headed east, to Broadkill Beach.

It was exactly what we needed.



When I arrived home, I began to paint.

I didn't stop for two months.

I suppose I was attempting to keep it going:

The breath of salt. The roll of sound. The smiles.

The light.

[VIEW THE COLLECTION](#)

You might say that I painted the beach.

Or, you might say I painted how the beach made us *feel*.

Maybe it was all for Noa: images of waves to complement the white noise that ceaselessly whirs in their room, in their ears, in their mind.

Or perhaps I painted in order to becalm myself : breathing in composure, releasing the stress and sadness into the waves.

Perhaps **I needed to convey the way love transforms the landscape** -- from bleak to hopeful. From depleted to replenished.

In order to help. In order to heal.



All in all, I painted fifteen canvasses in two short months, including a dozen landscapes and a few abstracts, for good measure,

With that, I am delighted to introduce *Lightcasting*, a new series of full-sized, light-filled seascape paintings. The series is **dedicated to Noa and to all who face invisible challenges** -- and to those who join them in meeting those challenges -- with courage, with conviction, and with love.

[ENTER LIGHTCASTING GALLERY](#)

P.S. To learn more about misophonia, please visit [soQuiet](#), a brand-new nonprofit offering advocacy, support, and resources for people with misophonia.

Also -- FYI -- this email was written in consultation with Noa and with their permission. Noa hopes that by sharing their experience, more people will learn about misophonia and will learn to **follow the 5-A plan** when learning about someone's invisible disorder.

In the Washington DC area? Wanna see some art?

☐ Come visit me at the **Superfine Art Fair**, coming to DC April 7-10. I'll be exhibiting there along with dozens of other talented local artists. This one should be a blast! I'd love to see you there!

☐ Check out my work in the group show **Art in Bloom**, now showing at the Martha Spak Gallery at the wharf. Beautifully curated by Barbara Januszkiewicz, the exhibition features over 40 works — selected from over 400 submissions by more than 150 artists.

☐ Pencil in April 24th for a pop-up show and [follow me on Instagram](#) for updates. More local dates coming soon...!



Thanks for reading along! Please reply to this email to let me know what you think of the new collection, to schedule a visit -- or if you have any questions about misophonia. Or for any reason at all! Your replies go straight to me ☺ -- and I love connecting with you and hearing your thoughts.

Wishing you a happy first day of spring! xo

Ruth



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