

I was born and grown up in a Buddhist temple in Shimonoseki city, a rural district with beautiful forests and beaches. The temple has a waterfall in the yard and we hold a dragon god there. I was a child who was always doodling and painting. Dragon has been one of my favourite motifs since then and I have always had my own image of dragon in my head.

My career as a painter started relatively late, at my age of 37. I learned how to use colours, brushes and emotions from Ms. Ewa Gargulinska at her teaching program "Expressive Painting" (2012) in London. That was my turning point.

I normally paint with acrylic colours and wide brushes, so that I make big, bold brush strokes. I paint freely, mostly start without any plan. Sometimes I focus keenly on colours, and sometimes on shapes. When I start painting a new one, the first stroke feels like diving into a waterfall. At this moment I feel as if I'm not breathing, or time is standing still for a few seconds. Blending colours is like making light and darkness, or warmth and coldness. Making brush strokes is like making voice through my hand and arm. I release myself on the paper or canvas in this way.

I feel free when I paint, and I seek freedom in my painting. I know very well that I have freedom to paint anything, in any colours, and freedom to destroy and overpaint. While painting, I feel like I'm somewhere deep inside, somewhere comfortably dark, isolated and rich in colours. I feel safe and truly relaxed there. My life would be much harder without painting.

What I've been aiming to do, is to put out the things invisible and indefinable within me and turn them into visible art. For this I use my body as well as my soul/mental part. I use my heart, arms to fingertips, blood vessels, muscles, not only my brain or soul, in order to create my own work that is only possible through me, my whole existence.