



## daily GOOD

Both dreams and myths are important communications from ourselves to ourselves. --Erich Fromm

### **Adrian Arleo: Metaphors for Interdependence**

Writes Adrian Arleo, "For 40 years, my sculpture has combined human, animal and natural imagery to create a kind of emotional and poetic power. Often there's a suggestion of a vital interconnection between the human and non-human realms; the imagery arises from associations, concerns and obsessions that are at once intimate and universal. The work frequently references mythology and archetypes in addressing our vulnerability amid changing personal, environmental and political realities. By focussing on older, more mysterious ways of seeing the world, edges of consciousness and deeper levels of awareness suggest themselves." Explore some of her work in this post from Orion Magazine.

### **Be The Change:**

For more inspiration, check out this interview with the artist.