

Out & About

## Portrait of artist as author

### Ann Pember pens fourth digital book, 'Discover Your Inner Inspiration'

- [By ROBIN CAUDELL Press-Republican](#)
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IMAGE PROVIDED Ann Pember's "Racing Water" will be on display at the Adirondack Artists Association Gallery, 2752 Essex Road, Essex.



IMAGE PROVIDED Ann Pember's "Water Lily."

KEESEVILLE — Ann Pember jumps off July as “Spotlight Artist” at Friday's opening reception at the Adirondack Artist Association's Gallery in Essex.

She will show 20 almost-new paintings at the exhibition, which runs through the end of the month.

The Keeseville resident has self-published her fourth-digital book, “Discover Your Inner Inspiration,” available as a download from her website.

She will also offer an all-levels painting workshop July 11-15 at the Peru Community Church.

“It’s a different year,” said Pember from her Water Edge Studio.





IMAGE PROVIDED Ann Pember's "Water Lily II."

“I got published a couple of times, which is kind of fun, and I wrote another book. I had several in the works. I thought this would be a shorter book and I will finish in time for the workshop. It's about getting yourself inspired to paint and to get in the right emotional and mental state for painting, or anything.”

Winters, she is more productive in her white, light-infused studio.

“I may paint in the afternoon and write in the morning because of the way the light is in the studio,” she said.

“If there's too much glare to work at the computer, it's a good time to be painting.”

### **'INNER WORK'**

“Discover Your Inner Inspiration” is a short, 48-page read.

“Part I is get quiet,” Pember said. “In that part, I talk about considering your lifestyle, your surroundings, your environment, how much stuff you hang on to and help yourself get rid of the stuff you don't need. Clearing the clutter. Having a home environment that is overwhelming can affect your mental state and your health. In getting rid of your things you don't want or use, you provide a service for someone else who could use those things.”

She encourages artists of all ilks to meditate or seek quiet before painting or any creative endeavor.

“Part II is the inner work. Set an intention for what you're planning to do and visualize it completed and how you want it to be.”

Intention, inspiration and intuition are key.

“I purposely have included a great number of quotes from a lot of famous artists and well-known thinkers,” Pember said.

“They say it so beautifully. I wanted to share many of those things I have collected over the years, and I have worked them into the book.”

Once the intention and an idea or plan is worked out, action is crucial for follow-through.

“Some people like to use affirmations,” Pember said.

“What you don't want to do before you pick up the paintbrush is say, 'This is going to be a mess.' You want to say, 'This is going to be a fantastic painting.' You have to believe in yourself for it to work. It's proven to work. When we tell ourselves we can't do something, we tend to believe it.”

## **PAINTING WITH A PURPOSE**

People should be aware of the subtle ways that electronics impact an artist energetically.

“Cutting-edge technology is so rampant,” she said. “We may not be protected from the dangers of that. There has been a rush to bring new devices and higher frequencies into the public domain. The government is not doing the testing that I expect should happen.”

The electromagnetic frequencies (EMF) of cellphones, tablets, laptops, computers, etc. may affect sleep patterns and cause other symptoms; “Some people have developed sensitivities to them,” she said.

Pember advocates painting with a purpose to know you're intended direction .

“Not to say that wonderful things cannot just happen as you're working in the creative process,” she said.

“It's better to have a plan and know where you are headed.”

## **BUTTERFLY**

Lifestyle, nature and Earth connections are as important as brush, canvas and pigment.

“A couple of years ago, young fox kits were in the den down the road,” Pember said.

“They came out and let me photograph them one day. They were lazing on a rock. They looked so comfortable.”

The kits were a reminder that time out doing nothing is as important to the artistic process as time in studio.

The book is filled with images of Pember's paintings, photographs and one photograph by her friend Linda Marie Hill.

“We were hiking on my birthday in April,” Pember said. “An early butterfly flew around us. I put my hand out, open palm and it stayed there for the longest time. She photographed it. I thought I had to include that.”

## **WORKSHOP**

There are still open slots in her July workshop, where she will teach more than one style of painting for beginners and advanced painters.

“I will present some of the ideas from the book as we prepare to paint,” she said.

Her recent juried exhibitions from last summer to the present include Pennsylvania Watercolor Society 37th International; Catharine Lorillard Wolf Art Club Annual Members Exhibition; Salmagundi Club, New York City; Watercolor Society Of Alabama 75th National; Illinois Watercolor Society 32nd National Exhibition; Watercolor Missouri International; St. Louis, Mo.; and Western Colorado Watercolor Society 24th Annual Rockies West National.

This time of year, Pember scales the steep banks of her lakeside gardens.

She just planted 30 new perennials to fill vacant spots and reduce weeding.

By 2019, the plants will be well established when she holds her next Studio Open House.