



**Artist Statement:**

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Mindful

With this body of work, I was focused on being more mindful of moments that may have been otherwise overlooked in the headlong rush of everyday life. These small situations, displayed larger than life, explore the significant in the insignificant, and the importance of appreciating the present moment. Something that seems small and insignificant can turn into a great inspiration over time. What have we missed by not being mindful, and what possible inspirations can be found when we purposely try to be mindful and live in the present moment?

<b>Title</b>	<b>Original Format</b>
Figure 1: Serenity	Photography, 20 in x 30 in
Figure 2: Stillness	Photography, 20 in x 30 in
Figure 3: Flourish	Photography, 20 in x 30 in
Figure 4: Motionless	Photography, 20 in x 30 in
Figure 5: Breathe	Photography, 20 in x 30 in
Figure 6: Appreciate	Photography, 20 in x 30 in
Figure 7: Thrive	Photography, 20 in x 30 in
Figure 8: Respond	Photography, 20 in x 30 in
Figure 9: Focus	Photography, 20 in x 30 in
Figure 10: Respite	Photography, 20 in x 30 in
Figure 11: Reflect	Photography, 20 in x 30 in
Figure 12: Notice	Photography, 20 in x 30 in
Figure 13: Pause	Photography, 20 in x 30 in
Figure 14: Re-Center	Photography, 20 in x 30 in
Figure 15: Tranquility	Photography, 20 in x 30 in



**Figure 1: Serenity**



**Figure 2: Stillness**



**Figure 3: Flourish**



**Figure 4: Motionless**



**Figure 5: Breathe**





**Figure 6: Appreciate**



Figure 7: Thrive



Figure 8: Respond



**Figure 9: Focus**



**Figure 10: Respite**



**Figure 11: Reflect**



**Figure 12: Notice**



**Figure 13: Pause**





Figure 14: Re-Center



**Figure 15: Tranquility**