

Sumballō II **THEN SHE LET GO**
2022-2024

Hydrogen, on its own is highly flammable, forms a covalent bond with oxygen, to form *water*. *This* substance is essential for all life on our planet. It is both soothing and refreshing, but can also rage and destroy, tearing down cities and cutting through canyons. Ever-moving, ever changing form.

Beyond the environmental, use and misuse, the work asks questions of this molecular substance; what does it bring, what does it take away, what fundamental human need does it meet beyond thirst and requirement for growth, what contribution does it make to community and to culture essential for the humankind to survive and thrive.

She Let Go, adapted from the Original by Safire Rose

She let go.
She let go.
Without a thought or a word, she let go.

She let go of the fear.
She let go of the judgments.
She let go of the opinions swarming around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons.
Wholly and completely, without hesitation or worry, she just let go.

No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.

There was no effort.
There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go, she let it all be.