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Layers: Water/Paint/Experience **Paintings by Angela White**

Opens March 28 at Himmelfarb Gallery, Maryland University of Integrative Health

”At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer.”

–Rachel Naomi Remen, M.D.

LAUREL, Md. – “Layers: Water/Paint/Experience,” features Angela White, a Rockville, Maryland artist, and opens Friday, March 28 in the Himmelfarb Gallery at Maryland University of Integrative Health. An artist reception, which is free and open to the public, is scheduled for Thursday, April 24 from 5:00 p.m. – 7:30 p.m.

White presents a range of styles in this exhibit, with a primary focus on seascapes and other paintings of water. The seascapes and landscapes are created using encaustic and water-based oil paints, and are occasionally embedded with gold and silver leaf and covered with iridescent oil paints. She expresses a deep sense of awe and reverence for the beauty and power of nature in all her water and land paintings.

Layers connect the varied themes and processes used in Angela White’s paintings. Layers as seen in translucent water, layers of visual depth from applied paint and encaustic, and layers of meaning she brings from her life experience. White says, “It is through this process of using layers that I record my journeys and turning points, and I return to a new beginning.”

Ms. White is very pleased to be exhibiting in places where there is an understanding of how art contributes to the healing process. She says, “I understand the positive effects visual arts have on an individual, both personally and professionally. As a certified massage therapist and Reiki practitioner, I’ve personally combined the visual arts with the healing arts.” Her meditation practice which is focused on Oneness also influences her paintings.

White says, “While the main principle in my art may be movement, the goal is to show a deeper meaning and universal connections. My intention is to communicate the language of spirit and these universal ideas.”

Artwork from the exhibit will be on sale through the Meeting Point bookstore, which is adjacent to the gallery. [Visit the Himmelfarb Gallery online.](#)

What: “Layers: Water/Paint/Experience” Paintings by Angela White

When: March 28 – June 14, 2014

Where: Himmelfarb Gallery, Maryland University of Integrative Health
7750 Montpelier Rd., Laurel, Md 20723

Artist Reception: Thursday, April 24, 5:00 p.m. – 7:30 p.m.

Gallery Hours: Monday – Thursday: 8 a.m. – 7 p.m.; Friday: 8 a.m. – 5 p.m.; Saturday and Sunday: 8 a.m. – 4 p.m.

About Angela White

Angela White is a studio artist and art teacher, as well as a massage therapist and Reiki practitioner. She holds two B.A. degrees and a M.A. from the University of Maryland, College Park. She is also a graduate of Potomac Massage Training School. Her thesis show included 30 painting on the subject of water. In 2007 she studied encaustic painting in New York. Her formative years were spent in Europe and the East Coast of the United States. This is where her interest in the natural world began, and watery landscapes continue to inspired and influence her work today. Travel further feeds this interest. Her website:

www.angelawhiteart.com

About Maryland University of Integrative Health

Maryland University of Integrative Health (MUIH) educates and trains practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners, delivering more than 35,000 clinical treatments a year.

About the Himmelfarb Gallery

The lobby of MUIH’s main campus building serves as the gallery space and features four exhibits each year that focus on some aspect of healing, wellness or nature. Since opening in April 2003, the gallery has displayed paintings, drawings, prints, photographs, fabrics and artist-made paper.

For more information, please visit www.muuh.edu.

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