

CREATIVE THERAPY

<http://creativetherapy.wordpress.com/2009/07/26/catalyst-seventy-two/>

We're so excited to have Angela Cartwright as this week's Guest Artist.

It took me over a year to get Angela to guest for us and now that she's finally here, I am so delighted. I find Angela's art to be soulful and stunning. I love the texture in her work. The versatility and range of her art is simply incredible.

Angela's published several books. Most recently, [*In This Garden: Exploration in Mixed-Media Visual Narrative*](#). She also authored *Mixed Emulsions: Altered Art Techniques for Photographic Imagery* and co-authored *In This House: A Collection of Altered Art Imagery and Collage*. She has also just started an [art clothing site](#) AC Studio 9 which incorporates her clothing and photography. And, in case you've never seen it, she also co-creates a quarterly quality art zine called [Pasticcio Quartz](#). I told you she was versatile!

If you haven't seen Angela's amazing art before, make sure to checkout [her site](#) and her wonderful [blog](#). And you can buy her original artwork at her [etsy store](#).



Here is Angela's art with this week's catalyst.
Tell us about your best friend or the effect of friends in your life.



Angela Says: Joan Walsh Anglund wrote “A friend is someone who likes you”, but friendship is so much more than that. I have one girlfriend I have had for 50 years...50 years!... We have a lot of history with each other even though our lives are on two completely different paths. We share a thread of kinship that cannot be severed..

I am so grateful for my circle of friends. There is no doubt they make me a better person and constantly make me grow. Through them I look at life from other points of view, they help me clarify moments in time, and join in my sorrows and celebrations. True friends relish the accomplishments you achieve as well as sympathize with the tribulations you may be experiencing. Most importantly they can always make me laugh. Sometimes a good laugh is just what the doctor ordered..

Making time for friends is a priority. Life is busy and it's easy to let friendships slide. Before you know it, weeks and months have flown by. It's imperative to keep those you love in your life no matter how busy you are. Remember, to have a good friend you need to be a good friend.

Technique Highlight

My art reflects moments in time. It grows out of experiences, thoughts, wishes and dreams. I often incorporate my own shadow, which I am constantly photographing, and it makes the piece very personal to me. I am passionate about photography and build my altered art by embedding my photographs in texture and creating a photo mosaic. “Come Out” documents a close friend who is moving to another state. She's a wise old soul and I shall miss our talks and our shared love of gardening.

Thank you so much Angela; we're so very very honored.