

## Stirnemann's thoughts on her sacred geometric works

Ruth enjoys working with sacred geometry, through which the laws of all creation are expressed. The basic structure of these formal abstract works comes to her within a few hours; but then it takes weeks and months to finish the painting with all its colours.. Through their concentration of energy and structure the geometrics bring her and hopefully the viewer, into a deep state of contemplation that goes beyond form into unlimited space. These paintings form strong, new energy patterns within us. "I can truly feel a change of patterns on a cellular level within my entire body and in my brain structure, which opens new potential, teasing dormant brain cells into life" she states.

It is fascinating how the geometric works have transformed over the years:

In addition to the original sacred geometric works - the *mandalas* - *earth grids* developed in mid-2008, when she began to have a stronger connection to the changing electro-magnetic fields. The change and emergence of new works keeps her in awe and in a playful, explorative spirit.

All geometric works can be hung in different ways – the earlier ones in two, the later ones in 8 and the trigons in 6 ways. In each position, the painting has a different expression or message and deep harmony that it wishes to share. She love to create works that are alive, flowing with life and can be playfully hung on the wall according the buyer's need. In every position, they radiate something unique and therefore speak to another side of the mind, heart and energy system.

In 2010, she began to work with different geometric shapes, initially mainly equal sided triangles and later with hexagons, pentagons and circles. She has always been interested in what the "external" form triggers within her - with what innate wisdom it resonates - what new doors to awareness are opened.

Between 2011 and 2013, she had been working on a special geometric series, which was very inspiring: geometrics on different *background* colours, 60x60cm. These base colours again provoke a very different manifestation on the canvas, which amazes and excites her.

In 2015 a new series started: *connectivity*. An exploration of connections, relationships, again on different shapes of canvas. So far the circle, the trigon and the square are completed. A very new way to work geometrically.

"Painting is a joyful, sometimes challenging process of expanding my own conscious awareness. I do see this as one of my contributions to a more loving and harmonious world, as all of us and everything in it are intricately connected with one another" she comments on her works.