

A BOOK OF HOPE

TORQUATO

BEING
AT
PEACE
IS MY
GREATEST
STRENGTH



HOPE means something different to each of us and yet it is essential to everyone. Dr. Judith Rich writes, “HOPE is a match in a dark tunnel, a moment of light, just enough to reveal the path ahead and ultimately the way out.”

When the first wave of Covid-19 hit in early 2020, my life, like most others, changed. My personal schedule of art shows, work and travel were suddenly postponed, indefinitely...

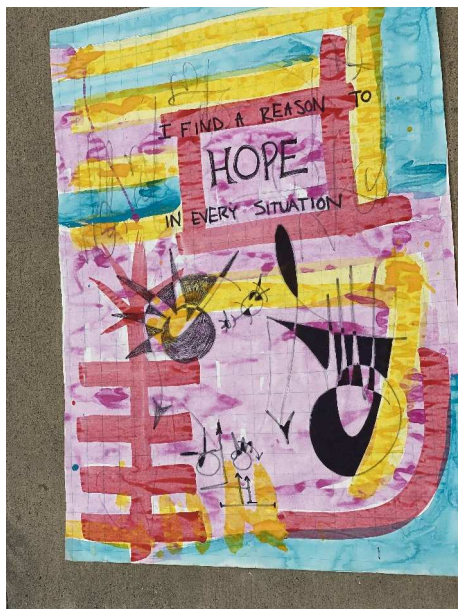
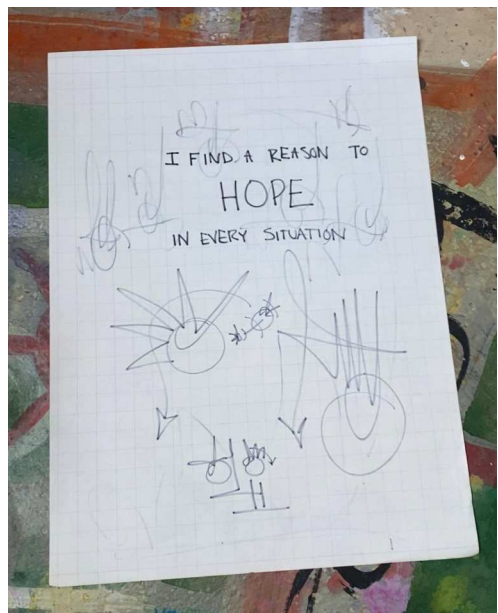
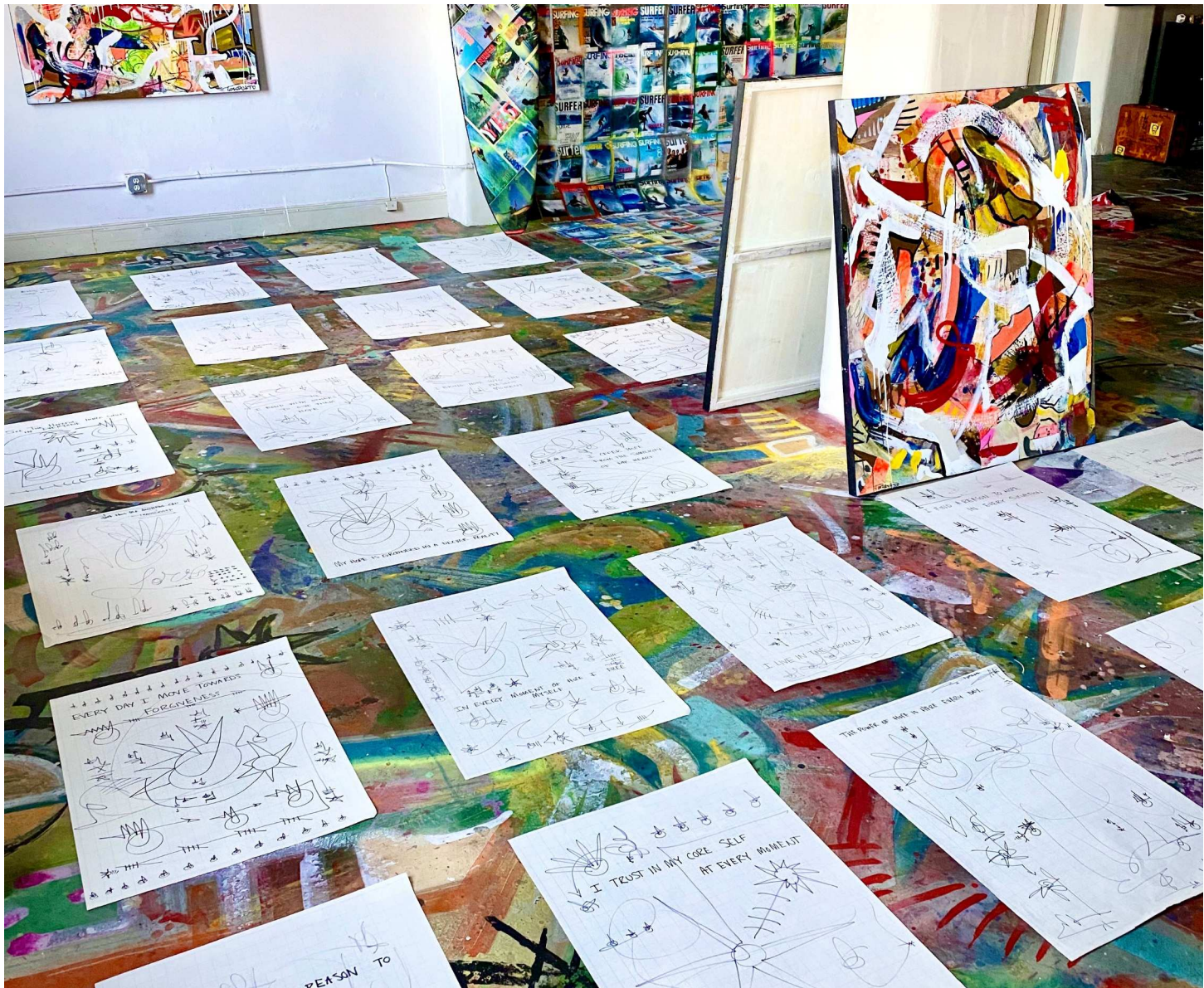
As a Surfer and Artist, my life is usually full of motion, energy and freedom. It is both grounded and fueled by a strong connection with the natural environment. However, due to the circumstances of the times, in early March I found myself going into lock-down and very unfamiliar territory. The next 50 days would be spent in my studio in Downtown Los Angeles.

Just prior to lock-down, I completed Deepak Chopra’s 21 day ‘Abundance’ meditation on-line course and found it to be greatly beneficial. So, when an email came to me on Day 1 of lock-down for a 21 Day meditation course presented by Oprah Winfrey and Deepak Chopra titled ‘HOPE in Uncertain Times,’ I took it as a sign and dove in.

I began each day with the guided meditation and every session included a short statement aimed to renew a sense of trust and optimism. I found that by planting these positive seeds each morning, my outlook through the crazy and uncertain days was remaining positive.

As the 21 Day meditation was nearing its end, I began to panic as I feared my morning anchor of positivity may be lost. So, when day 22 arrived, I started the 21 Day meditation process over. Only this time, at the end of each session, I wrote out the statement from the meditation with a sharpie pen on a pad of construction paper and included a stream of conscious drawing to personalize and manifest the statement further.

I want to note that the materials I used for the project were mostly items I already had in the studio. I often collect materials I think may be useful in future projects and the construction paper I used here came from leftover materials my Grandma had from teaching her 3rd and 4th grade art classes back in the 1970’s.









At the end of the 2nd 21 Day cycle, I had a stack of black and white drawings and I began to think they needed some color. So, over the following 21 Days, I used materials like the one's the kids would have used in their 3rd and 4th grade art classes such as markers, watercolors, crayons, colored pencils and pens to add color and life to the drawings.

When the COVID stay home restrictions lifted and I began to visit family and friends, I took this project of HOPE on the road with me to both work on further and to share. I went to San Diego to visit family and I went to Montecito for an Artist in Residence program. In each case, this project continued to manifest HOPE in me and the others I shared it with.







I continued this 21 Day process a couple more times and worked on both the individual pieces and the collection as a whole until I felt they had landed in part and sum. I handed off the work you see in this book to be photographed on the morning of October 10th and later learned that day is World Mental Health Day. I took this as a sign, decided I needed to find a way to share this work, and here we are.

This process and the project I've explained here began with no grand plan, no end goal or idea that I'd be putting these drawings into a book to share and hopefully inspire others. When I began, this was simply a morning therapeutic exercise I was using to help keep my head in a good place. As I maintained this practice over periods of time, I further realized the power of HOPE and that manifesting and maintaining it for myself would allow me to share it more greatly with others.

As challenging times continue, let's all do our best to create, maintain and spread HOPE best we can.

Thank you.

Michael Torquato deNicola



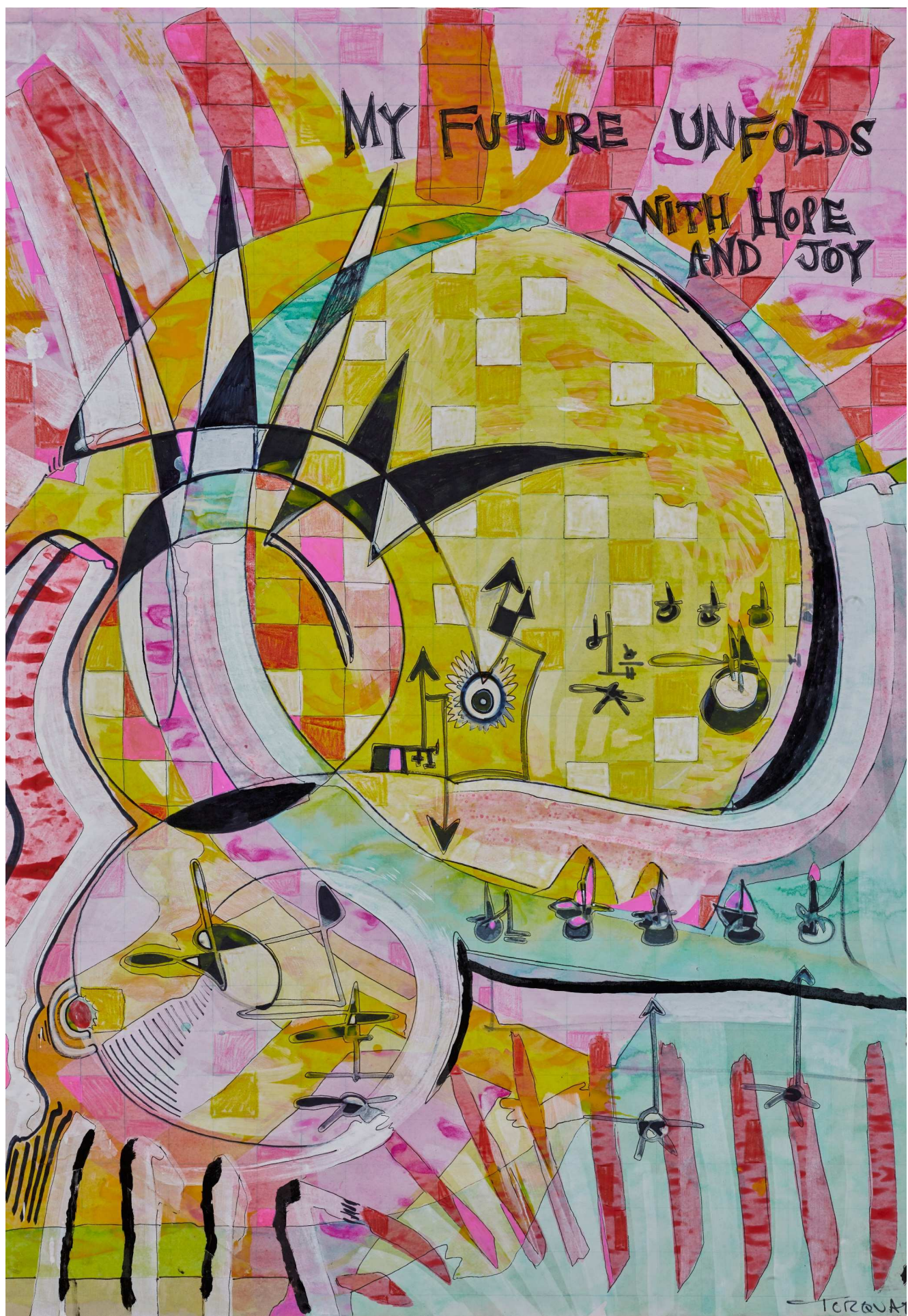




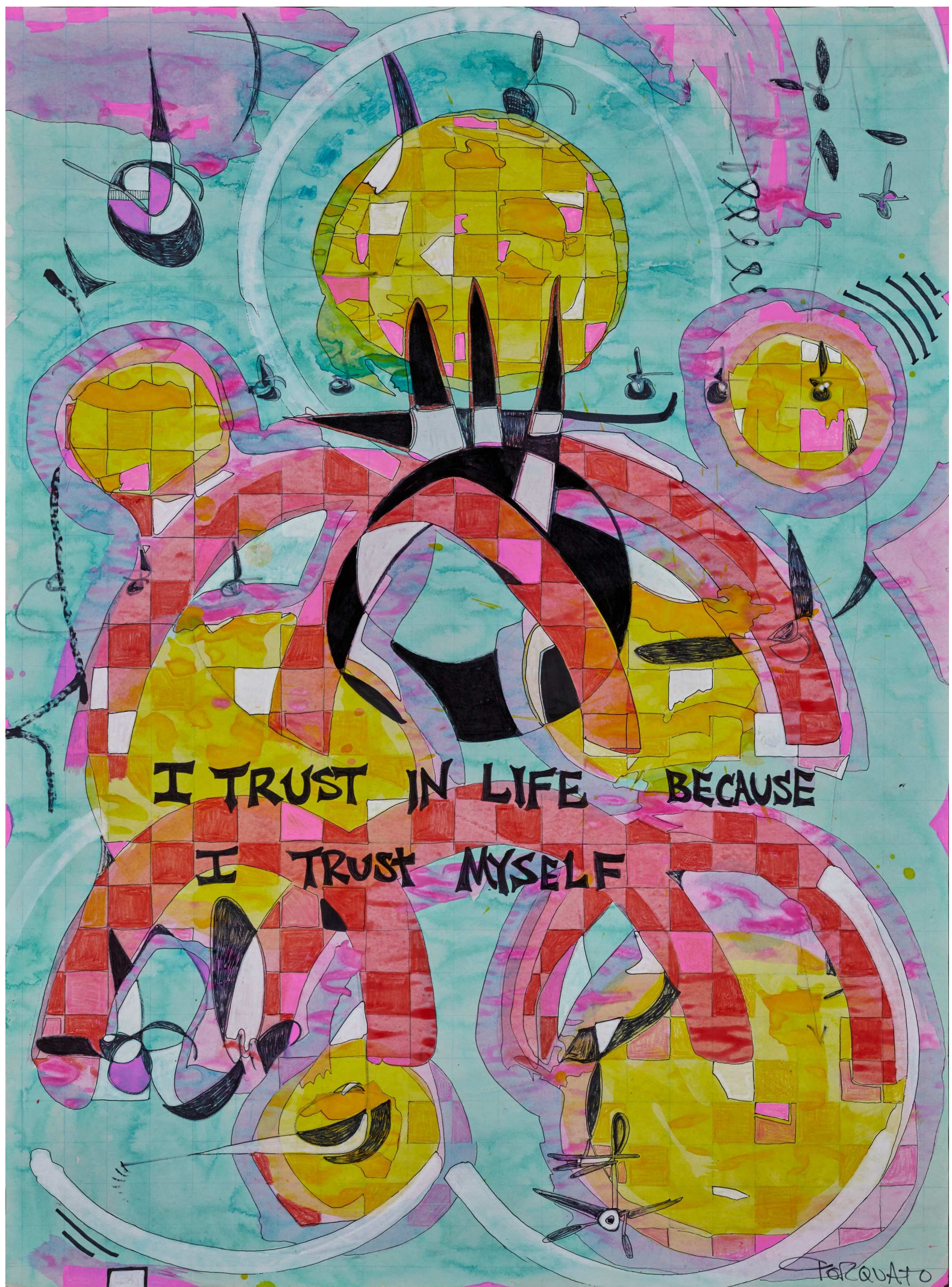










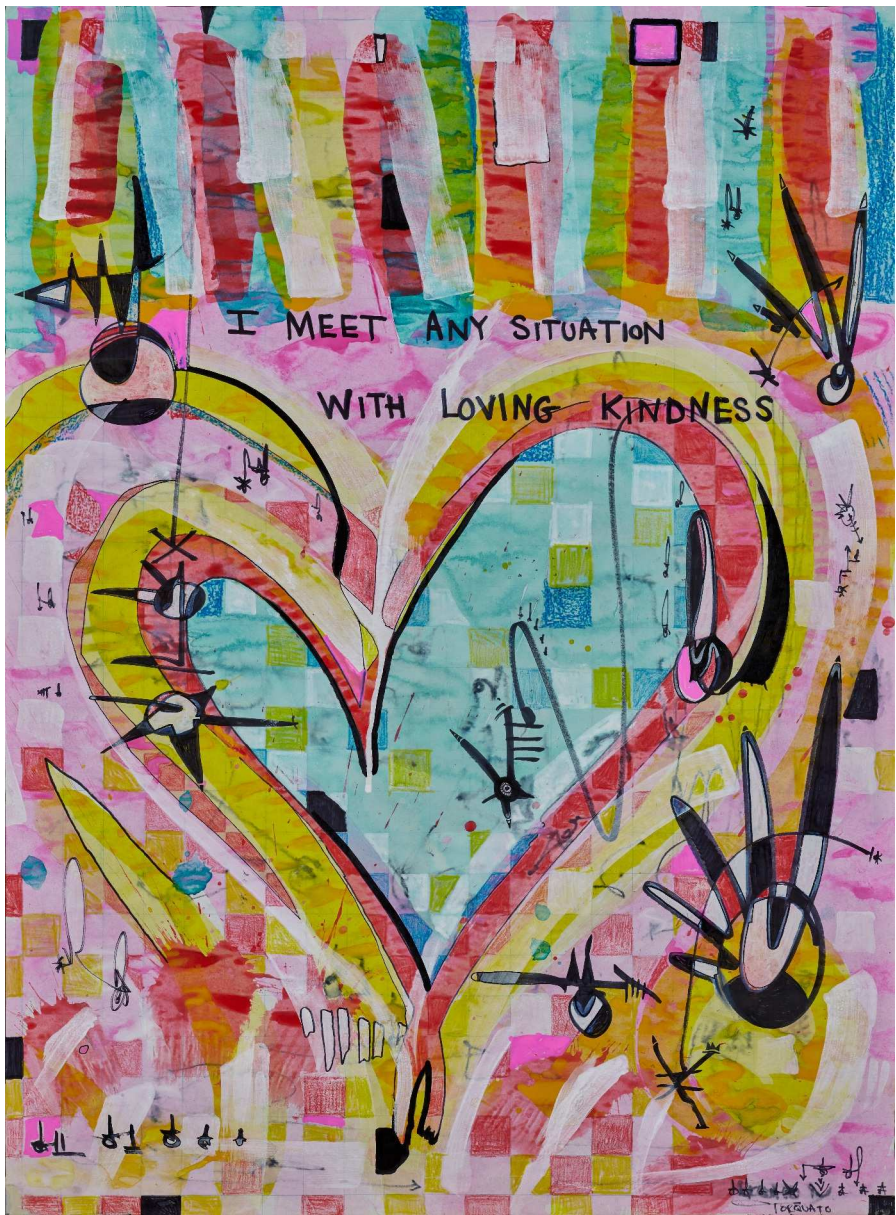


I TRUST IN LIFE BECAUSE

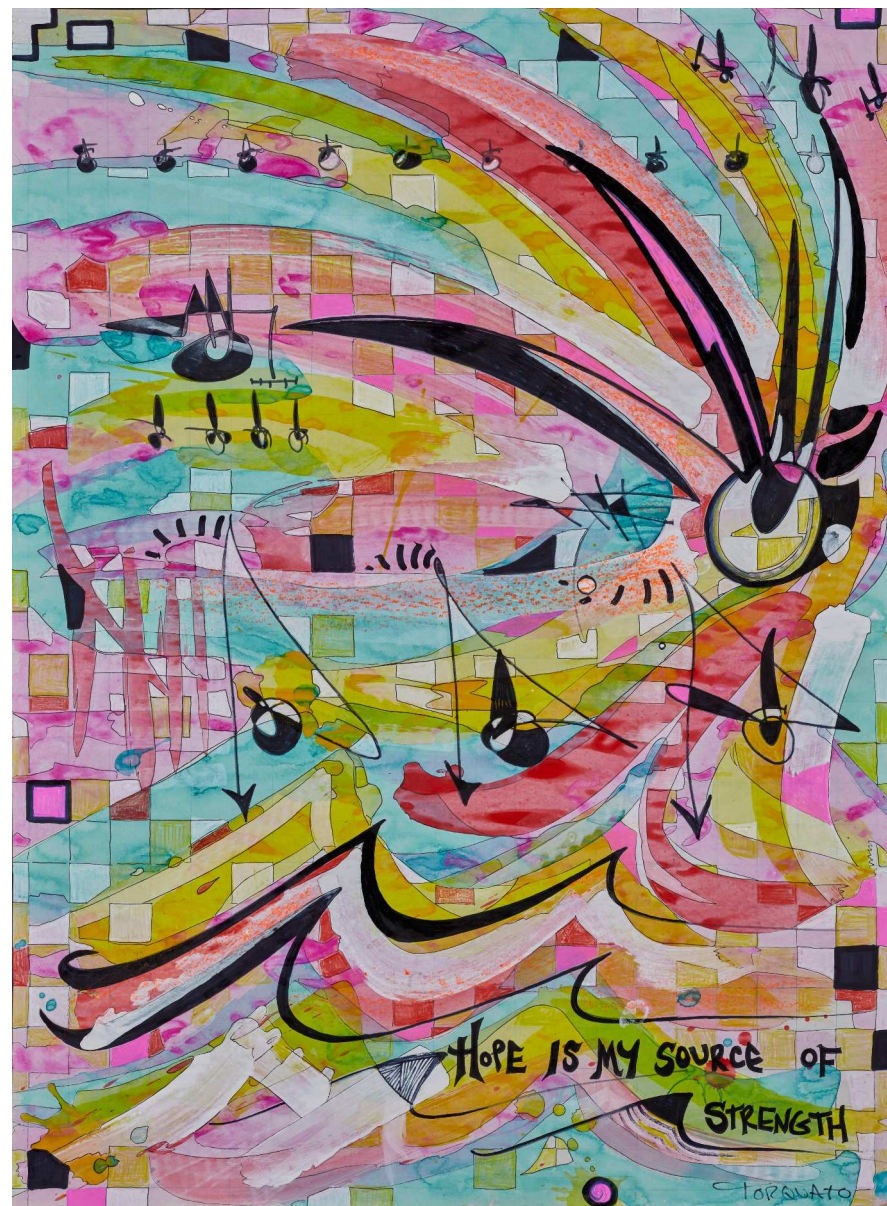
I TRUST MYSELF

PazQuato



















Michael Torquato deNicola
www.iamtorquato.com