

# from *Rising to the Surface / Healing oneself and others*

**M. V. Williams**

In the span of time that it took for this collection of images to accumulate (years), I had been trying to puncture a tender, purulent abscess of low self-esteem and self-loathing that has always been present.

In saying that, I had just as actively attempted to circumvent myself and my needs. When you are open about how you're feeling or how you feel about yourself, it leaves more options for self-alienation. Being too open with people can be more than some people can handle.

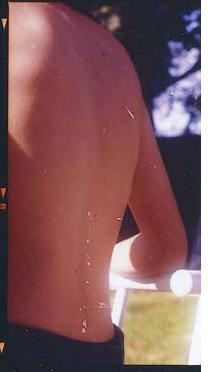
These works come from a space of self-reflection about a certain time and mental space, one that is too dilapidated and generally unsafe to return to.

I don't find it too sad that there are still things I'm working through from a different time in my life—it's in a safer space mentally, and there isn't a concern of completely collapsing in on myself.

*All images courtesy of M. V. Williams*







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Value and tone



