

STEPHANIE PRECHTER

I am a Michigan based artist/photographer working to connect brain health with the power of the arts.

I believe that my aliveness is rooted in the energy of art. I have always considered the arts to be an outlet, but in recent years I made a commitment to this path with a primary focus on the medium of photography. I discovered a niche in meditative landscapes with a special focus on water, which I consider to be a valuable resource in terms of quality of life and in regards to healing related to brain health.

I envision a world where the arts and science hold equal weight and space in terms of addressing brain health needs. Our brain is a universe unto itself with around 100 billion neurons with a potential for both creation and destruction. Since making a commitment to the arts —my propensity to create, find ways to calm my limbic system, retrain and recondition my thought process has been amplified. It has thrown me into a new space of awareness and consciousness opening doors in the most unexpected places.

For over 20 years, I navigated the Bipolar diagnosis and the processing after my dad's suicide. When I picked up the camera, I noticed the power in reframing my world and the freedom that came with editing my images. Every photograph has highlights and shadows, pixels to play with, a dynamic range of emotion, and a potential to inspire. I often say that if it wasn't for art, I would be back in the revolving door scenario in and out of hospital.

There are a ton of variables in play when it comes to managing the course of wellness. I now know that the arts is a critical part of this picture.

WHY I CREATE?

I think it's a calling to create. As creators/artists, we have a responsibility to humanity to inspire with ripple and in wake. To inspire actually means to "breathe life into". When I think of artists, I dive into this realm of new life. We shine a light on the darkness. We acknowledge conditioning from past experiences. We feel joy and pain and the infinite gamut of what it is to be human, then we share it with the world through our own lens. I create because it's my calling!