

Inspired Line Series

Janet Slom



Simunye

Zulu- We are one

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Artist Statement

Each day is a celebration of being alive and being able to create.

I draw as a metaphorical, living, breathing process—a way of entering and holding dynamic tensions and allowing them to move. Abstract lines sometimes erupt like a tornado, swarm, or vortex, where guts, bones, earth, and sky become interchangeable parts of a larger whole. Within this movement, new patterns and images begin to emerge.

The act of drawing allows me to explore vulnerability: what it means to be alive in the darkness of night; what happens when contradiction, ambiguity, and the uncanny come together; how a center can not quite hold, yet hold enough to call forth the fleeting presence of life.

This process has become a way of meeting life.

It has taught me that mistakes can be opportunities to begin again; that uncertainty can be met with curiosity; and that difficulties, losses, and darkness need not be rejected, but can become part of a larger experience of wholeness.

My book, *An Artful Path to Mindfulness*, offers 35 drawing exercises, each pointing toward a life lesson embedded in the process of making art. I wrote it to share a drawing practice that has profoundly changed the way I experience my own life and helped me meet its challenges with greater openness and compassion.

At the heart of the work is an invitation to befriend all of who we are—to move beyond judgment and comparison, trust our inner guidance, welcome surprise, and celebrate our unique ways of seeing and creating.

Ultimately, I see art-making as a practice of freedom and connection. When we allow ourselves to shine in our own particular way, we make space for others to shine as well.

Together, we make a brighter, more interconnected home for us all.



Serengeti Scrolls

Installation · Project Space, FL · 2013



Serengeti Scrolls

84 x 36 inches each · Ink and graphite on mylar · 2013
Five Points Gallery, CT



Five Serengeti Scrolls

84 x 36 inches each · Ink and graphite on mylar · 2013
Five Points Gallery, CT



Serengeti Scroll I

84 x 36 inches · Ink and graphite on mylar · 2013



Serengeti Scroll II

84 x 36 inches · Ink and graphite on mylar · 2013



Serengeti Scroll III

84 x 36 inches · Ink and graphite on mylar · 2013



Serengeti Scroll IV

84 x 36 inches • Ink on mylar • 2013



Serengeti Scroll V

84 x 36 inches • Ink on mylar • 2013



Serengeti Scroll VI

110 x 36 inches · Ink on mylar · 2013



Serengeti Scroll VII

84 x 36 inches · Acrylic and ink on mylar · 2013



Serengeti Scroll VIII

108 x 36 inches · Ink and graphite on mylar · 2013



Serengeti Scroll IX

110 x 36 inches · Ink on mylar · 2013



Serengeti Dance of Freedom

48 x 60 inches · Ink and acrylic on mylar · 2013



Serengeti Breaking Free

72 x 42 inches · Ink and acrylic on canvas · 2013



Serengeti Painting I

72 x 48 inches · Ink and acrylic on canvas · 2013



Serengeti Painting II

48 x 36 inches • Ink and acrylic on paper • 2013



Serengeti Painting III

48 x 36 inches • Ink on archival paper • 2013



Serengeti Collage

36 x 24 inches · Drawing and collage on paper · 2014



Apothesis

12 x 12 feet · Oil on canvas · 2011



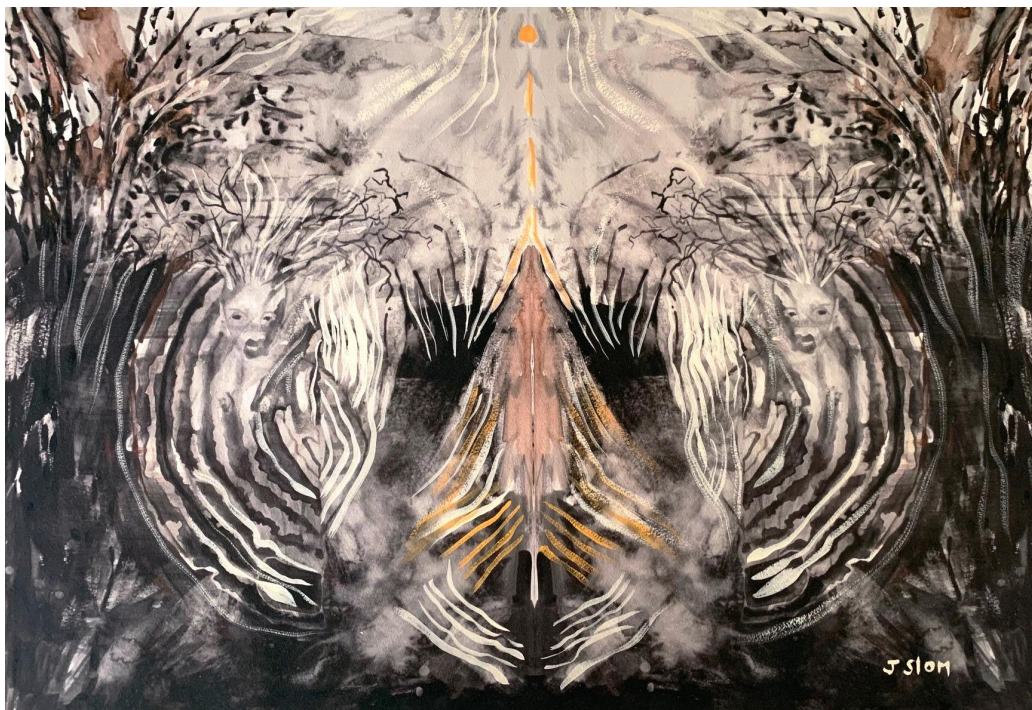
Forest and Falls I

18 x 24 inches • Ink on archival paper • 2021



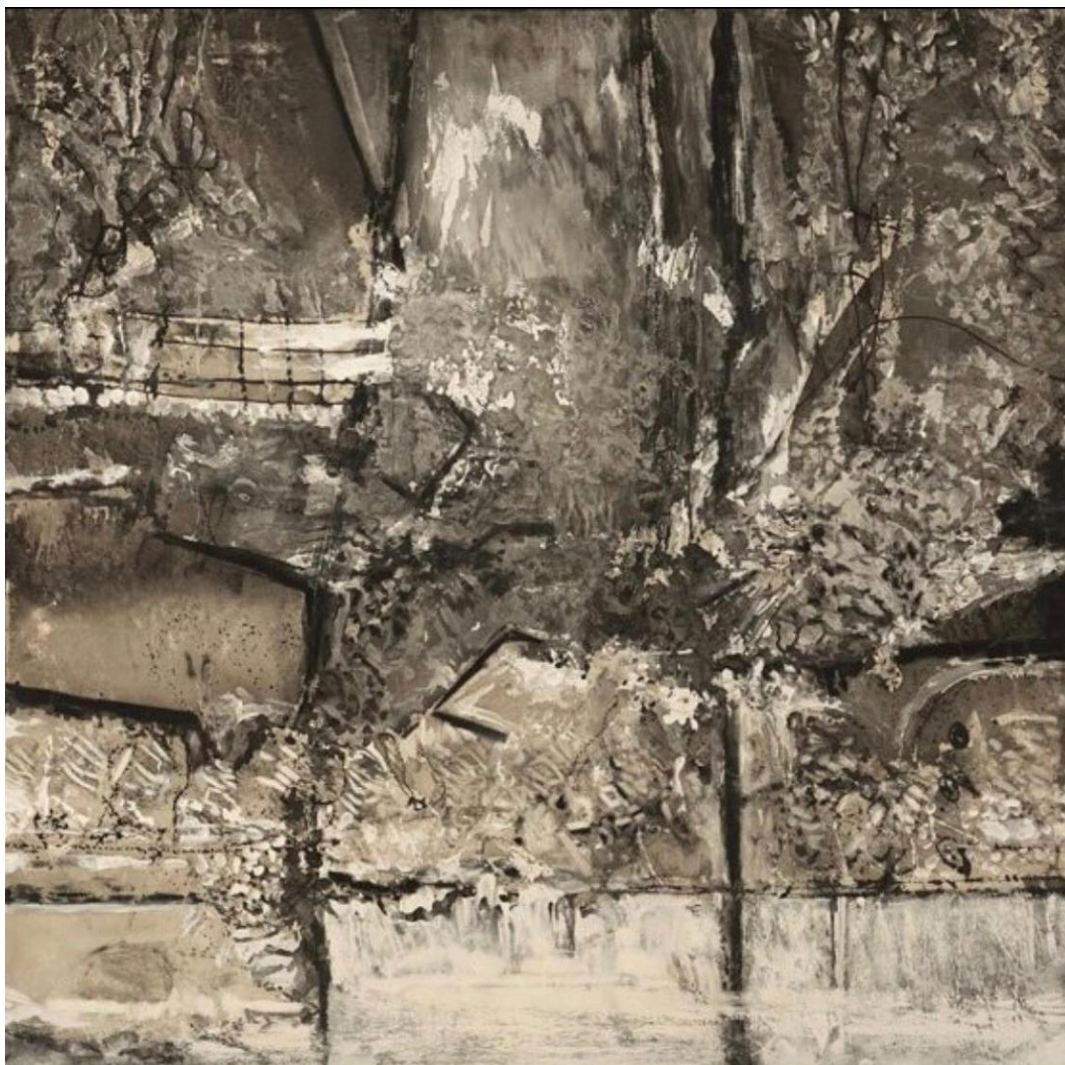
Forest and Falls II

18 x 24 inches • Ink on archival paper • 2021



Forest and Falls III

18 x 24 inches • Ink on archival paper • 2021



Forest and Falls

64 x 64 inches · Ink and acrylic on canvas · 2018



Women for Women

64 x 64 inches • Ink and graphite on canvas • 2018



Ocean Essence VIII

52 x 48 inches · Photography, ink and acrylic on paper · 2023



Baobab

60 x 60 inches · Oil on canvas · 2013



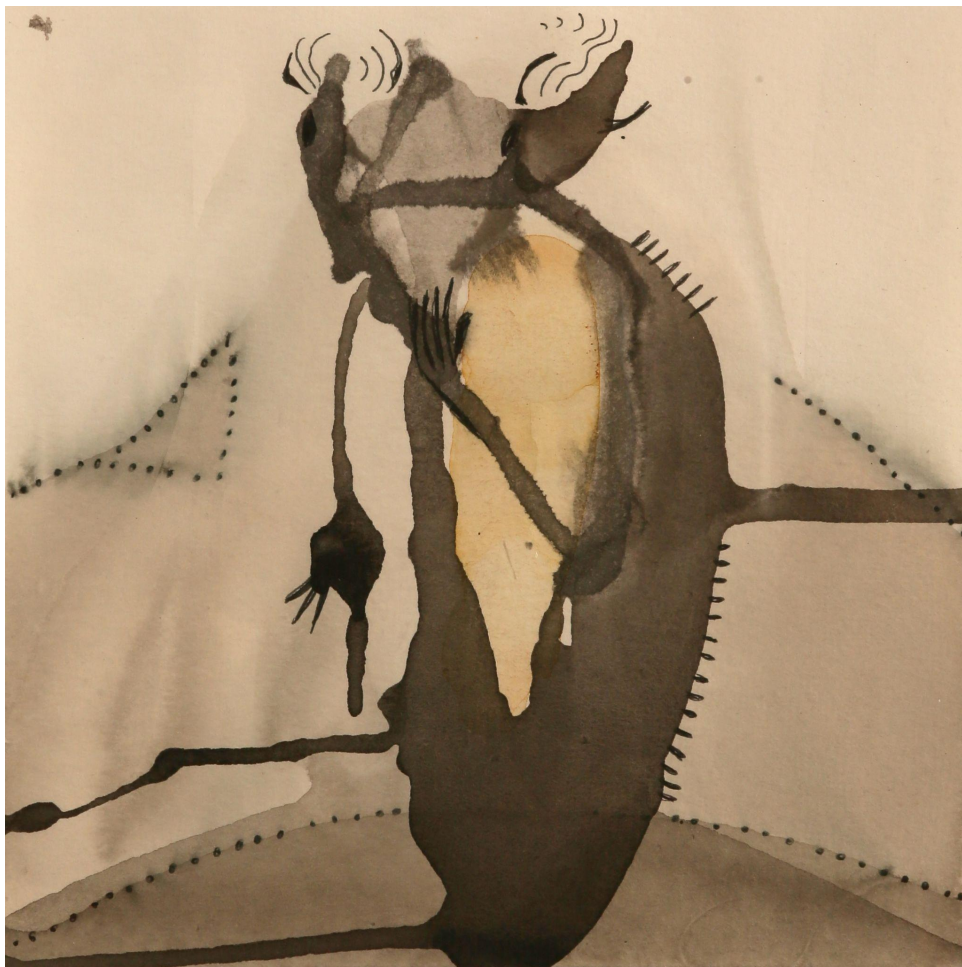
Spirit of the Tree I

36 x 24 inches · Ink on archival paper · 2024



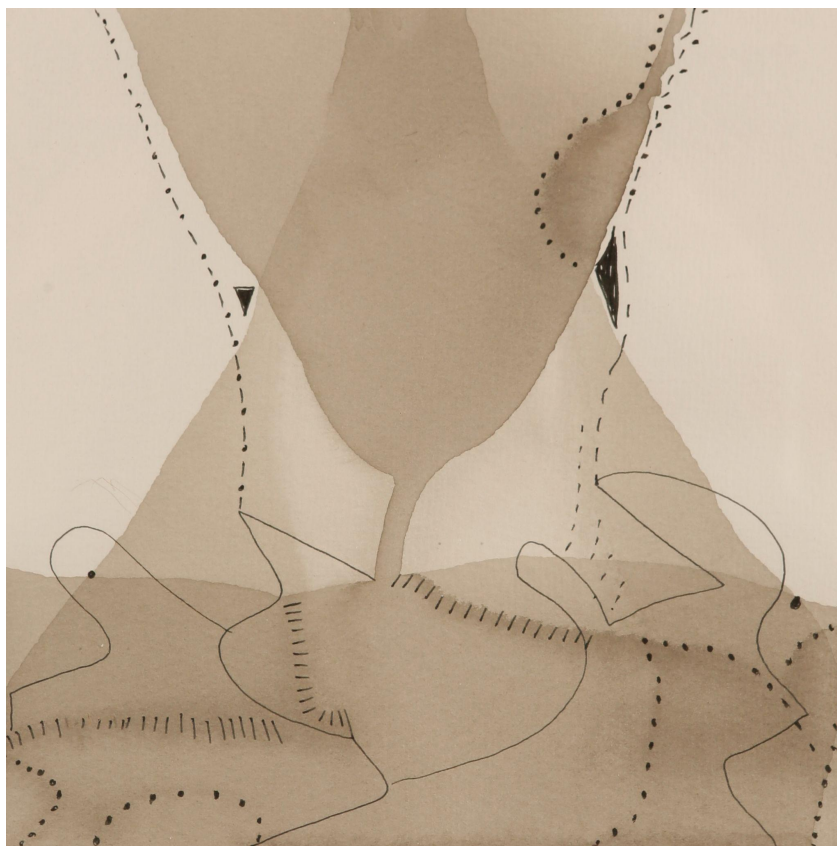
Spirit of the Tree II

36 x 24 inches · Ink on archival paper · 2024



Welcome

6 x 6 inches · Ink on archival paper · 2021



Imagine

18 x 24 inches · Ink on archival paper · 2021



Transformation II

42 x 36 inches · Drawing on mylar · 2014



In the Beginning

24 x 24 inches • Ink and pen on paper • 2024



Shamballa - Hope for the Flowers

12 x 12 inches · Acrylic on board · 2022



When Things Fall Apart
12 x 12 inches • Ink and collage on board • 2021



Imagine

12 x 12 inches • Ink and acrylic on board • 2022



Circle of Life

72 x 84 inches · Acrylic on canvas · 2024



Twenty Days of Practice

12 x 12 inches each · Acrylic and ink on board · 2024



Simuny - Project Space Installation, FL
10,000 sq feet · Scrolls and paintings on canvas · 2013



Simuny - Project Space Installation, FL
10,000 sq feet · Scrolls and paintings on canvas · 2013

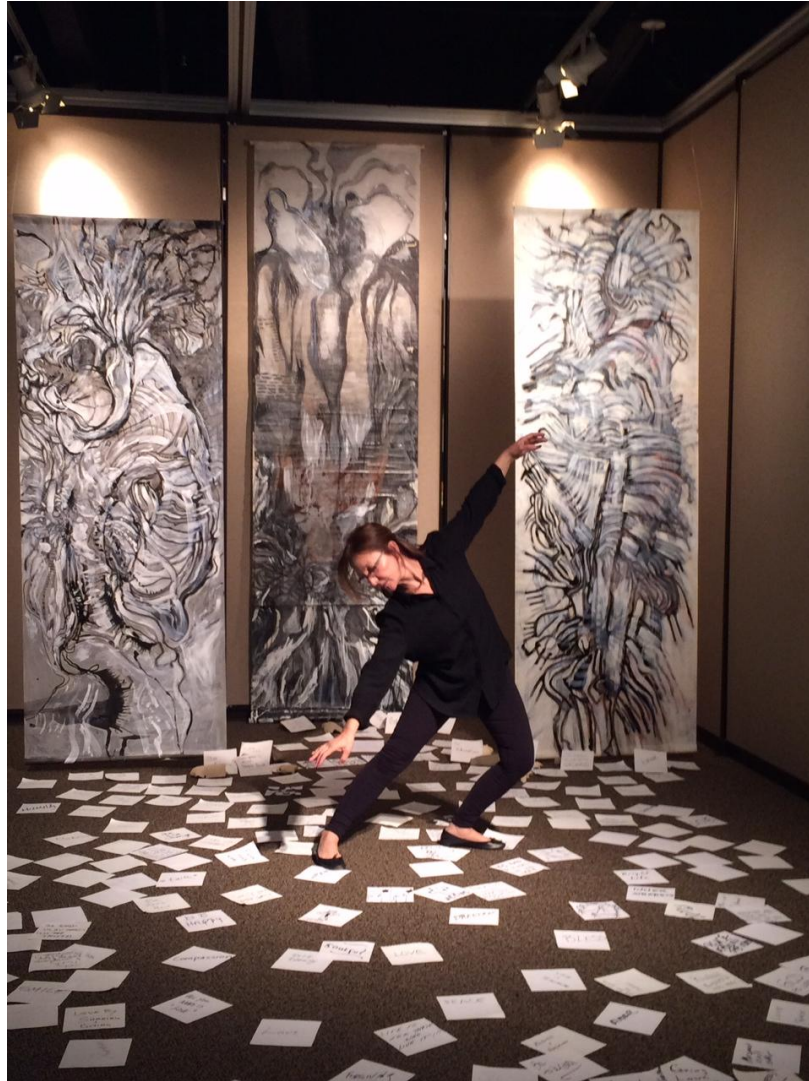


Simuny - Project Space Installation, FL
40 x 30 inches each · Acrylic and ink on paper · 2013



Simuny - Project Space Installation, FL

96 x 144 inches · Ink on mylar · 2013



Serengeti Performance

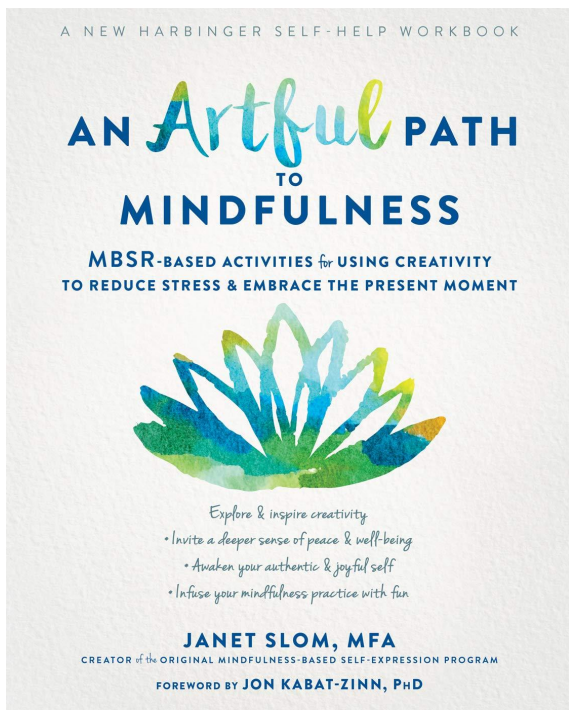
African American Research Library · Miami, FL · 2016



Serengeti Performance

Simuny Project Space Installation, FL · 2013

About the Artist



Janet Slom, MFA, an internationally recognized artist, mindfulness educator, social entrepreneur, curator and author of *An Artful Path to Mindfulness*. Inspired by the rhythms of nature and life, her work explores the dynamic interplay of opposing forces and the deeper patterns of human experience.

An internationally recognized artist, Slom has received numerous awards and commissions. Her installations and exhibitions have been presented worldwide, including at the United Nations, Lincoln Center, Adelson Gallery, and Kohn Pedersen Fox Gallery in New York City, as well as Everard Read Gallery in Cape Town, South Africa, and Frank Pages Gallery in Baden-Baden, Germany. Her work is held in public, corporate, and private collections around the world, including the Parliament of South Africa.

She is the founder of Mindfulness-Based Self-Expression (MBSE), an inventive approach that integrates mindfulness meditation, creative expression, and mind-body practices to support personal growth, professional development, and well-being.

Slom has served on the faculty of Lehigh University's Global Village and was an adjunct faculty member for fourteen years at the Center for Mindfulness at the University of Massachusetts Medical School. Through her teaching and experiential programs, she supports individuals and organizations in cultivating greater self-awareness, innovative leadership, creativity, and presence.