

OUR ART OUR REGION OUR TIME

Freedom
36x48
Acrylic
1500



Joseph Pauter

<https://pauterspaintings.com>
Instagram: Joseph_pauter

Bio

Joseph Pauter is a contemporary expressionist artist born and raised in Chula Vista, California. Throughout his life he has faced many hardships that have all had a profound impact in the way he views the world. During his Naval service Joseph was assaulted, kicked off the ship and left homeless through Virginia winter. As a result Joseph found himself stuck in depression and anxiety for many years. Through art Joseph has found a path to healing and shares his healing message in his work.

Artist Statement

I believe that art has the power to change minds through its story told. Through my work, I aim to break down the stigma surrounding mental illness and shed light on the struggles that many individuals face. My art is a reflection of my own personal experiences with mental illness, and I use it as a tool to share my story and connect with others who may be going through similar challenges.

I have struggled with anxiety and depression for much of my life, and it was through my art that I found a way to express these emotions and experiences. My work often incorporates elements of darkness and light, representing the highs and lows of the human experience. I also use my art to spread awareness about mental illness, and to encourage others to seek help and support.

Overall, my goal as an artist is to use my platform to make a difference in the world. I believe that through art, we can start important conversations and create positive change.