

Andrew Ward and Uta Riek Appreciation

A: "Hi everybody! This is Andrew."

U: "And Uta."

A: "We're making this video as a shout-out of our work with Linda and Saniel, and the amazing connection we have with them. It's — uh ... [turns to UtaI] What is it?"

U: "Very, very special!" [They both giggle and laugh.] "It's always — how do I say this? — an energy push. My inner structure sometimes is not in order. Again, I think — with them, afterwards, I feel in the right direction. It's such an opening inside of me, and the energy goes in the right direction. So, yeah, that's the thing with me."

A: "I think, for both of us, it's such an affirmation of who we are and what we do, and our love together. It's this energy of being together with Uta, and Uta being together with me. We find ourselves, and it's incredibly strengthened by this blast from the Heart from Linda and Saniel, who affirm all the parts of who we are. And this fulfilling of trust within ourselves that they are always there with absolute enthusiasm and joy, with our joy — "

U: "And love! Especially!" [Both laugh]

A: "It's a complete joy and an amazing presence that we have this connection with them, because we're on a journey together that is on the edge. We don't really know who we are, but we discover this all the time — with them! And really being together, because we find we're able to share things that we would never share with anyone else, because they kind of like really understand how insane we are. How crazy we are [Uta laughs] and that's totally okay.

We are both artists, and we're out there discovering all the time what it means to have this language of expression that we don't understand. But we trust it, and

we have this connection together. And finding this incredible connection with Linda and Saniel, it's huge. Right?

U: Yeah. It's really huge.

It's overwhelming sometimes. It's heart energy and everything...it's unbelievable that you find people, they see you as you are. And that is such a great gift. Then something transforms in you, inside, because there is the feedback of them. And I really appreciate this, that I can be like I am, and also with my fear or my — [says a word in German to Andrew] —

A: Oh. Your insecurity.

U: Insecurity. And I can [choose] it, and it's not bad at all, so [laughs] it's always [where] we go a bit deeper. It surprises me always and again, and — then, showing this insecurity for example, then something transforms. The energy... yeah, I am thankful for everything from them.

A: Becoming more of who we are, it's wonderful to be able to trust our insecurity and find that within that is the trust, is the whole, complete self, with all the parts. And we're discovering, this being with our artistic expression, to be able to talk about this brings it really into an understanding of "Wow, this is our lives, and it's worth everything. It costs no less than everything." And it's forever deepening, ever-changing. And there's nothing to hold onto, but there's no need to hold on. Because you're here being it all.

And I just see Linda and Saniel now, and we're having the most amazing [laughs] laughs, and deep sense of being with them. The help is...you know, one can't say it, it's just fulfilling, and taking us way out, further than over the edge, and, still being here, and being able to be with it all, and feel good with it.

This huge, huge sense of being held. They hold, they hold us, they're just [inaudible] and we're being held, and with great joy, with great love, and learning

that, “oh wow, we’re inside of all that, we’re all part of all that, and this sharing, and how easy it is to share, how easy it is to be with them.

Yeah — you can’t really say enough how good, deeply, deeply good and healing this journey is that we take together with them.

U: And I love that it’s not kind of a structure, and [inaudible] —

A: Yeah. No rules! [laughs]

U: No rules. So everything happens in the moment, and everything comes up in the moment, and — that’s amazing. It’s not like in school for example! [Laughs] I love that, and it’s so free.

A: Yeah! Absolutely. We’re learning a lot by just being, just being open to it all.

U: Yeah.

A: It happens. And you could say, like, you know, horizons are being broadened, but it just, wow, the universe is so huge. And our sense of worth, yeah, that for me, very very strong in terms of what we do is connected to this huge great force of life, and the sacredness of our work, and the sacredness of just being, and just being here. Like Sanieel says, that hand on the canvas, that touching of the canvas, is it! That’s it, happening there in that moment, brings the whole vitality, the whole sense alive

So, you know, our thanks are forever! [Both giggle] We are enjoying this so much. Can’t imagine being without them. And I said, you know, “Sorry, Sanieel and Linda, you’re going to have to be with us all the time.” [Both laugh] Well — you are! That’s how it is. That’s how it is. Thank you so much. The love, the love you have, the love you emit and show you guys, the love is just enormous. And thank you so much!

U: Yeah. Thank you!