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Living with bipolar disorder influences how I approach my art, especially my works on paper. I use mixed media and build up layers with materials like acrylic paint, graphite, hanji, hand-painted papers, and texture mediums. I scrape, sand, or peel parts away to reveal what's underneath.

I'm drawn to the traditional techniques of Joomchi and Momigami—Korean and Japanese methods of transforming paper through repeated handling, layering, and softening. These processes allow the paper to become textured and sculptural, like fabric. This mix of construction and excavation is how I explore my inner world and the world around me. I use colors and compositions that express emotional and visual balance that represents my ongoing search for harmony.