

Liz Wolf

Sculptor

“In the Moment”

Today we live in a fast-paced world and I often find myself endlessly trying to play catch up with something that can never be caught. It's called living.

I try to pace myself and give priority to what is meaningful to me. A major attempt is to be “in the moment,” or the old fashion way to say it, “stop and smell the roses.” We spend so much time dwelling on the past or thinking about the future, but what about being in the moment? That's what this sculpture is about; a visual reminder to live in the moment, not the past or the future but the present. The body language and facial expression in this sculpture should radiate an inner spirit of contentment of being in the moment.