

Ruthie Windsor-Mann

Bio

Included in public and private collections throughout the world, Ruthie Windsor-Mann is a juried artist and signature member of several art societies, through which she has received many individual awards in juried exhibitions. Working in oil and watercolor with a palette knife as her primary instrument, she paints intuitively from the landscape surrounding her Rappahannock studio — surrendering conscious control to let the painting find its own truth. Her books grow from the same philosophy: *A Painter's Musings* (2021), *12 Months on 12 Acres* (2023), and *Vision & Verse from Virginia's Countryside* with Elizabeth Keeler (2024). Her newest book, *From Omega to Alpha* — which encourages painters to relinquish tightness and fear — is now available in print and as an ebook through Apple Books, Kobo, and other major retailers. In addition to paintings, books and scarves will be available for the tour.

Artist Statement

I have been painting since 1970, and the most important thing I have learned is that thinking gets in the way.

What I am after — what I have always been after — is the moment when the analytical mind steps aside and something truer takes over. I call this the Omega mind: a state of surrendered attention in which the hand knows what to do before the brain has a chance to interfere. The palette knife is my instrument of choice precisely because it does not allow fussiness. It demands commitment. You put the paint down and you leave it.

My subjects are the landscapes I live inside — the fields, skies, and weather of Rappahannock County, Virginia, where the light changes faster than you can think about it. That is the point. Oil and watercolor, palette knife, the thing in front of me: these are the conditions under which I work best, which is to say, the conditions under which I get out of my own way.

My books — including *From Omega to Alpha*, now available in print and as an ebook — grew from decades of trying to put this into words for other painters. So did my YouTube channel, where I talk about the philosophy behind the work, demonstrate the palette knife in action, and explore what it actually means to surrender control at the easel. The most-watched video is called *Thinking Is a Killer*. That tells you most of what you need to know.

Links

Website

www.ruthiewindsormann.com

YouTube

www.youtube.com/@ruthiewindsor-mannstudio7416

Substack

studioatwork.substack.com