

Dream Sheep

Selected illustrations from *Dream Sheep*,
10.5x12.5 in silkscreen printed 28-page book
bound by stab binding

Artist: Sophia Grace Foder

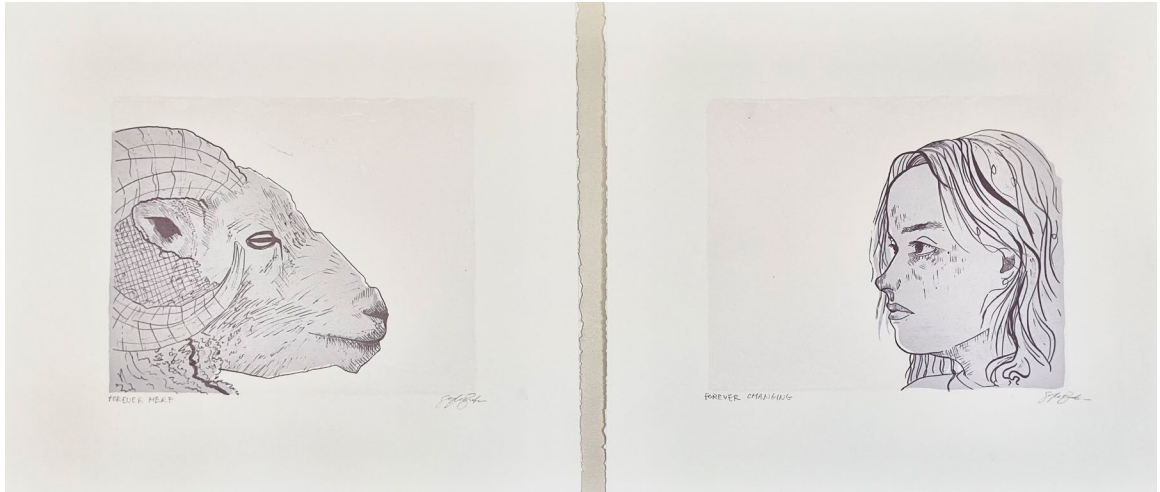


*"The rise and fall of a chest, snores
bellowing into the celeste, the sheep slowly
realize they no longer need to jump into the
dreamt sky, return to the barn to rest, no
longer on their quest."*



This is an excerpt from pages 5 and 6 of *Dream Sheep*, a story of the idiom to fall asleep by simply counting sheep, to slowly let them hop over the fence quelling you into a dreamful rest. Sleep for me started by being a kid, tucked into bed looking up at the ceiling where my dad would cover the big light with a book. These memories were what established the beginnings of this book. So many colorful pages shine through a few of the dark glimpses of what some nights of my sleep are in reality. For in truth, there are many nights of sobs, aches all over my body, and thoughts that seem to run for miles on end. My work focuses on both these aspects of sleep and how I still have a desire for sanctuary in sleep. Going into my childhood and recreating scenes of what would comfort me, I fully embrace counting sheep once more.





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