

A painting featuring three women's faces with long, flowing, golden-brown hair. The faces are rendered in a soft, painterly style with visible brushstrokes. The top face has blue eyes and a neutral expression. The middle face has blue eyes and a slight smile. The bottom face has closed eyes and a serene expression. The background is a mix of warm, earthy tones (browns, oranges, yellows) and dark, swirling patterns in shades of brown and blue. The overall mood is contemplative and artistic.

*concept  
~ to ~  
completion*

*process & inspiration from  
Katie m. Berggren*



# *For Always*



Growing up as youngest in a family of 4 children, Katie relished time & space to explore through writing, drawing and people-watching. Always interested in the dynamic relationships between those around her, she later narrowed that focus to study the intimacies between mothers and their children.

With a constant presence in galleries and shows, and steady commissions from around the world, Katie enjoys her career as an internationally recognized and award-winning painter. The Women Entrepreneurs Organization of Washington honored Katie as Entrepreneur of the Year, and she was recently cited as the #1 Motherhood Artist in America.

Katie's days are spent with her two boys by her side... at her heels, and running ahead. Each day she strives to balance simple, loving motherhood with the discipline and craft of painting. The resulting acrylic portraits reflect intimate moments of motherhood through gentle, whimsical compositions and soothing tones.

Wed. November  
I can see you a pretty early  
to print

# *from the cover, For Always*

inspired by Erich Fromm's heart-opening quote:

"The real achievement of motherly love lies not in the mother's love for the small infant, but in her love for the growing child" ~ I absolutely love this sentiment.

~ KmB, March 2014



include  
Achievement  
Quote

[www.KmBerggren.com](http://www.KmBerggren.com)





*Gratitude*



# Gratitude

*I was first pulled to create this painting when my son, cuddled next to me and feeling sleepy, began to twist my hair into his own. The working title for this piece was "Twist" but in the end, the feeling of Gratitude sums up the whole moment. ~ KmB, August 2007*

# *Clear Warm Light*





*Her eyes are clear, the baby is warm, their souls are light, and a clear warm light envelops them. ~ KmB, December 2013*

*Clear Warm Light*



## *Earth Mama*

*She had come to me before. This was, in truth, her fourth appearance in 3 years ~ though she's changed a bit over the years ~ her hair has gained more flair and detail, her body more style.*

*Each time as she emerged onto a canvas, I was tricked into believing that she needed a child against her. In the previous paintings, the child was removed twice and stayed in the third ~ I knew from the beginning that that painting was meant to be special, but in the end I had trouble connecting with it ~*

*I had failed to understand the message. The painting ended up in my closet til it was painted over.*

*The woman always starts out the same: she's confident and eyeing me, testing me.*

*This new solo woman has enticed me to continue working on her, though I love so much about her, deep down I wondered at the very beginning if she would end up in the closet, too.*

*I enjoyed the process of highlighting her skin and defining her bare shoulders and smooth chest.*

*There seemed, at first, no way to show her role as a mama, though, I knew from the beginning, somehow, that she was one.*

*I seriously wondered how this painting would fit in with the rest of my paintings, her being alone and all... Then I asked her why she'd come again and I wondered about her message. Her expression was unsure, but longed to be something more than indifferent.*

*Thinking out loud, I realized in only a second that I KNEW her purpose ~ and suddenly two pieces of a puzzle come together in a way that gave me chills...*

*Here is the first piece of the puzzle:*

*Over the past three years, I've been approached by mamas whose motherhood was snuck from them as they lost their precious child at or just before birth. I have listened to their stories and have felt so hard for them. Two mothers in the last week, alone, have contacted me with their stories, and each detail saddens me. When I was pregnant with my first son, I knew a woman who was also expecting her first child, we communicated via email. When my son was 2 weeks old and sleeping peacefully, I emailed to see how she was enjoying motherhood. She wrote back with a heart-chilling story of giving birth to a baby girl that was no longer living, and the pain of birthing a beautiful child that she could only hold for one afternoon.*

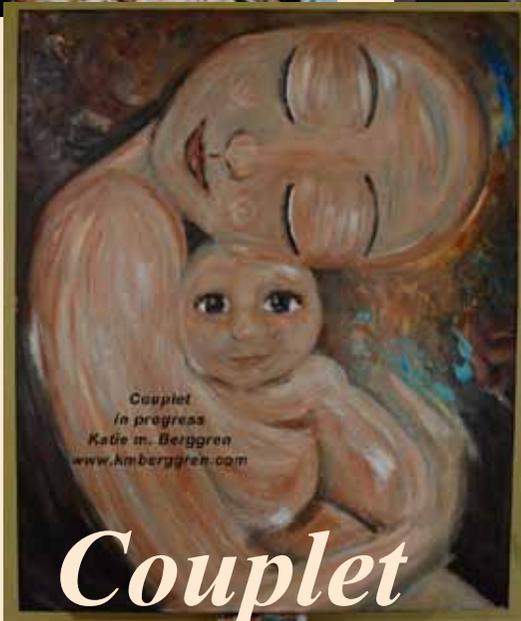
*Distress sent me to my son's bedroom where I held him, tearfully thankful that my son was safe and healthy. My friend's story changed my life. She has since gone on to have another sweet daughter, and they talk to her of her older sister.*

*I have wanted to approach this soulful subject in a painting, as a way to honor those free souls, and the mamas whose babies left too soon... This new woman is the second piece of the puzzle: A true shock occurred the night I realized this Earth Mama would carry her child's spirit and memory in the form of an image, with her always, around her neck and close to her heart. In the form of a talisman.*

*There was a reason why a child didn't fit in the composition with the woman whom I knew just had to be a mother ~ she has a non-earth child. As I sketched the large pendant across her open chest, my indifferent no-longer-solo woman finally gave me a smile. And now, upon her completion, this Earth Mama shares earth and fire, with sunshine around her neck, despite the blues draping her shoulders. ~ KmB, January 2010*

## *Earth Mama*





# *Couplet*

*I'm feeling unfinished  
today ~ raw and  
needing.*

*Coupling that with  
the vulnerability I felt  
from this little pair  
from the first moment  
they appeared on  
canvas, I have tried  
to finesse the surface  
of this painting to a  
completion of texture  
and soft roughness  
~ implying a subtle  
unfinished and  
unrefined quality.*

*I feel like a work in  
progress, hopefully  
destined to someday  
look back at my life  
as a sort of personal  
masterpiece.  
~ KmB, January 2012*



*this is a photo of my Daddy*



*Home*



# Home

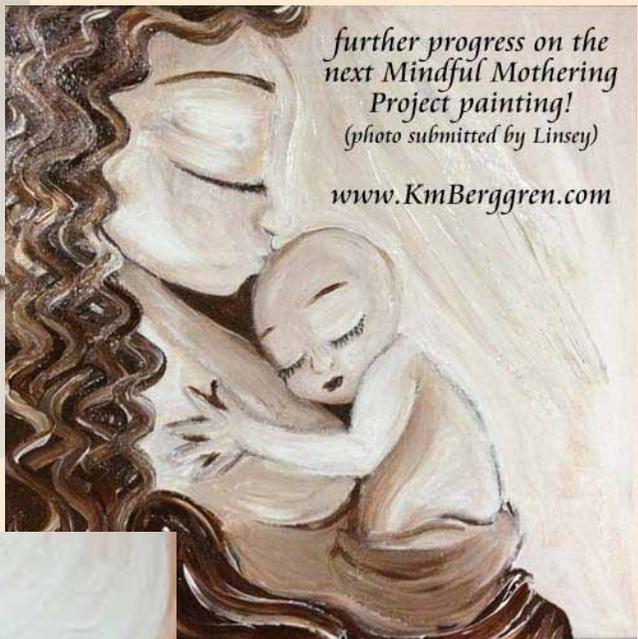
Kim Berggren

*The first cassette tape I owned was Billy Joel's Innocent Man - I nearly wore it out. I still have that tape and have ever since I was a little girl. It's beat up and dusty and I don't even own a cassette player! Billy Joel's (older) music has always moved me and several seem to be written just for me. ~ KmB, September 2009*



*progress on the next  
Mindful Mothering Project  
painting*

*www.KmBerggren.com  
(photo submitted by Linsey)*



*further progress on the  
next Mindful Mothering  
Project painting!  
(photo submitted by Linsey)*

*www.KmBerggren.com*



# *Insight*

*A piece from the Mindful  
Mothering Project. Sometimes, a  
moment so simple and quiet can  
give us insight.*

*~ KmB, December 2012*



*Insight*

Kimbergren



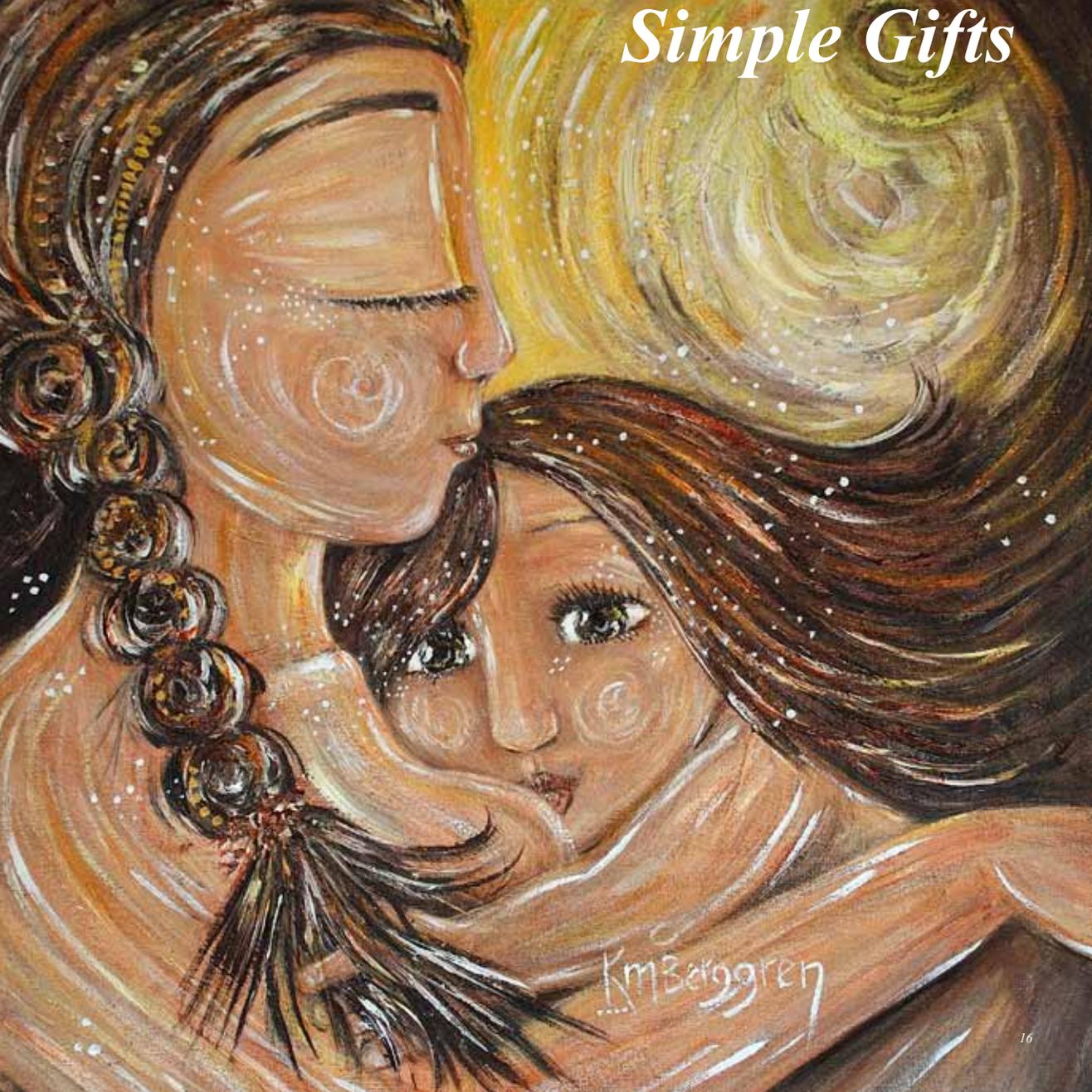
# *Simple Gifts*

*A piece from the Mindful  
Mothering Project. Sometimes,  
the simplest of actions can seem  
like the kindest of gifts.*

*~ KmB, December 2011*



# *Simple Gifts*

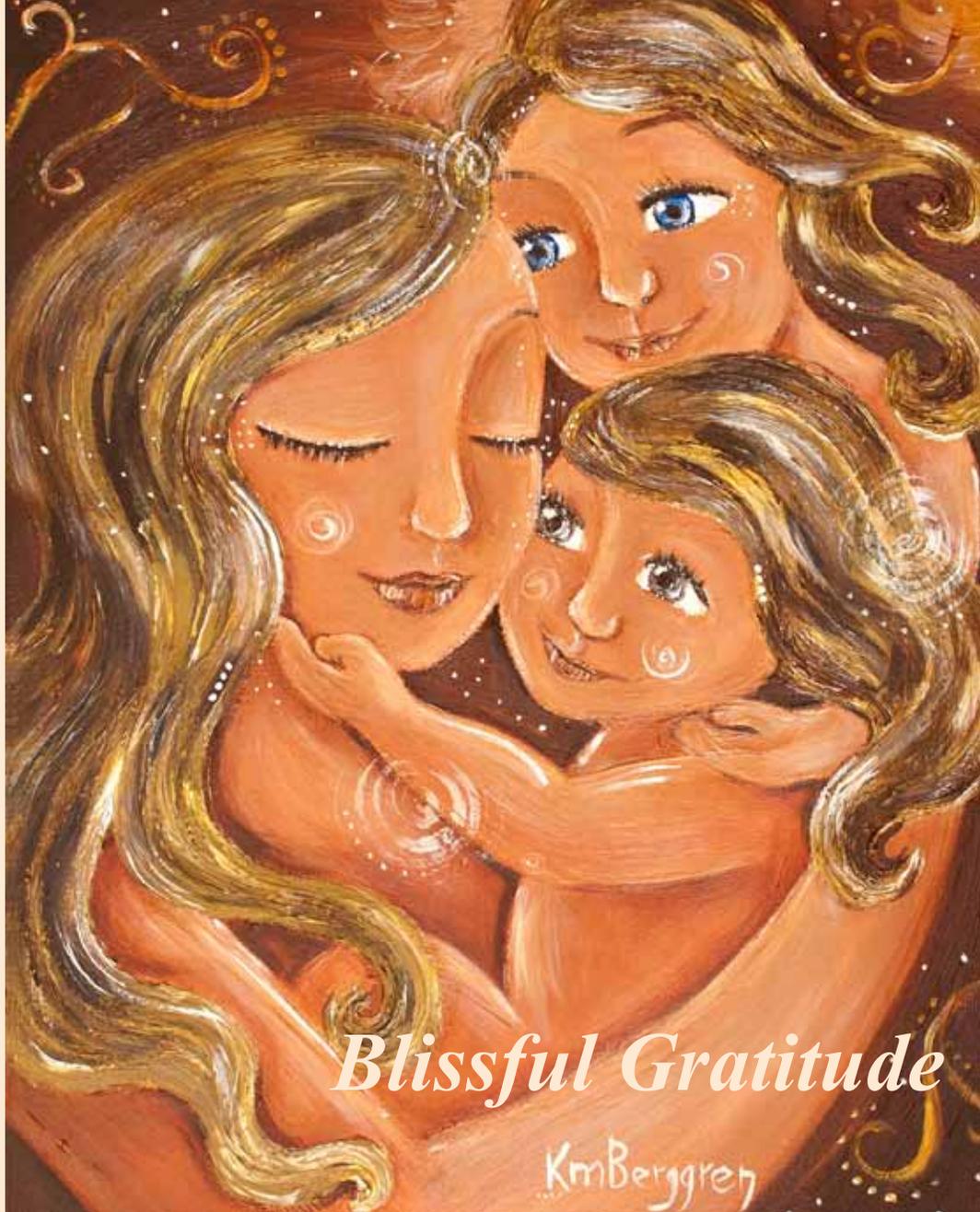


Kim Berggren



# *Blissful Gratitude*

*March 2014*



*Blissful Gratitude*

Kim Berggren



*the place where the magic happens,  
the KmBerggren studio.*





*the place where the magic happens,  
the KmBerggren studio.*



*getting some painting  
advice from the other  
professional painter in  
the house <3*

*March 2013  
www.KimBerggren.com*



*love and passion  
in action :)*





*love and passion  
in action :)*





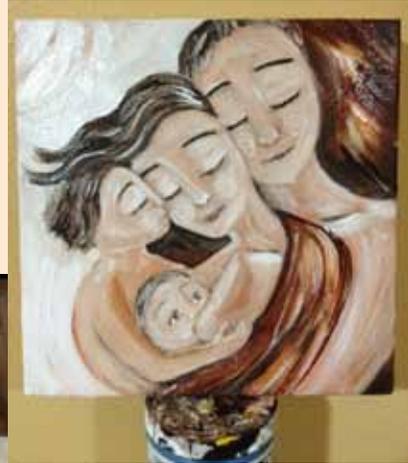
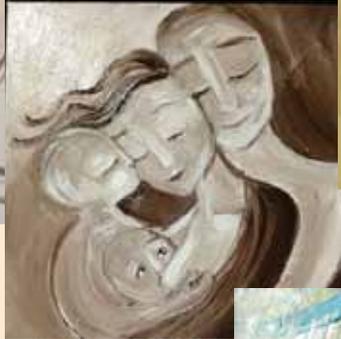
*a smattering  
of sketches :)*





*a smattering of sketches :)*

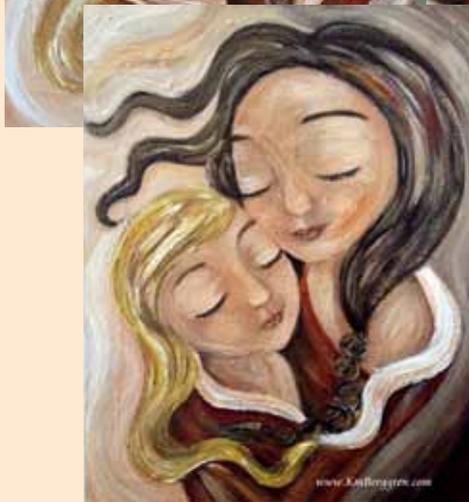




# *Strength & Beauty*

*The strength and beauty  
of a father, his wife, and the way  
she loves their 2 children.*

*~ KmB, July 2012*



# *Sisterly*

*Two sisters, carrying on the love  
and connection they've learned from family.*

*~ KmB, April 2013*

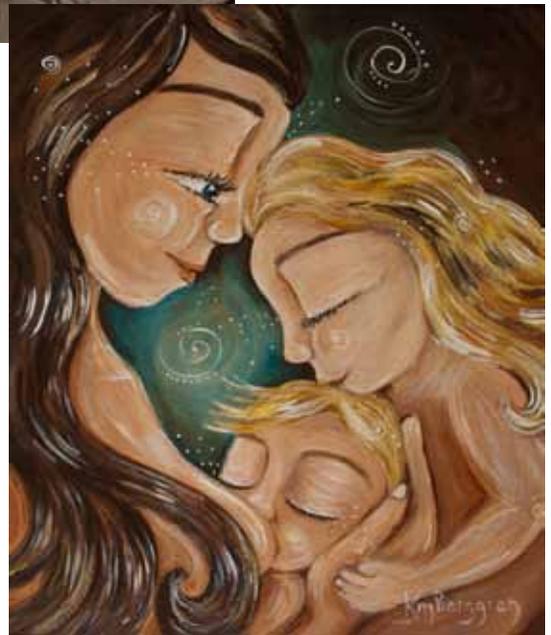
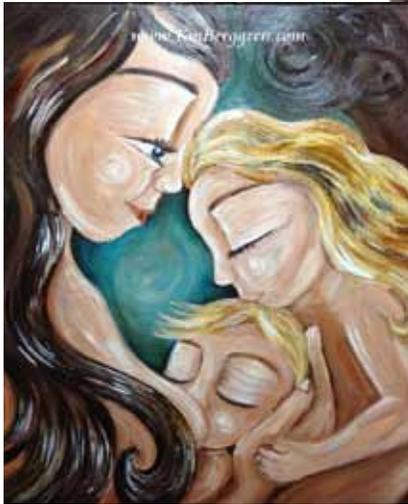
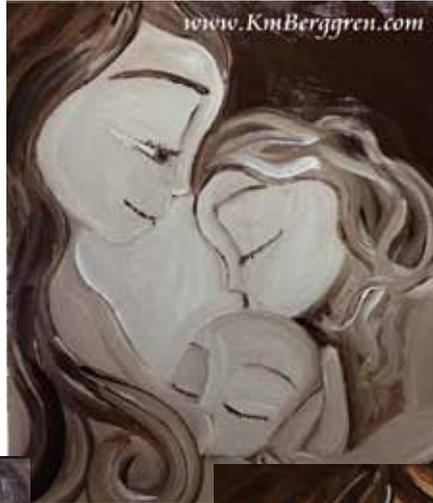


# *Kind & Gentle*

*January 2014*

# *Sweet Dream*

September 2013



painting in process  
www.KmBerggren.com



# *Infinite Love*

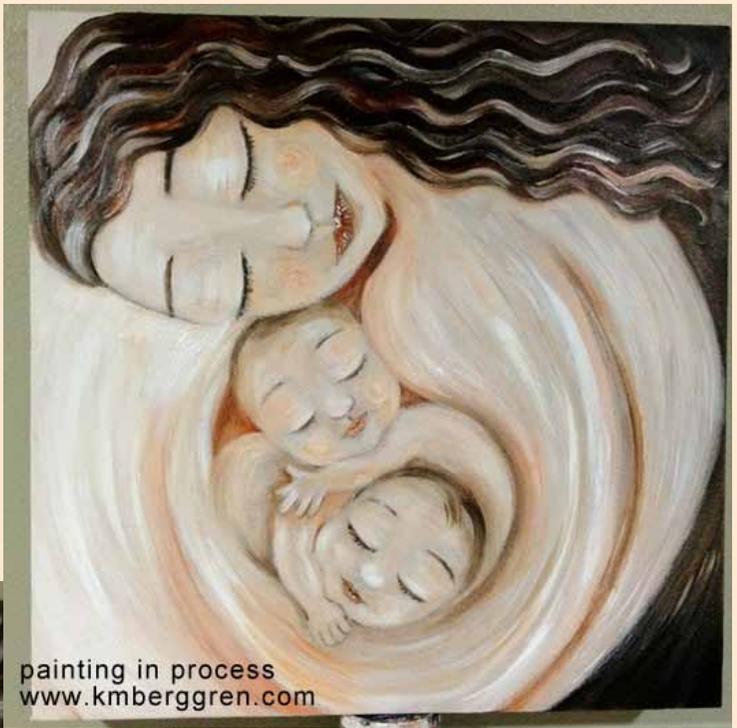
*As infinite as the sea...  
~ KmB, February 2013*



# *Infinite Love*



...Kim Berggren



painting in process  
[www.kmberggren.com](http://www.kmberggren.com)



painting in process by  
Katie M. Berggren  
[www.kmberggren.com](http://www.kmberggren.com)

# *In Good Hands*

*November 2012*



*In Good  
Hands*

Kim Berggren



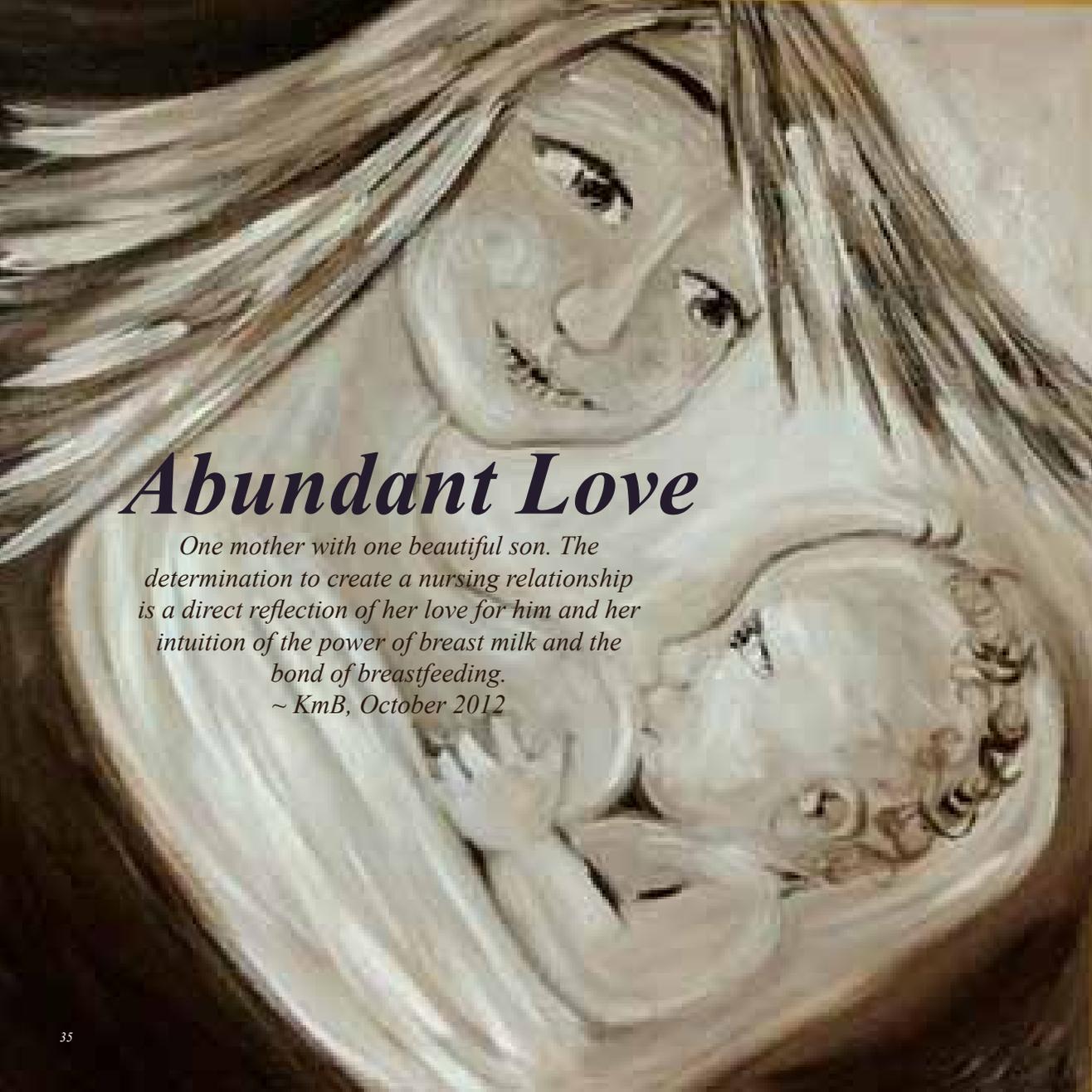
# *Stolen Moments*



# *Stolen Moments*

*July 2013*





# *Abundant Love*

*One mother with one beautiful son. The determination to create a nursing relationship is a direct reflection of her love for him and her intuition of the power of breast milk and the bond of breastfeeding.*  
~ KmB, October 2012



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*Abundant Love*



# *Here & Now*

*The ultimate and honorable state  
of being contented in the moment  
~ satisfied with what is here and  
what is now.*

*~ KmB, January 2010*



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*Here & Now*

*When I watch my six year old sleep, I sometimes cry ~ wondering the thoughts that he thinks ~ now that he has begun Kindergarten, I wonder if inside he is confused, wondering how I could have always been there, and then all of the sudden send him off for six hours a day. He is a bright star, a sensitive, emotional, talented and change-the-world kind of boy. As our children start to see us less and less do they start to wonder more and more our priorities? Here is a promise I silently make to my sleeping and growing child:*

*I promise to everyday look into  
your face ~ into your eyes ~  
to read your story. To take each  
day 15 minutes at a time and  
never assume that all is well  
unless you tell me it is so.*

*I promise to listen, I promise to  
share. I promise to be there for  
you as we discover your route  
into this world of possibilities.*

# *Promise*

*September 2010*





***Thank you*** for your interest in my work! Please visit the Katie m. Berggren website at ***www.KmBerggren.com*** to purchase original one-of-a-kind Mother & Child paintings, as well as archival prints from many KmBerggren collections.

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*enjoy!*  
*♥ KmBerggren*