

# Inside The Artist's Studio



"21 Meditation Bowls, white earthenware with terra sigillata on the outside and a glaze liner. I make these in a pinch pot method, each being made from a single ball of clay. I make them in the evening as a way of relaxing using this meditative method of pinching and forming.... Each has a number and date and marked with a CV for COVID. I am using 21 because psychologists say meditation must be repeated at least 21 times for the brain to adapt..... Having done this far more than 21 times, I have to agree. I call this a Conversation With my Clay..... I actually try to follow the clay as if I am going on an adventure to a place I have never been and wanted to be surprised at what the clay and I have done in collaboration... - Alice Ballard



This is a view of the outside of Alice Ballard's studio in Clover, SC.