

JESSICA VADALA

Abstract Artist

Bellefonte, Pennsylvania

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RECOGNIZED EXHIBITIONS

2026 August 2026 Show, Penn Journal of Arts and Sciences (Online), Where the Light Entered
2026 Within One Color, HMVC Gallery New York (Online), Pink
2026 Rise and Shine, Exhibizone Art Exhibition (Online), Within One
2026 Abstracted, HMVC Gallery New York (Online), Reckless
2026 Full Bloom, HMVC Gallery New York (Online), Imperfectly Blush
2026 Abstracts Exhibition, Light Space & Time Art Gallery (Online), Sunburn
2026 Melancholy 2026, Gallerium Art Exhibitions (Online), Adapt
2026 Nicoleta Gallery, Berlin, Germany (Online), Seven Stripes
2026 Nicoleta Gallery, Berlin, Germany (Online), Fire Within
2026 Galerie Le Chien d'Or, Montreal, Canada (Online), Wonderland
2026 Influences 2, HMVC Gallery New York (Online), Break Free
2026 Botanicals Art Exhibition, Light Space & Time Art Gallery (Online), Growing Birch
2026 Annual Abstract Show, Art Alliance of Central Pennsylvania, Wonderland

AWARDS & HONORS

Finalist, Cover Selection, Summer 2026, Penn Journal of Arts and Sciences
Exhibition Certificate, Rank #23/211, Rise and Shine 2026, Exhibizone Art Exhibition
Exhibition Certificate, Rank #15/143, Melancholy 2026, Gallerium Art Exhibition
Special Recognition – Excellence in Art, Abstracts Exhibition, Light Space & Time Art Gallery
Special Recognition – Excellence in Art, Botanicals Art Exhibition, Light Space & Time Art Gallery
2nd Place Award, 2026 Annual Abstract Show, Art Alliance of Central Pennsylvania

PUBLICATIONS

Penn Journal of Arts and Sciences – Where the Light Entered, (Pending - Summer 2026)

Art Week, International Smart Exhibiting Platform – Rise and Shine 2026: A Global Celebration of Light, Renewal and Hope

Rise and Shine Catalog, (2026 Release)

Art Week, International Smart Exhibiting Platform – Melancholy 2026: Where Art Meets the Depths of Emotion

Melancholy 2026 Catalog, (June 16, 2026)

ARTIST STATEMENT

From the boldest cries to the softest melodies, each piece I create is a raw expression of emotion. Music has long shaped my creative identity, but after a life-changing accident in 2017, painting emerged as a way for me to cope with physical and emotional pain.

Inspired by my daughters and driven by the determination to keep moving forward, my work reflects survival and the transformative power of self-expression. Through painting, I have learned to move pain, sorrow, and struggle toward moments of healing, peace, and insight. My canvas becomes a space for confrontation and release, guided by instinct rather than formula. I am drawn to the tension between rupture and renewal - the moments when we bend without breaking, when darkness does not vanish but simply changes form.

Through texture, movement, and layering, I explore the dualities within us all: strength and weakness, chaos and composure, concealment and exposure. In doing so, I acknowledge what remains beyond my control while honoring the beauty that can emerge from adversity.

My intention is not perfection, but connection - to turn what is felt into something seen. My paintings are personal, yet open enough to invite others to discover their own meaning within them.

Though I cannot return to who I was before, I have rebuilt myself through artistic exploration. What began as survival is now my method, my philosophy, and my vision:
Unfiltered. Unbound. Free.