

Mirror Point

The Art of Cassandra Bowden



Artist Statement

Artist Statement — Cassandra “Cocoa” Bowden

My work begins in the quiet places—memory, breath, the unseen weight carried in the body long after the moment has passed. I paint to make those interior landscapes visible. Acrylic allows me to build in layers: color over grief, texture over history, light over silence. Every stroke becomes a record of survival, a decision to remain present in my own becoming.

As a veteran, a formerly unhoused woman, and a survivor of trauma and addiction recovery, I create from lived experience. These paintings do not illustrate events; they witness the imprint those events leave. Much of my work lives between the literal and the symbolic—half-story, half-spirit. I use texture as a language of memory, gold as a language of resilience, and abstraction as a home for what cannot be named.

MirrorPoint is the place where these pieces gather. A studio practice rooted in restoration and spiritual truth. My collections explore identity, grief, displacement, faith, and the long arc of healing. Some works stand alone. Others live in constellations. Together, they articulate the emotional geography of a life in motion.

I am less interested in depicting how something looked and more committed to expressing how it lived inside me. My hope is that the viewer finds themselves reflected—not in the shape of the image, but in the resonance behind it.

Art, for me, is not decoration. It is documentation. It is testimony. It is a mirror that points back to the self.

Artist Bio

Cassandra “Cocoa” Bowden is a multidisciplinary artist, poet, and U.S. Army veteran whose work explores the intersections of identity, memory, trauma recovery, and spiritual transformation. As a formerly unhoused woman and lived-experience advocate, her acrylic paintings blend symbolic texture, abstraction, and narrative elements to create visual testimonies of resilience and becoming.

Her work has been shown publicly in South Florida, including as part of the Zero Empty Spaces artist collective in West Palm Beach, with individual pieces acknowledged across multiple curated submissions. Through her studio MirrorPoint, Bowden continues to expand a body of work that merges visual art, poetry, and sacred storytelling.

She is also the founder of Heyoka Fire Corp, a trauma-informed sanctuary housing model, and a national keynote speaker on DEI, identity, and restorative leadership. Bowden currently works between Baltimore, Maryland, and South Florida.

Series Overview

MirrorPoint is composed of multiple acrylic series that emerge from themes of identity, memory, restoration, and spiritual reckoning. Each collection forms its own visual language—shifts of color, texture, and symbolism that represent different seasons of transformation.

Some works gather in constellations, others stand alone, but each piece remains a fragment of a larger emotional and spiritual landscape. The collections speak without naming, allowing viewers to step into the work through their own experiences and interpretations.

Selected Works (Preview)

This packet includes a curated selection of works representing the range and depth of MirrorPoint's visual language. Full collections, works-in-progress, and additional pieces are available at MirrorPoint.art.

Images will be added to the final branded version after asset upload.

Contact

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Thank you for engaging with this work. Every piece is a mirror. Every mirror points home.