



Tania Castaing

(My Journey into Interpressionism)

"Master Daniel Austin opened my eyes to my inner self-creative."

I recognized early that Tania was born with an emotional artistic creativity. I encouraged her to use the canvas as a medium to free herself from internal struggles — a space where she could express her deepest thoughts without restraint. She listened, and in time found freedom as an Interpressionist.

Now, let me allow Tania to explain her long journey in her own words:

"I was born in 1976 in Puerto Rico, into a family of mostly women, which heavily shaped my outlook on life. These women were strong, loving, and deeply spiritual. That sweet, nurturing side I often witnessed became a gateway to my artistic expression. From early on, I played multiple musical instruments, sang, danced, wrote poetry, and ultimately, painted. My mother — a singer, craft enthusiast, and art lover — encouraged me to pursue my God-given gift. I still remember how calming it was when she sang for us.

Although my parents worked in STEM-related fields and I once thought I would follow the same path, life and career led me into the corporate world. During that time, art fell to the background of my thoughts. Yet, as my sister often reminded me: 'You're an artist — that never changes.' Becoming a mother to a highly artistic child reignited my own creative spirit, inspiring me to create again.

At first, I only sketched what would become future paintings, unsure of what I was seeking. In truth, I was searching for my own creativity. Later I realized that I was already painting in an Interpressionism mode — without knowing it. My return to painting came at a time of emotional turmoil, and art became a release, a way to let go. Music and painting both gave me freedom. I often depict owls in my work, as spiritual symbols — redefined through my own meaning and tied to the spiritual path I began in 2012.

I have had the chance to speak many times with Master Daniel Austin — sometimes exchanging philosophies about life, and other times listening to his revolutionary concept of Interpressionism. I have followed and observed the movement since 2006. Watching Master Austin — not only in his elements, both formal and informal, but within the deep thought process of his creation — gave me a clearer understanding of the philosophy.

As Master Austin teaches: 'We need always to close our eyes, let go of the déjà-vu, and return to our childlike mentality to rediscover the source of our artistic creativity — our inner-self expression.'

This is why I fell in love with the Interpressionism movement: because it taught me to follow my own path, to bring forward my own patterns, my own brushstrokes, and my own voice.”

— Tania

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