

ANTIPODEAN PALETTE 2020 'IN ISOLATION' ARTISTS

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OPAL HUES



YELLOW OCHRE HUES



LIME

Pandemic, lockdown, isolation... Covid-19 caught us unawares. Confusion, fear, anger, anxiety, so many changes in our everyday life. What is this? Where did it come from? How? Strange, so many questions and no answers. One day we have freedom, motivation, visits, dreams, plans. The next alone in the house. Days pass, more anxiety sets in. What do I need to do to keep me sane and help me get through these trying times? Difficult to feel creative right now.

Important to focus on doing something, anything. I begin walking; through the park, down to the beach. People walking in the park, walking the dog. I hear laughter. Nature surrounds me. Green grass, blue sea, colour, space, energy, spirituality, inspire me to express this on canvas.

How uplifting! Good thoughts return - my travels, my journey in life, my art, healing, wellness, freedom. Nature is my inspiration. Now I am motivated. Suddenly I need to paint.

