

## Painting with Essences

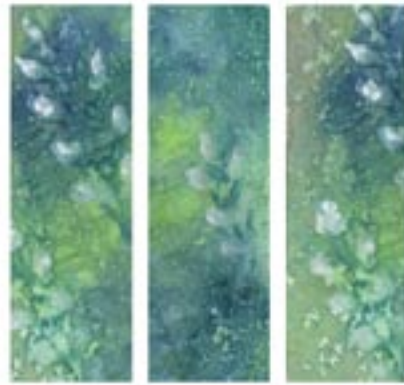
I graduated from London Lakes in July 2006. My keen interest in homeopathy and flower essences began thirty years ago – it was such a delight to do the course. I have worked as a freelance artist and designer since 1984 and have had many years of experience of design, using all kinds of lettering and illustration, balancing shape, colour, blocks of text and space. A few years ago, inspired by an artist I met in Devon, I began working on some 'free' watercolour paintings, enjoying playing with wet colour on wet paper, letting brush, colour and inspirational music be my guide, letting go of any attachment to the outcome, or any concept of what would appear on the paper. 'Enchanted Forest' shown here was one such painting.



*Enchanted Forest*

Last September I spent an inspiring week on the Isle of Gigha, attending the Alaskan Essence Practitioner's Course. Among many ideas for ways of using the essences, Steve Johnson spoke of adding them to paint. I was very excited by the idea, and after the course I continued to experiment when I could.

A few months later Hilary Barnett asked me if I could do a painting as a logo for her new stationery. It was to be in some way based on the Alaskan Essence Ladies Tresses, the number three and her own colour preferences. It occurred to me, before starting the painting to take a little time to connect fully, firstly to myself and the earth; then to Hilary and all that we had spoken of; to the plant, its spirit beings, qualities and all that it speaks of, and then to paint from 'soul to soul', asking that the painting be for the highest possible good. Then just enjoying the process.



*Hilary's logo*

## Designs for your new stationery

I would like to build on these ideas – designing stationery and leaflets for others, creating a harmony between text and images. Beginning with a short 'consultation' to get a feel for the person, their connection to any particular colours and vibrational essences, and something of the essence of their practice too. I am sure each painting or design would look as different as the people they were made for.

The use of the computer alongside pen and brush has enhanced the scope of my work. There are very few printers nowadays with a knowledge of the subtleties of good typography and design, and although employing a designer means an extra expense, a clear, well designed business card or leaflet, reflecting the qualities of each unique practitioner, has such a special impact.

The creative ideas are still flowing – using essences, I would also like to make uplifting 'healing' paintings, to be hung on a wall, perhaps in a treatment room for example. I am creating a range of prints and cards featuring spiritual quotes, mystical beasts, power animals, trees and underwater scenes.



*Unicorn*

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