

The art of meditation



Artist Katherine Wood at work on one of her paintings.

CREATING a place of peace and solitude is at the core of Katherine Wood's paintings.

Her latest collection of works called *Stillness Speaks* captures imaginary landscapes where the mind can switch off and take a well deserved rest.

The dreamlike scenes include a pair of goldfish floating away in a balloon and a golden sunset filling the sky.

"Even just for a moment we can escape all our problems in reality and clear our minds," Wood said.

The Sunshine Coast based artist uses the ocean as one of the main symbols in her art. For her it represents the soul, subconscious and emotions — and in her paintings it can be a raging wave or a calm lap-

ping sea.

The paintings are intended to be meditative objects and encourage the viewers not to become swept away by emotions but to simply let them go.

"We are able to look over our feelings in the same way we can watch these waves unfolding," she said.

"We are capable of doing this with our lives and not letting these feelings control us."

Wood meditates every day and also finds that when she is painting she becomes so involved in the work it becomes a meditation itself.

For many years she was painting and had thoughts running through her mind all the time. But then something changed.

"Something came over me where

I almost found it was a transcendent energy that overtook me," she said.

"It was almost as if I wasn't doing the work. It was as though I was just a vessel. Then I realised my paintings are very meditative.

"I hope people who view the work feel that energy and in themselves can find the calmness."

Andrea McCullagh

Stillness Speaks is showing at the Traffic Jam Galleries in Mosman from September 5 to 26.

