

Attentive  Artist

USE ART FOR POSITIVITY



AND ENHANCE THE ENERGY IN YOUR SPACE

theattentiveartist.com



How to Use Art for Positivity and Enhance the Energy in Your Spaces.

Using positive symbolism, memories, photographs, colour matching and semi precious stones; my canvases are designed to uplift, inspire positivity and mental and emotional wellbeing. Infusing the energy in the space with harmony.

- 1.colour matching
- 2.positive symbolism
- 3.memories + photographs
- 4.quotes, messages + codes
- 5.semi precious stones



introduction

How often do you notice the art that is around you?

Does it make you feel inspired?

What effect does it have on the energy of your surroundings?

These are questions I have been asking over the last few years of studying creative mindfulness and positive psychology while making art which catches the light and twinkles to remind you that it is there.

A perpetual student and solution seeker, I began to study energy and environment by looking at how the colours and choices of art and furnishings impact our wellbeing and how we can use this to positively affect our emotional temperature.

As a Royal Academy shortlisted artist and qualified Creative Mindfulness Practitioner with a BA in Design and a diploma in Modern Psychology I have used my expertise and experience to design and put together my thoughts and discoveries on how to create a more positively charged environment.

I also showcase my catalogue of Positivity Paintings which are available on commission to make you and your space feel amazing.

Please enjoy..... X

Colour Matching

I started my painting career as a graduate in 1999. At the time I lived in a tiny studio flat, one day I saw some people carrying a load of wooden frames out of the basement flat and were throwing them away.

So I took them and cut up an old blanket, stretched the pieces around the frames and painted them in bright colours using emulsion tester pots left over from my design degree. I then stitched beads and sequins over them in geometric shapes and sent them to an exhibition at the old Aldwych Tube Station in London. I sold half my work in four days!



Twenty or so years on, this is still how I work now, except I live in a house and mostly paint on canvas. I still like to recycle and upcycle though. Household emulsion is still one of my favourite paints to use and I like to combine it with other paints and materials.

I now offer a service of colour matched abstract canvases, which can be ordered on a commission only basis so your artwork is unique and special only to you.

Please see over for examples...





the harmony **of colour**





This pair of abstract canvases uses a specific mix of colours designed to enhance a space.

With many people spending much more time at home; a trend which is set to continue, I use a selection of paints which harmonise with the surroundings. I will use the colours painted on the walls and carefully select two or three other colours which will compliment them and induce feelings of calm or excitement depending on what the space is intended to be used for.

This pair of canvases are painted in Little Greene *Confetti*, *Tabernacle*, *Bath Stone*, *Leather* and *Canton*.

This harmonises the canvas with its surroundings and provides the viewer with increased satisfaction of their environment.



Inside the psychology of colour, there are standard ideas that colours affect how we feel in different rooms, for example sleeping in a light blue or lilac environment is relaxing, brighter yellows and reds are chosen for entertaining. But I believe we all experience colour differently and need different colours to pick us up or calm us down at different times in our lives, different times of year and for a variety of occasions.

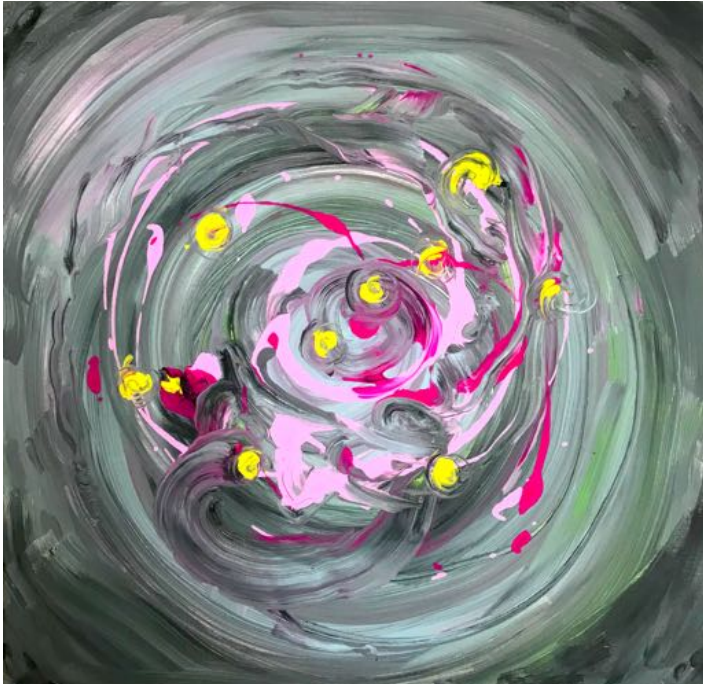
This is why many people prefer to decorate the walls in a neutral tone and then add to that with artwork that can be moved about the home according to your requirements at the time. It offers flexibility and originality without the commitment of painting directly on a wall.

Which colours does your environment need to help you feel at your best?

What colour are your walls?

Would a colour matched canvas bring them to life?





Positive Symbolism

The infinity symbol is a sign of timelessness, personal empowerment, joy and knowledge

In mathematics it is used to represent a potential infinity rather than actual infinity which is a lovely reminder that we all have infinite potential and therefore there are infinite ways in which we can achieve our goals.

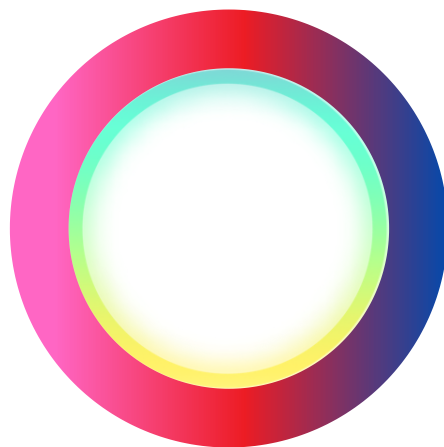


Spirals represent connection between the conscious and subconscious as well as rebirth and transformation.

The spiral is associated with evolution and growth of the spirit as well as our never ending journey of knowledge.

The circle represents wholeness unity and perfection. Great for new starts, it is an uplifting symbol of encouragement.

Pythagoras called the circle "monad," the most perfect of creative forms, without beginning or end, without sides or corners.

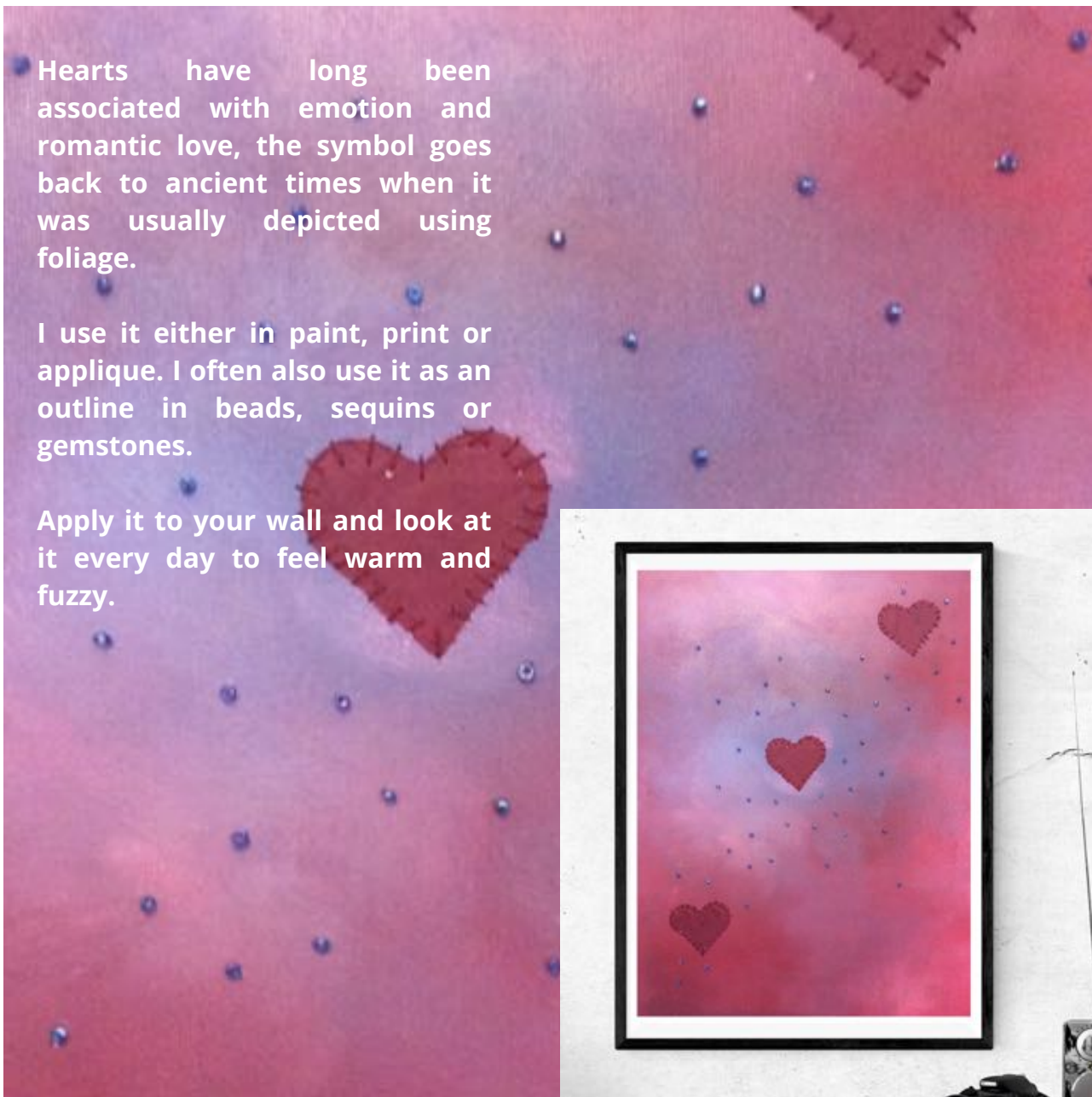




Hearts have long been associated with emotion and romantic love, the symbol goes back to ancient times when it was usually depicted using foliage.

I use it either in paint, print or applique. I often also use it as an outline in beads, sequins or gemstones.

Apply it to your wall and look at it every day to feel warm and fuzzy.





We are told to 'reach for the stars' because that is where our dreams live, we wish upon them, and for this they provide us with hope.

We also see them as a measure of excellence, from the gold star in our schoolbook as a child to our choice of hotel or internet purchase. The gold star sets a standard.

Stars have long been used as a guidance tool for navigating the land and the sea, long before we had GPS!



Stars are a symbol of magic, and who doesn't want a bit of magic in their life?

Memories and Photographs

The beauty of having a painting made of your memories and photographs is that it can incorporate multiple items and you are not limited to the restrictions of a single image or photo. Neither are you limited by time - a painting with images of how you want your future to look could help to bring it about!

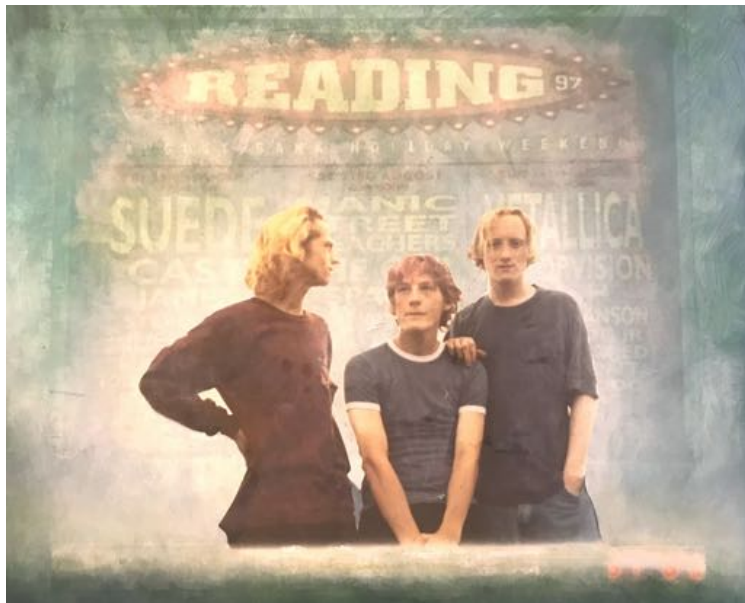
I like to incorporate a quote or personal note in a photo painting: Here are some examples:



This canvas was made for a lady called Shirley who loves the woods and trees and purple is a favourite colour, she also enjoys birdwatching. The flowers in the foreground are Shirley poppies and the quote reads: 'I think that I shall never see a poem lovely as a tree.' by Joyce Kilmer.

This canvas was a gift for a football fan. Selhurst Park Stadium in the sunshine with Kayla the Eagle flying high and the words of the club song 'I'm feeling glad all over...'

The 'K49' on the back of the seat at the front is the seat number of the recipient's season ticket.



Happy memories for three friends who, twenty something years ago had a particularly special weekend at the Reading festival where this photo of them was taken.

I have used that photo and added the line up from that year's festival.

The quote along the bottom reads 'Love is friendship set to music' by Jackson Pollock.

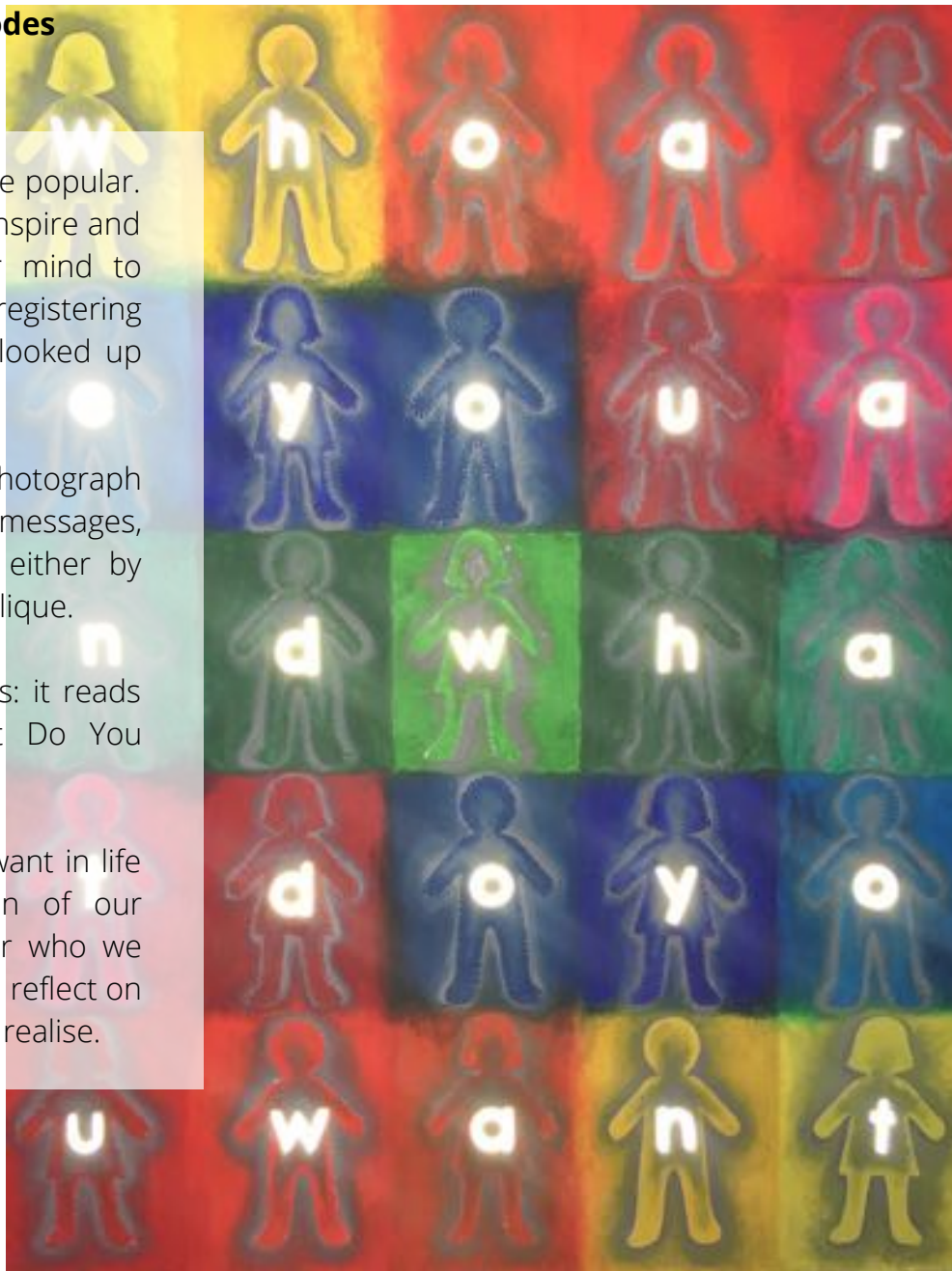
Quotes, Messages and Codes

There is a reason quotes are popular. They make you think, they inspire and uplift you and open your mind to possibilities that it wasn't registering at the point at which you looked up and read the quote.

As with the memory and photograph canvases, I can incorporate messages, quotes, names and dates either by transfer print, stencil or applique.

This is one of my favourites: it reads 'Who Are You And What Do You Want?'

Who we are and what we want in life is a fundamental question of our existence. It doesn't matter who we are or what we want, we still reflect on this more than we probably realise.





This is a large canvas, 125 x 100 cm with 25 people cut out and stitched on by hand. The letters are all hand cut from reflective fabric and machine stitched on to the figures. The paint is all acrylic, with a hint of sparkle.

This painting is a reminder that we are really all the same, no matter what we think we want or who we think we are.



I love a secret message painting, it makes it all the more pleasurable and enjoyable to look at when you are the only person who knows what it really says.



This monochrome painting is called Eleven O Four. If you look very closely there are some small beads stitched in amongst the abstract textures.

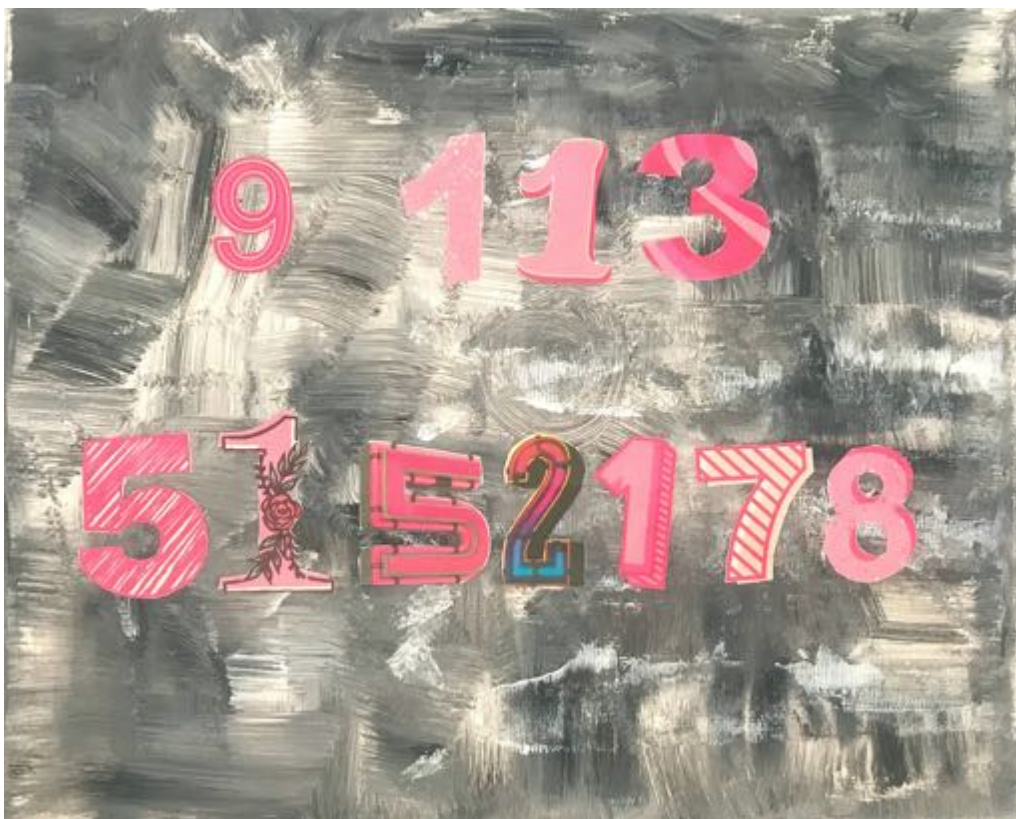


The number 1104 has significant meaning for the owner but to anyone else it is 'just' a painting.

Another thing I love to do is to translate words into numbers. There are a few ways to do this and levels to which you can reduce a sentence to its numerical essence but I find that a balance of mystery and visual prettiness works well.

Frequently we are told to put affirmations on the wall, on the mirror and fridge and so on, but what if someone comes round? You might not want to share your secrets with other people, so a hidden affirmation canvas will keep it in your mind, and yours only.

Can you work out what it says on this canvas?



Semi Precious Stones

You may or may not believe in the properties of gemstones, I have met people that meet this idea with great derision and I have also met people who lean heavily on and rule their life by crystals. Whichever end of the scale you are at, you have to admit they are beautiful.

I have been experimenting and honing the skills of stitching gemstone chips onto canvas to infuse the energy of the space with the properties of the crystals. I first began to consider this concept in the lockdown of 2020; with everyone being at home and frazzled, would it actually make a difference if there was a calming presence imbuing the room with peaceful energy?

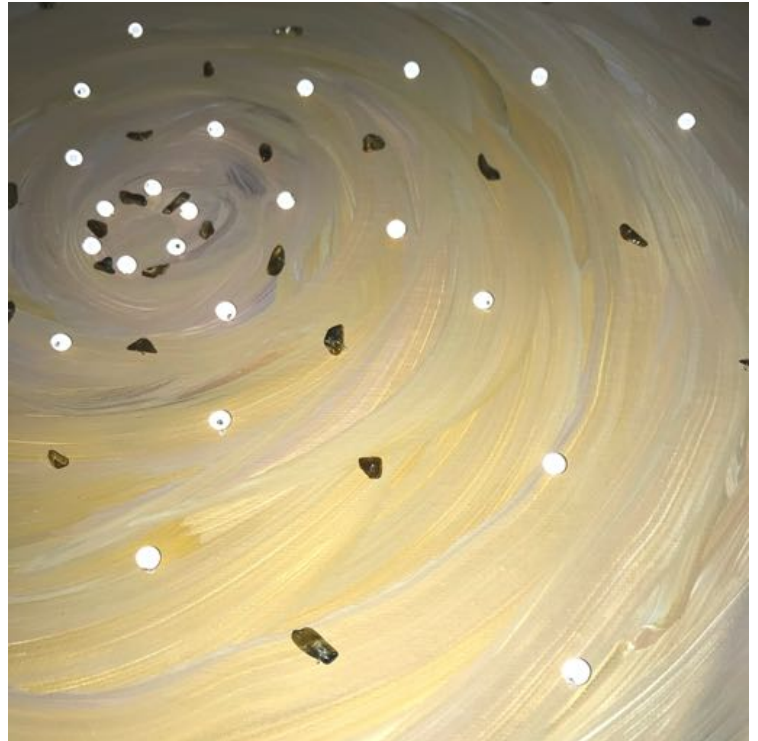
Tiger Spiral

Here I have used glass beads which catch the light beautifully alternating with tiger's eye chips.

Tiger's Eye can help reduce anxiety and minimises feelings of isolation or inadequacy by increasing one's feelings of self worth and self-confidence.

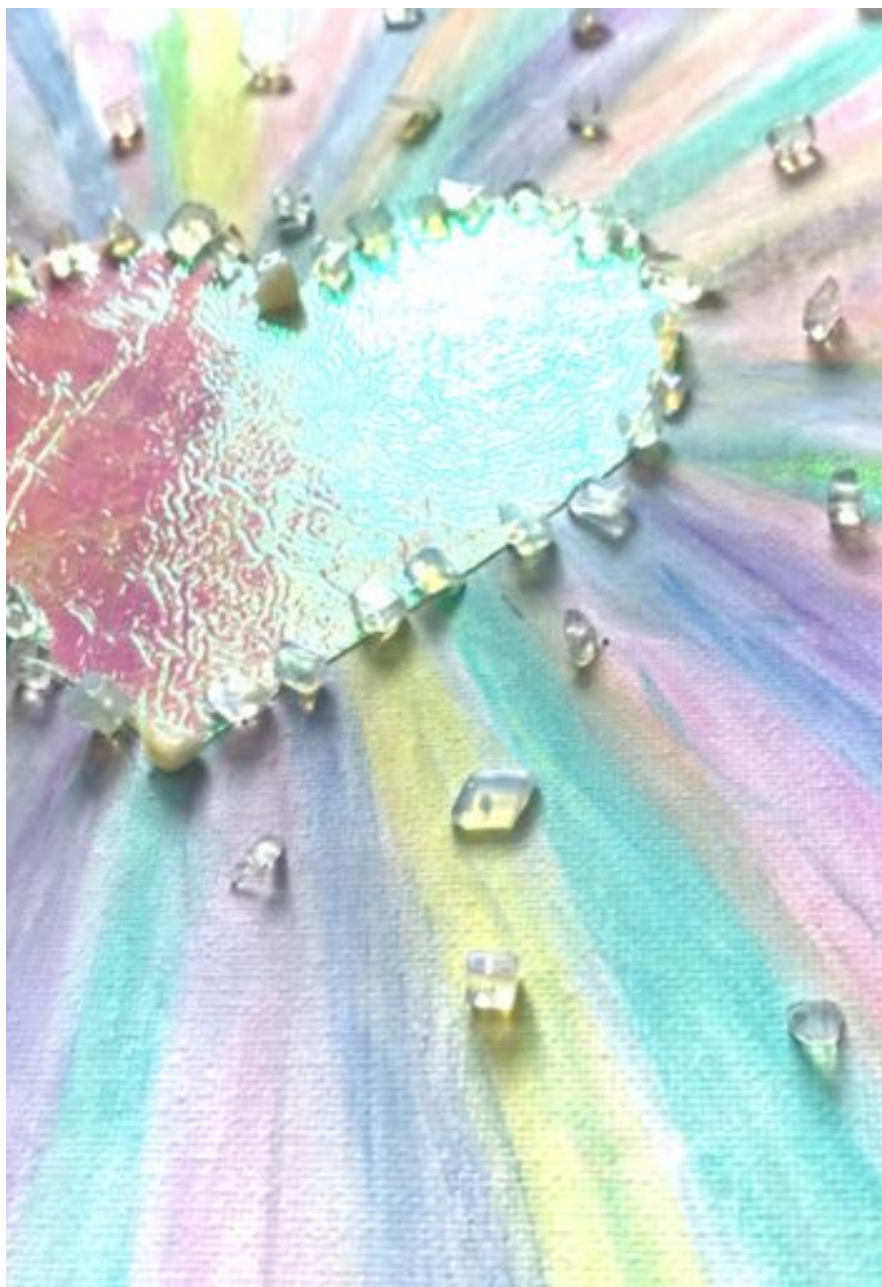
Tiger's Eye helps find balance in times of chaos or upheaval.

And we could all do with some of that!





This is a 50 X 50 cm canvas painted with acrylic inks and pastels around an iridescent heart shape. Radiating out from the heart are lots of opalite beads stitched on with invisible thread. The heart and the colours are there to uplift and promote love, and the opalite is said to allow those who use it to understand how to go with the flow. It casts out negativity with its positive and warm energy. Opalite is also known to put heavy hearts at ease and helps you see life with optimism and curiosity. Having this in your vicinity will bring these properties into your environment and uplift and enrich the energy in your space.





I hope I have given you some ideas of how you can enhance the energy of your spaces .

There are so many overlaps and ways to put these ideas together. Take some time and look at what you have and what you are planning to do in your home or work place.

Slow down and consider what you will be using the space for.

How does it make you feel at the moment?

How do you want to feel in it?

Consider what you can change.



If you are thinking of adding some artwork, use some of the ideas I've given you in this book.

If you like my work and are considering placing an order, there is a price guide on the next page. Any commissions will be individually priced as it is impossible to create something uplifting and unique for you if it is restricted and constrained by exact sizes and prices.

There will be something to suit everyone's budget, either for yourself, or to give as a gift.

You can also view my online gallery at **theattentiveartist.com/art-gallery-2**

Size and Price Guide

Mini - up to 15 x 20 cm

Small - 15 x 20 to 30 x 40 cm

Medium- 30 x 40 to 40 x 60 cm

Large - 40 x 60 to 80 x 100 cm

Extra Large - 80 x 100 to 150 x 200 cm

Use the grid below as a guideline:

The painted canvas is the base price. If you also want a photograph, add the photograph price. If you only want it beaded, for example then just add the beading price.

The price takes into account the amount of beading, number of photos or words, so the table below is not exact, it is there to give you an idea.

	painting canvas	+symbol design	+photo/quote/code	+stitched beads/stones
Mini	£45.00	£40.00	£45.00	£50.00
Small	£70.00	£60.00	£75.00	£85.00
Medium	£150.00	£75.00	£100.00	£150.00
Large	£450.00	£125.00	£175.00	£275.00
X - Large	£600.00	£225.00	£250.00	£325.00

How to Buy

To order a Positivity Painting, please follow the steps below:

- 1 Choose the size you want and whether you want colour matching, positive symbols, memories/photographs, messages/codes, semi precious stones or a combination.
- 2 Fill in the order form **HERE**, alternatively you can go to **theattentiveartist.com/contact** and fill in in the form - all enquiries are welcome, there is no obligation or pressure to buy.
- 3 I will get in touch to ask for images, check dimensions, and quote a price.
- 4 We agree the design, price and time frame.
- 5 I create you something unique and beautiful.



click here
to order

Terms

No work can commence until payment is received in full.

Up to and including a medium size, delivery is free in the UK. Above this and internationally we will agree on a method and price for delivery which will be included in the total price.

I will do everything to ensure that you are happy with your original artwork. Due to the personal nature of the commission, I am unable to offer refunds as I will not be able to resell the item.

You can read the full terms of Attentive Art's policies at **theattentiveartist.com/terms-1**

If you have any questions before **placing your order**, go to
theattentiveartist.com/contact
and I will be in touch, thank you.



PS. The secret code on page 15 is the popular affirmation 'I am enough' because I am, and so are you and you deserve a happy environment.

Have a lovely day, Sophie X

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Thank you x



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