

Held

Briony Downes

"I am always held. Even in the walking.
the earth holds me." - Bryon Katie.

Each new collection of paintings reflect Amica's desire to capture the beauty, tranquility and balance informed by the rhythms and energy of the natural world.

"Since childhood, I have been motivated by the natural landscape and my work often evokes the unbridled forms of the Australian coastline and inland waterways." In a similar style to painter Bassmi Ibrahim's fluid abstractions and artist Satsuki Shibuya's intuitive markings on paper, the works in *Held* encapsulate the unpredictable beauty of colour, form and texture. Within each painting Amica has isolated abstract shapes with white paint, creating a pure space that weaves like a flowing tributary through the soothing colours of earth and water.

Masking out areas that feel distracting or unnecessary has become one of the most important parts of her creative process. Predominantly white, these spaces are anchoring points in my work and recall the Japanese concept of *Ma*, meaning interval or the space between. In *Held*, the white spaces in between lend vitality to the coloured forms they frame and contribute to the meditative balance of the painting as a whole.

Painting remains a way for Amica to channel peace, quiet the mind and inspire the soul. It is her hope that this work transfers a similar experience to those who view it.