

## **Alethea Eriksson - Artist Statement , 2020**

My paintings are abstract and communicate an atmosphere or feeling, which is both quiet and contemplative and yet energizing. A limited palette of subtle, often subdued colours contribute to this effect while the strong surface texture gives the works a contrasting materiality and inner life.

I paint on canvas, wood panels or paper using 1) acrylics, oil pastels, inks, sand, ash, bitumen, various papers and tapes or 2) oil colour mixed with cold wax medium. The process starts energetically. I rapidly put down layers of colours, work wet-in-wet using large brushes or a brayer or spatula. I work on many works at the same time so that I can keep the energy and flow and avoid the works becoming stiff or overworked. The process moves from free, energetic and intuitive to more deliberate and slow. A painting can take anything from a day to forever, until I feel satisfied with it. I often paint over a work (just adds more history and mystery) or make a big painterly mark across it in an effort to restore its energy and tension.

My inspiration comes from what I find to be beautiful in nature and the urban landscape. This beauty I believe to have a healing, soothing power. It nourishes our psyche and offers us quiet and depth in our otherwise noisy, over-stimulated world.

The natural elements (especially the sea and sky) are a major focus on my work and movement and patterns in nature fascinate me as well. I fall in love with the colours of autumn each year and I often return to something, I call the mystery of geometry.

I find painting both meditative und energizing and this is reflected in the works themselves.