



Petra Stelling

Soulful abstract & expressive ART



Art for the soul... by Petra Stelling

My hand-painted artworks invite you to look into your inner world. They serve you to feel, to recognize, to transform and heal. My art supports you in finding the courage to dive deeper and come back with your inner treasure. It reconnects you with your soul, gives you strength and reminds you to be 100% yourself!

ARTIST STATEMENT

This current time of crisis, the mentally stress from all these bad news and the almost physically noticeable upheaval in the world, certainly affects us all. I paint what I feel. Every emotion wants to be perceived! That's why even my painting has become more abstract and expressive in the last few months.

As a highly sensitive person my intuitive painting is an expressive outlet, a creative way of self-clarification and personal development. There is something *spiritual* in it. I also believe in the *healing power of art*.

While painting, I like listening to music (*heavy metal or mantras - depending on my mood*) and absorbing the movements of the sounds. I love the challenging process of free and unpredictable work and I am always amazed at what wants to emerge on my canvas from the depths of my inner world...

The colorful life with all its challenges, the dark and beautiful sides, excites and inspires me as a versatile artist and musician. Thematically, I deal with emotions, mental health, female empowerment and profound soulful landscapes.

I mainly use acrylic paints, gouache and oil pastels. Materials such as coffee, glitter, gold paper, magazine clippings or fabric scraps also find their way into my works of art. I paint with brushes, spatulas, sponges or directly with my "magic hands".

In the painting process I compose with structure and color, which is applied in several layers. By adding, blotting, scratching or scraping off, exciting effects, rough surfaces and unique color tones are created. Shadows, cracks and lines that are reminiscent of scars and traces of life.

My painting is lively, multifaceted and expressive - like a singing voice in *JAZZ!*

RECENT EXHIBITIONS (Selection)

- Girl Power - Online Group Show by HMVC Galley New York, 01. - 31.03.2024
- Miami Art Week, ARTBOX, digital (12/2023)
- ARTBOXEXPO, Basel 2.0, digital (06/2023)
- HolstenART Art Fair Neumünster (04/2023)
- "Pop-up" Group-Exhibition, Neumünster (01/2023)

Solo and Group exhibitions since 2003.
Participation in juried exhibitions, national and international.

Awards (selection)

Finalist Award & Honorable Mention Award, Teravarna Art Gallery Los Angeles, 10/2023.
Masterful Mind Award, Circle Foundation for the Arts, France, 02/2024



PETRA STELLING

Born 1968, lives and works in Neumünster, Schleswig-Holstein (Germany)
SoulArtist & Musician,
Diploma in social work, Instructor for Expression Painting (*by Laurence Fotheringham, Switzerland*)

CONTACT

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