



## **PAINTING WITH WILDLIFE**

Recently I read an article by an artist who said they must be in a completely relaxed state to paint! I, on the other hand couldn't wait for this to happen. It might NEVER happen.

Having thought about the state of mind I am in when I begin to paint, reminded me of the time I was in the garden looking for whatever green thing was eating my plants. I found him!!

A normal person would have stomped on him or thrown him over the fence for the neighbours to deal with. But somewhere in between the garden and the house, I found myself in the studio and the green thing was still with me. Well, you know how it is, you start looking at paintings, start getting inspired, start thinking about having a bit of a paint. And before you know it, you and the green thing (who is now sitting on the cupboard) are painting!

Well, two hours later, a painting is done and the green thing has gone.

Never did see him again but I hope he enjoyed watching me paint. Hope he found his way back to the plants.

**NOTHING LIKE PAINTING AND SPENDING TIME WITH NATURE TO PUT YOU IN A RELAXED STATE.**