

Plant Forms - Deborah Thompson

The series of paintings called Plant Forms with done with the intention of exploring how my mind worked while painting - being attentive to jogging of my mind back and forth from the present moment to random thoughts and importantly trying to stay fully present in the act of painting. This was a new process and awareness for me and was inspired my experience of meditation.

Choosing to work from plant forms, gathered on my walk to the studio seemed an uncomplicated and objective way of exploring this process. In some ways, it was also an attempt to get away from my narrative that my current figurative work was bringing up. Ironically, these paintings brought forth their own narrative one that evoked natural processes of transformation, such as death, torpor, germination, dismemberment and re-generation. Plants mirroring back to us the nature of life in her beautiful and mysterious ways.