



## Art and nature to reconnect with life

*Authentic nature can evoke something deep inside us and help us to connect to our inner authentic self.*

*We need something real, something like the "wabi-sabi" concept in Japan, where beauty is found in the simplest, the most un significant details in nature...*



*From an interior design project at Matrisen, Stockholm.*

I am fascinated by natural forms, trying to transmit them in my creations as authentic as possible. I print them on "voilages" for decoration projects.

Inspired by Japan where art is more an integral part of a home, on screens or in a beautiful flower arrangement, I decided early to create an art that could be part of our daily life. Art could be on a tray, on a curtains, or on a transparent "voilage", taking part in our daily life. I wanted to break the frame of the traditional painting on the wall to more integrate art to inspire us in our life.

Natural beauty is everywhere around us...the beautiful nerves of a leaf, the patterns on the dragonfly wings. Beyond what we think is chaos there are harmony and on a deeper level everything is connected in an ecological harmonious whole.

I think we all in this modern society, need to open our eyes again for the beauty and the miracles in nature that we all are a part of and I feel my "mission" is to bring nature back into our daily life in different ways: on "voilages", cushions, trays, cloths, table runners...

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I used old leaves I found under the tiles on the roof of our house, where only the nerves were left. I blow them up to show the beauty in the irregular patterns, to transmit the forms as authentic as possible. I felt, and I still feel that authentic nature can evoke something deep inside us and help us to connect to our inner authentic selves. Something real, like with the “wabi-sabi” concept in Japan, to see this beauty in the simplest, the most un significant details in nature...

*“The wabi-sabi is the inner quality of the Japanese culturale concept of beauty, even if often hidden. But like the most precious things, to have to make yourself humble to be able to recognize it and feel it”.*

I feel that these forms can transmit to us a vibrating life energy, but we have to “make ourselves humble” to feel and receive it...It is all vibrations!

In Japan, I had the fantastic opportunity to go further with this idea, and together with the agency Rom Project (that had seen my works in Stockholm thanks to a Swedish friend) we realized some very original and beautiful projects together,

creating a concept, a logo and a label around what we called **“The Inner Language of Nature.”**

The idea was to use my art for different license projects in collaboration with Japanese companies, to reach many clients with our message.

My drawings were used on a glass collection for the company Hario, on ceramic for Seto, on stationary for Greenflash and on clothes for EDWIN, a big jean company in Japan. For example, one of my paintings was printed on the back pockets of a pair of white jeans! (Collection: “Something by Helena”)

Rom Projects found different sell corners in department stores in Tokyo, Yokohama and in Osaka where my art and the products were sold together, and I did three art shows in galleries in Kyoto and in Tokyo. It worked out so well until the tsunami and the Fukushima catastrophe...



*Projects with Japan: A "black label" collection with Hario and a collection with Edwin.*

*Mr Kino did swedish Dala horses with my fabric, here with Ms Reika Shu.*

To show an "authentic nature" design in Japan, the country of Zen and the admirer of the cherry blossoms and the autumn leaves, was something powerful, trying to reconnect the stressed Japanese businessman with his inner authentic self again and with his cultural origins.

For me THE INNER LANGUAGE OF NATURE is an expression of this inner energy, the life energy, and of the hidden patterns of harmony that we can't see but which are there, of this inner poetic beauty that gives us all comfort and a feeling of inner peace.

In not changing the organic forms with my own personality, I then keep as much as I can of the unique origins. In the small imperfections is life! We have to stop for a moment and slow down to see more, feel more and be aware of the present moment and the beauty around us!

I am writing a Masterclass about "The art of living" inspired by art, poetry and science so please if you are interested to follow, you can register for free:

[Follow my Masterclass about the art of living](#)



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