

# The calm eye of the storm

Antje Meyer



Antje Meyer, *The calm eye of the storm*, 2017, acrylic paint with different media, 600 × 1000mm.

I recently got my creative 'juices' flowing again after a long period of uncertainty and changes in my life. Once again I could experience how powerful the artistic medium of painting is and how rewarding and revealing the process can be. I am currently experimenting with acrylic pouring and I enjoy the process as it is symbolic for me and the experiences I have had.

I knew exactly how I wanted things to turn out in my life and worked very hard to achieve my goals, just to find myself in one unexpected situation after another. As with acrylic pouring, at some point I had to let go of my idea and just go with the flow. Scary as it can be, I learned to observe the unfolding of things while trusting the process and to stay calm and centered even when things around me are not. This art piece reflects the beauty of the unexpected and is a symbol of the ever-changing nature of things.

# anzjat

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