# "Sensory"

A Collection of Fluid Acrylics

Elizabeth Ulanova

#### Preface

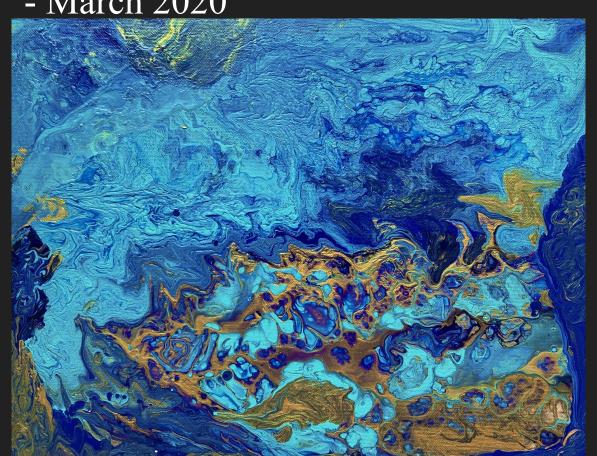
I came into 'art' as an observer to how difficult intangibles - such as emotionality, pain, joy, euphoria - could be made into tangible pieces of visuals. Painting specifically was mainly a self-instructed practice for me, made outside of the fine formal studio and instead, a private meditative practice that I took on. This was crucial for my mental health as each painting was a moment of therapy, a token captured in a psychological pigment of time. Painting became more of a yoga practice than a formal artistic one, a medium to channel difficult, intimate moments into pieces of subjective beauty. The opposite of my main art practices of filmmaking and writing - planned, calculated storytelling, paints loosen my mind into a different projection....A place of 'no-thinking'.

Sensory: relating to sensation or the physical senses; transmitted or perceived by the senses.

"Metamorphosis" - April 2020



"Change" - March 2020



"Storm" - March 2020



### "Hollow" - March 2020



"Fever" - March 2020



"Complex" - March 2020



### "Kairos" - March 2020



# "Breathe" - March 2020



"Halcyon" - March 2020



#### "Halcyon" - March 2020

The word 'halcyon' refers to a period of time in the past that was idyllically happy or peaceful. This painting captures the memories, or more specifically, how I feel when I recall the soft waves, sun kissed earth, endless time - my best parts of childhood.

# "Growth"

- March 2020



#### "Growth" - March 2020

In its abstract form, this outline can be reminiscent of many things. For me, I was reminded of the double helix structure of DNA, as I was always told by my father throughout childhood that "DNA was almost synonymous to life". In practice, this painting meant a very minimalistic, simple approach to the feeling of growth, endless possibilities, replication and unconfined formality.

# "Meridian" - February 2020

12" x 9"



#### "Meridian" - February 2020

Meridian dances lightly between both abstract form as well as the portrayal of the realistic imaginary. It can infer of the constant longitude that passes through a given place on the earth's surface or perhaps the set of pathways from which vital energy is said to flow within the body. For me, this painting meant a minimalistic, yet complex approach to the balance of heat, cold, life, and the unknown.

"Gulosity" - February 2020

12" x 9"



"Lucid" - February 2020

12" x 9"



### In progress....

It is important to note that this collection was created

during the ongoing 2020 COVID-19 pandemic when the artist

was in Cambridge, England as a graduate student and researcher

at the University of Cambridge.