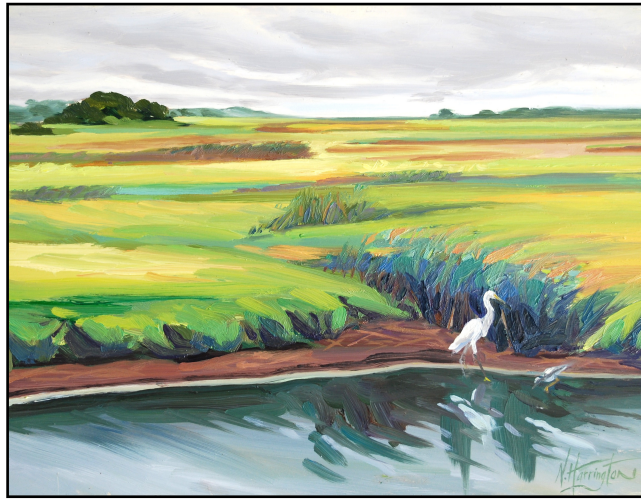


# N O R A H A R R I N G T O N

## Artist's Statement



We all have moments of heightened awareness, times when we feel the richness of life more fully, and our connection to the world more keenly. Our focus intensifies. Our sense of self-consciousness dissolves, while at the same time our self-awareness deepens. We are in flow, guided by intuition, and joined to something larger than ourselves.

Usually these moments happen in connection to something that challenges us, something we're good at, and something we truly enjoy. For me it happens while I'm painting, especially outdoors.

Painting opens me to the wonder of this world. I become more patient, more observant, and more receptive to beauty. I paint to experience these moments but also to share them. These paintings offer the viewer the same state of being in which they were created. They contain an energetic calm, a sense of gratitude, and an invitation to slow down and admire the world around us.