



Water Theme

I love to paint in a variety of media including pastel, acrylic and oil.

I use art as a way to become peaceful and at one with myself.

I am a great believer in the healing aspect of creating and often feel a sense of well-being when working on a project and I love encouraging others to do the same where I can.

Each of my paintings on show have been created with the word, 'Water' in mind. There are elements of either movement or stillness in them.

Just as the mind and body can be rushing a long one minute only to suddenly become quiet and calm the next. Well, maybe after some deep breathing.



Finishing a painting gives me a sense of achievement and worth in a world where it is easier to believe the bad stuff than the good.

Creating helps me to be happy.



Exhibiting with DAN CIC is a gift to anyone who needs help to show what they can create and helps the community to see new hopeful inspiring

possibilities. I would like to say thank you to all the DAN CIC Organisers and Sponsors for making these exhibitions possible.



Hope you enjoy my artwork and please contact me for commissions or to purchase any of my artwork.

Nandina Mason

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Promoting Creativity As A Coping Mechanism For Disability