



Peace, Rest and Responsibility

Rain Day Antiques

This painting is about the value of sleep. A powerful tool our bodies need to reset from the days troubles, process challenges in our subconscious and ultimately contribute to a healthy state of mind and a sense of peace. But what if sleep evades us, what if we have no rest, no chance to reset. And this thought is the inspiration for Rain Day Antiques. This painting is inspired by a Headspace sleep time story of the same name, describing a safe place of escape, warm and bathed in yellow light with the sound of the rain on the street outside. This is a place where you can find some rest.

Windermere Boat

Inspired by a moment of peace by Lake Windermere, this painting represents a single boat, in two positions as it gently sways and moves in the breeze. I painted this as a way to cling onto that moment in some way. The soft sound of the waves on the lake shore and the gentle creaking of the sail boats as they move in the wind. This was a mindful moment, a moment when things slowed down. In a world which often robs us of peace, I wanted to do my small part to try and capture some. I hope in some small way it can guide you to a measure of peace too.



Ullswater Day Dream

This painting is about self-reflection, and perspective. I am captivated by the natural world, hard wired to spend time outdoors, that time is like food that my mind needs, or nourishment for my soul. Without it I know I will feed my mind other stuff, stuff I'm not created for, stuff which is distracting, not nourishing. Being in creation provides a healthy sense of perspective to my state of mind. How can I feel at home in an environment which can be so hostile and uncomfortable? When I feel that correct sense of responsibility to take care of the world in which we live, I'm challenged to ask, am I doing enough to protect what I love?

Prints of these portraits are available for sale, please contact me or visit bridgfordstudios.co.uk

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