



My art projects usually start with a theme, a plan, sketches, and thoughts about color choices and shades - but eventually the projects often find their own ways in the process - where the intuitive takes its place.

An underlying “pulse” and intention in my work is the importance of leaving traces. I want to bring the viewer into a world of traces, and the variation of traces. Some paintings are filled with energy and strength, others with a calmness, which gives each viewer an individual experience.

The structure of a mountain wall, the play of colors in nature, the complexity and diversity that appear in the details around us give me inspiration. Relationships between us humans also leave their mark and are something that concerns me - and which is expressed in my work. It is often a matter of being present and having a balance between calmness and energy.

The use of different techniques on the canvas helps to create depth, dynamism, and intensity. Acrylic paint in thick or diluted form - often in combination with ink, charcoal, or other media, make up the many layers - which results in a finished painting. A painting where the color moods and the coats interact, slide into each other, and leave traces.

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