

Melissa Forbes, Chatham, New York

INSPIRED BY THE FEMININE

Whether she's painting with watercolor, drawing with graphite or experimenting with collage, Forbes creates artwork for meditation, awakening and grounding by emphasizing what she calls "sacred geometry" and organic shapes.

"I have always doodled the spiral, and I think I was just tapping into life, what I was feeling in myself and my surroundings," she explains.

Forbes explains that the movement and energy of the shapes below, like nature and her creative process, are considered feminine. Rather than visualizing something and then creating it, Forbes starts drawing and allows her intuition to take over. "I'm not seeing it, I'm feeling

it," she explains. "Then it becomes more visual as I add shapes and strokes."

If she feels uninspired, she relies on yoga, swimming or walking to shift her energy, clear her head, and return to the canvas feeling centered. "I come back fresh, able to drop in," says Forbes, who describes the work itself as a meditation.

With her current project, Forbes is drawing with graphite and adding collage elements to old etching prints. This process feels feminine too—reflecting on the old and going outside of the lines to create something new. "I love not being so confined and having the space to move beyond and explore," she says. ★



Previous spread:
A pot of many colored
hues by Shino Takeda.
Opposite page:
A Charli Ornett creation
in pigmented wax.
This page: Feminine
swirls by Melissa Forbes.