



Millie Griffiths

"My Own World"

Art Talk Magazine: Before we talk about your last London exhibition “Escapism”, can you tell us about your background and what inspired you to start painting? What triggered you to take a brush and start painting ? What is art for you?

Millie Griffiths: It was precisely that – what I included as the title: ‘Escapism.’ It is this feeling which I strive to find in the act and process of painting. The journey I go on while I paint is a attempt to find a sense of freedom in my self. Art for me is a way of meditating and enjoying time with myself. I love painting as it makes me feel I can escape into my own world.

ATM: Your last exhibition is entitled “escapism”. Why “Escapism” ? Is Escapism a kind of a personal “metaverse” from our fleeting society ? A way to find yourself through purity of art ?

MG: Yes escapism is very much to do with the way I see time. As you said the sense of fleeting time in society is something I act against whilst i paint as I treasure fully being placed in the present moment to truly express myself and communicate through paint the feelings that I am in in the moments I hold a paint brush.

ATM: Your works of art recall the melancholic and powerful tones of Chagall, with a contemporary twist of freshness. Visions of a life grasped by the “unbearable lightness of being”? (Kundera)

MG: I would agree I am inspired by Chagall as I find his works transcend time and invite you to explore his world. I attempt to create this sense of ‘my own world’ as I paint and call it my own language. The figuration has a very specific intention and that is to best express how I feel. Rather than the figures being there as a way of telling a story I use them as tools to express myself and in doing so find freedom in the forms I create – always that sense of escapism.

ATM: Social medias are part of our society and have monopolised our entire existence. Our being is focused from how many likes we have on a post. What is your advise to the younger generations ? how important is to pursue your dreams no matter what? What is your advise to a emergent artist today?

MG: My advice to an emerging artist today is to not take yourself too seriously or get tangled in the way you want others to see your work and rather focus on what you want your artworks to speak of. Social media comes with both pros and cons of course and I must say I am not someone who finds looking at it truly liberating however it is a great way of showcasing and promoting my art.

ATM: Who is your favourite artist? And why?

MG: My favourite artist today is Andrew Cranston as his works truly allow you to feel something and escape in his world of beauty in the timeless moments you can at times find yourself in time. There is a silence in his work that invites you to meditate in his realm of life.

ATM: Is there a song in particular you listen when painting?

MG: I will literally listen to all forms of music even classical when I’m tired or stressed. Or even Paolo Conte to feel chilled. Moby played a big part of my childhood and so did Coldplay. In my wide range of music taste I will find myself listening to artists from shakira to Fontaines D.C. as a way of lifting my mood. Or when painting listen to deep house music such as Leon Vynehall which can at times make me feel and see the world in a deeper way.

ATM: Can you tell me about the charity Francesca Rava you support ? And your experience in Haiti? How important



is for your generation to contribute to society?

MG: My experience in Haiti is something I find difficult to talk about and express. It was so far from the culture and society we know what I almost see it as another planet. In this experience I felt so much love in my heart - true love as despite chaos and poverty there was always a smile on someone's face. I did lots of art with the children. This was special -

to have the power to inspire so much as one person always leaves a good mark on my soul.

ATM: Last but not least , can you share with us what are your next plans ?

MG: My next plans I'm keeping very simple as I have a tendency to overthink and complicate. I am entering a different period in my art where I am attempting to express simplicity and love.



