

WWW.MINDFULARTUK.COM

Mindful Art

Finding the calm amidst the chaos



UNIQUE FLUID ART ORIGINALS, PRINTS
AND JEWELLERY.

MADE WITH MINDFULNESS

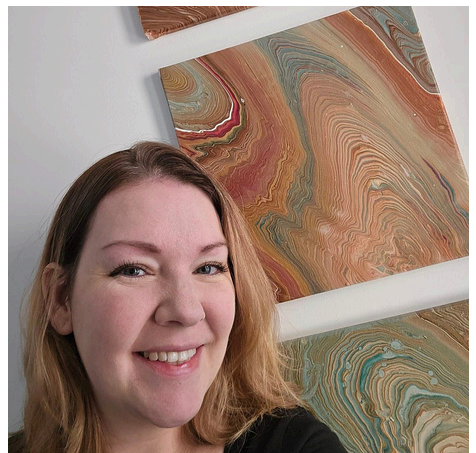
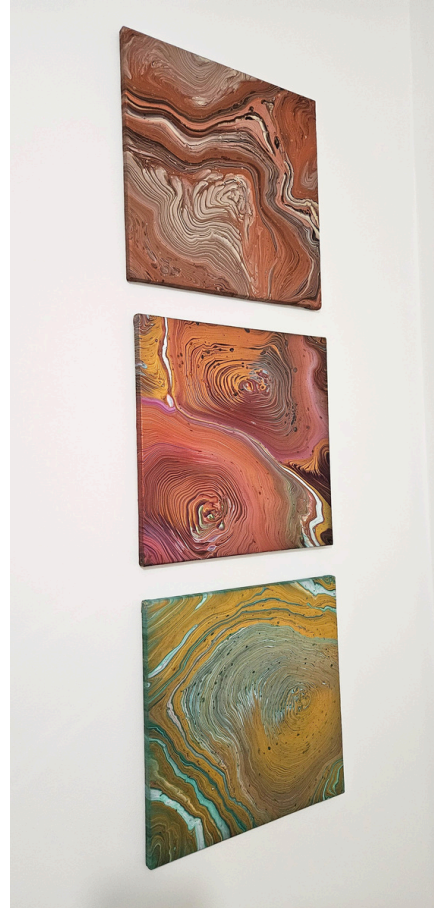
MY STORY

Painting is my 'happy place'. It is where I find my calm, amidst the chaos that is fluid art. As a sufferer of chronic pain and also anxiety, painting helps me find space to be mindful, and to focus on something else, other than my mental and physical symptoms.

I originally started painting as a distraction to try and manage a chronic pain condition. I quickly found that after a few hours of losing myself to the endless possibilities of fluid art, that I would leave my studio virtually pain free! I realised that painting was creating an opportunity for me to practice mindfulness and with it, my symptoms were pushed from my focus. I got lost in the movement and the colours, and in creating the chaos that is fluid art, I found calm.

Now whenever I have the chance to share my art with people, I try to encourage them to see it mindfully. To think of the colours, the flow, the interactions between them, allowing them to be grounded into the present moment. To appreciate what is.

I hope that Mindful Art can help people heal, in the same way it has done for me



ABOUT MINDFUL ART



At Mindful Art, all artwork is created with mindfulness at its core. As a chronic pain sufferer, Gill uses art to practice mindfulness and manage pain symptoms. Mindfulness is practiced during the creative process and is fundamental to everything that Mindful Art stands for.

Everything at Mindful Art is 'Made with Mindfulness.'

Original fluid artwork is created by Gill, and is the creative source for stunning handmade 'one of a kind', allergy-friendly, *Wearable Art* jewellery, as well as high quality art prints.

Mindful Art is an invitation to see art in a different way, to use it as a form of mindful meditation.

Take a moment away from the chaos of your own life, and appreciate the beautiful chaos of Mindful Art.



WEARABLE ART EARRINGS

ALL EARRINGS ARE MADE WITH CONSIDERATION TO ALLERGY SUFFERERS. HANGING EARRINGS ARE MADE USING 925 STERLING SILVER HOOKS.

PAINTED DESIGNS ARE ENCASED IN GLASS CABOCHON DOMES WITHIN A STAINLESS STEEL BEZEL. EARRINGS ARE PRESENTED ON BRANDED MINDFUL ART EARRING CARDS.



12MM EARRINGS



20MM EARRINGS



12MM HEXAGON EARRINGS



12MM CIRCULAR EARRINGS

WEARABLE ART EARRINGS



10MM TRIANGULAR
EARRINGS



10MM TEARDROP
EARRINGS

WEARABLE ART STUDS

ALL EARRINGS ARE MADE WITH CONSIDERATION TO ALLERGY SUFFERERS. STUD EARRINGS ARE STAINLESS STEEL. PAINTED DESIGNS ARE ENCASED IN GLASS CABOCHON DOMES WITHIN A STAINLESS STEEL BEZEL. EARRINGS ARE PRESENTED ON BRANDED MINDFUL ART EARRING CARDS.



10MM STUD EARRINGS



12MM STUD EARRINGS



WEARABLE ART PENDANTS

PAINTED DESIGNS ARE ENCASED IN GLASS CABOCHON DOMES WITHIN A STAINLESS STEEL BEZEL. PENDANTS ARE HUNG ON 18" SILVER PLATED CHAINS. ALL CHAINS INCLUDE A SMALL MINDFUL ART BRANDED PRICE TAG.



12MM PENDANT



20MM PENDANT



12MM CIRCULAR PENDANT



10MM TRIANGULAR
PENDANT

WEARABLE ART PENDANTS



10MM TEARDROP
PENDANT



12MM HEXAGON
PENDANT

WEARABLE ART CUFFLINKS

SILVER PLATED CUFFLINKS INCLUDE A SMALL MINDFUL ART
BRANDED PRICE TAG AND COME IN A CUFFLINK BOX.



12MM CUFFLINKS



20MM CUFFLINKS



PRINTED ARTWORK

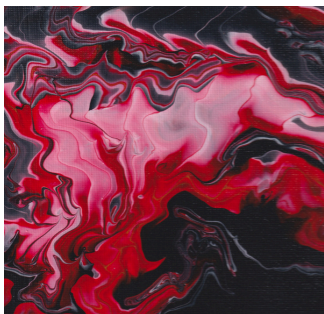
ALL PRINTED ARTWORK IS DERIVED FROM ORIGINAL ARTWORK. ARTWORK IS PRINTED TO A HIGH QUALITY ON 300GSM WHITE STOCK CARD. PRINTS ARE PACKAGED IN CLEAR CELLOPHANE WITH CARDBOARD BACKING AND MINDFUL ART BRANDING.



8X8" BLUE BLOOM



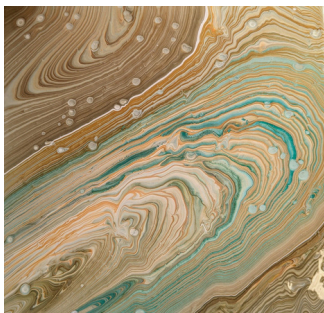
8X8" RED BLOOM



8X8" BLACK/RED POUR



8X8" / A4 COPPER/PLUM POUR



8X8" / A4 GREEN/GOLD POUR

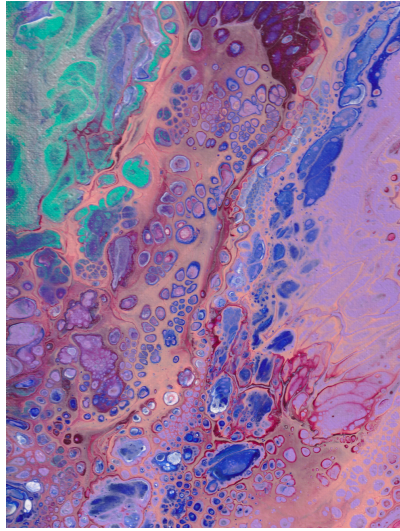


8X8" / A4 COPPER POUR

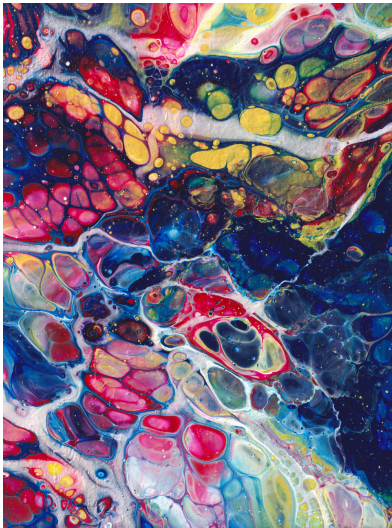
PRINTED ARTWORK



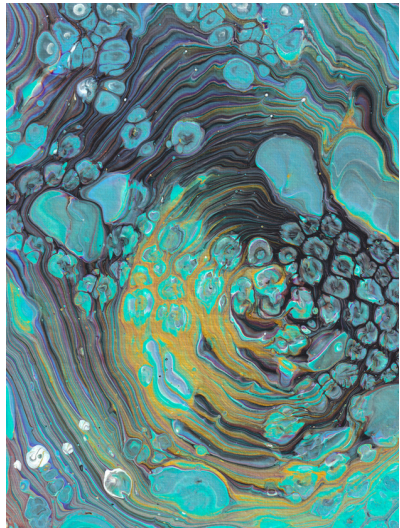
A4 BLUE/PINK BLOOM



A4 LILAC POUR



A4 BLUE/RED POUR



A4 GREEN CLOUD POUR

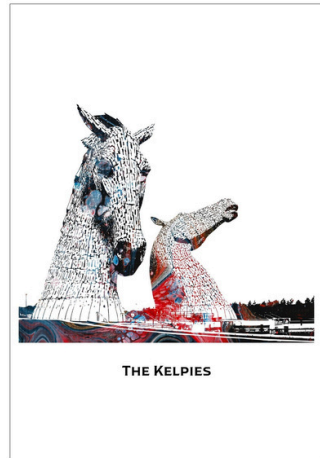


PRINTED ARTWORK

CITYSCAPE AND LANDMARK PRINTS ARE CREATED USING ORIGINAL ARTWORK. DESIGNS ARE AVAILABLE AS A4 PRINTS.



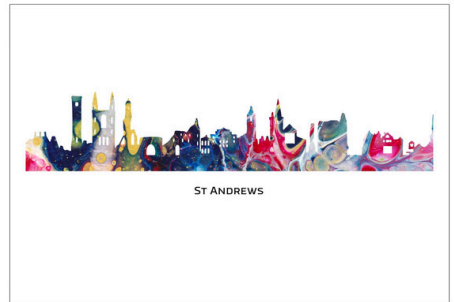
SCOTLAND



THE KELPIES



GLASGOW



ST ANDREWS



DUNDEE



EDINBURGH

PRINTED ARTWORK

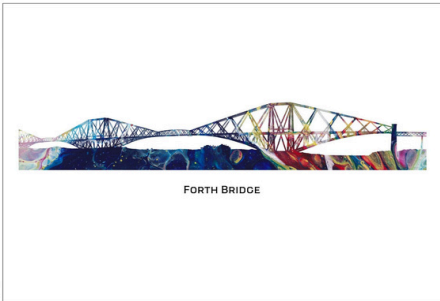
FOR A FULL LIST OF AVAILABLE CITYSCAPES/LANDMARKS, PLEASE DISCUSS DIRECTLY.



DUNFERMLINE



PERTH



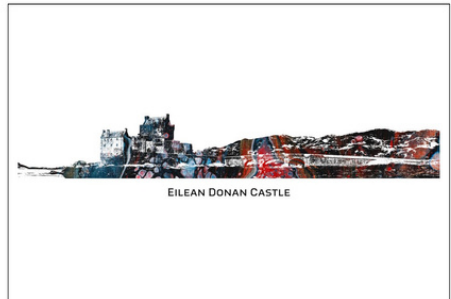
FORTH BRIDGE



KIRKCALDY



EDINBURGH CASTLE



EILEAN DONAN CASTLE





LET'S GET IN TOUCH



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