



Having done mostly representational work until the age of 30, Forbes attended an art expo in Madrid that changed everything after finding three pieces that viscerally affected her, so much so that she returned home and began producing abstract work.

"Since then I have weaned myself from depending on images to conceptually represent something and tried to directly, emotionally communicate, circumventing intellectual analysis, which can be confining," says Forbes.

She says her pieces now begin with un-self-conscious marks — creating spots on a different surface and then transferring them by rubbing them onto her canvas.

"This jump-starts a conversation that I can follow, without steering the painting with a heavy hand," Forbes says. "My recent paintings are abstracts in saturated, energetic color, sometimes vaguely evocative of branches. And they are getting bigger and bigger! I love layers of information — transparent layers of marks and color — that deepen the 'conversation' of a painting."

She goes on to describe how the past few years have been an enlightening time for her as an artist:

"All sorts of things fell apart, and I began tripping over assumptions that I've carried all my life: you can't do that, proper paintings are like this, to get X you have to do Y. Rules. Followed by a reluctant admission that the marks I find most beautiful are made by accident: loose, organic shapes free from my efforts to sculpt them. This was humbling and frightening. If I wasn't going to sculpt my marks, shapes and colors, what was I doing? Which led to appreciating that whatever moves me is my artistic gift, not my technique. Which, in turn, led to discerning the difference between the voice of inspiration and the voice of habitual patterns and conventions."

"Our world feels chaotic with fear, but I believe underneath our fear and cynicism, is awe," Forbes says. "I want my work to affirm that awe."

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"I question whether painting is useful enough in this challenging era, but I am yearning to paint and so I'm diving into the deep end. I am making art that my heart responds to — and I hope the viewer's heart responds too."