

February 2025

Heide Follin Artist Statement

I transform inspiration from nature into lyrical organic abstraction. Working in the fluid space between *control* and the *need to be free*, my paintings burst from the bounds of the specific to reveal patterns and new worlds to explore.

Photographs of botanical specimens and landscapes are my jumping off point. Energetic forms call out to me as I wander through the garden. I spy a cluster of shepherd hooks with their fuzzy heads bobbing in the wind, which morph into waving arms. I find delight in what's hidden in the shadows, and embrace the vibrant florals and intricate foliage. The glint of sun on the chicken wire becomes strokes of dancing blue lines.

I use color, drawing and paint to describe natural phenomena. I embrace the surprising results that happen through experimentation. Empowered by personal expression through abstraction, my work is infused with the rhythm of life. I work with acrylics, acrylic polymers, black ink — even layering fabric onto a variety of substrates. Surfaces may be both matte and gloss, thin and fluid, thick and juicy, textured and smooth. The work evolves through staining, brushing and pouring paint in a high-key palette that vibrates against neutrals.