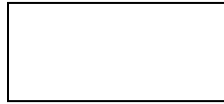


FARINI CONCEPT GALLERY



# COLOURS OF THE SOUL

Anita Bjørbekk



Farini Concept Gallery, Bologna

Palazzo Fantuzzi, Via San Vitale 23/a



To explore the world of art, ever-expanding universe, is not easy. It is not for those who live in it as an artist, nor for those who experience it through the role of gallery owner, historian or art critic; The public, however, it is, in this world, the nodal point between the art creator and the spreads.

The exploration arises, therefore, as indispensable experience: to the artist corresponds the exploration of other figures of art.

The "discovery journey" of Farini Concept Gallery, expands, becomes tireless, as it should be. A process that began nearby location and continuing with a look towards more distant horizons.

The stage of this monograph, innovative choice of the artistic director of the Gallery in Bologna, is Norway, where the exceptional guide will be the artist **Anita Bjørbekk**. Through her colours, her brushstrokes, we will discover, in Farini Concept Gallery, the expression of art coming from the North, unexpected, astonishing, extraordinary.

Farini Concept Gallery is pleased to accompany you in this new analytical path, the result of evolving synergies and stretch you out to the best trip existing, the journey of **knowledge**.

**Grazia Galdenzi, Gallery Owner**

**Roberto Dudine, Art Director**

# THE ARTIST



A colour immersion, purity of intimate charm and evocative atmosphere is what the Norwegian art painter **Anita Bjørbekk** represents. Winding through an unusual route, the Scandinavian's works investigate, with an extraordinary freshness, the relationship between man and nature, man and life and the interaction of man with his own ego. Anita Bjørbekk accomplishes this path guided by **colour**. Throw the colour all started.

Ms Bjørbekk approached the world of Art few years ago; coming from economic field, in 2011, a fluke took her into a sales department of paints and colours: from that moment, a kind of mystical inspiration brought her to begin her route through art. Her inherent creativity emerged with full force, leading her to pursue new directions.

A journey in and out of the soul, a journey accompanied by a larger project related to creativity, to the study of the self, of the meditation, to the realization of a dream that finds its centre of gravity in **Kreative Kunst** Company and **AB Gallery** of Skien, her hometown.

The study of the psyche linked to the colour system is the basement on which the search of Anita Bjørbekk focuses, through a vision of reality borrowed by emotional evocations. Painting, art in general, has, for her, a meaning of rework her experiences, whereby she delivers her thoughts, her hopes, her renewed spirit of life. Colour as structure of the soul, colours as dense textures of a network that becomes life and provides, day after day, new possibilities and reasons of life. Without requiring a lot of words, are the paintings of Anita Bjørbekk itself to express the vitality inherent in the personality of the artist.

Looking at her paintings, starting from 2013 till the last 2015, we face to a kind of **explosion of colour** that, certainly, appears unusual to the "idea of South Europe we have". The Scandinavia, always covered with cold colours, through the works of Bjørbekk, shows a joyful side surrounded by a bright light, in which the forms are given not by graphic elements, as the power and energy of streaks and brushstrokes of colours. The colour becomes **substance of soul**, the density of the brush stroke allows to emerge pictorial evocation of feelings, emotions, through certain stylistic features, linked to the Nordic tradition of expressionism.

The art of Bjørbekk arises as ideal - and idealized - meeting between fantasy and control, aspect, which over time seems to have abandoned the canvas leaving room for the interior imagination that becomes the subject of painting, but in a generous and targeted manner. It is an art that I would call free, free from the academic schematic nature, almost "wild", in the most psychological meaning of the term. The exuberance of colour placed on the canvas by the artist, in a copious, dense, layered manner denotes the continue proliferation of ideas, states of mind and positive feelings that Ms Bjørbekk herself preserves. The journey to discover herself that everyday takes, dress abstract shapes and colours, looking for balance not formal but essential. Ms Bjørbekk has a playful, extrovert temperament, but at the same time meditative, founded and formed on the constant cathartic exercise of meditation and creativity.

Anita Bjørbekk, in fact, in her **Kreative Kunst**, teaches methods of psychological interaction, related to teamwork, to meditation as encouragement for regeneration of one's being. The stress of everyday life, now common to all of us, pushed Bjørbekk to seek a way out from such a waste of energy. The decision to devote herself on meditation, discovering the best way for herself, played a key role in a purifying change in her life. Anita Bjørbekk has chosen to focus, then, on a journey that would lead to the union of a meditative with a creative route. From the release of negative energy through meditation, the new flow of positivity is catalysed in a new crucible directed toward a boost to creativity. On that moment, Bjørbekk finds inspiration in colour and, therefore, in the paint. The pictorial language has been revealed as the most responsive to the need of expression that she felt itself.

Conscious and subconscious started an heterogeneous but not conflictual dialogue, to the constant search for harmony. In this research, Anita Bjørbekk discovered and elaborated colour theories. Assigning, in fact, an intrinsic link between the different colours and the direct influence on the mood, she got the chance to bring these meanings in the painting. Her path, therefore, through her works as painter but also as teacher of creative methods, allows her to make circular interactions and universal characterization. Her thought becomes light, to enlighten those who have not found yet their own way of escape and harmony. Instinctive and psychological balances found, through meditation and art, a channel bringing the unconscious to rid any stressful and disharmonic superstructure.

The inner and the outer world have no longer boundaries each other, they interfuse to create new universes where to meet, where to act and reconstruct their own ego. An interpenetration growing **in itinere** with Ms Bjørbekk as "initiator creative", ready to offer everyone the right help to find their own way to the creativity, conscious she recovered in the painting art the more congenial **medium** of expression.

The sense of freedom, enclosed in a creative miracle of epiphanic artistic act, is revealed in the works of Anita Bjørbekk. A kind of perfect synthesis of light, colour and movement is clarified with the creation of an original language, abstract in the form but conceptual in the titles of the works, in a combination of word and image. Even implementing, in double readings a substantial, subsequently division, the viewer's glance is opened to the acquisition of a broader horizon, which seems to be the same where Anita Bjørbekk operate. An universe become art therapy, a daily journey that, even in the observation of her final works, discovers an intimate trait that, conversely proves essentially about universal nature.

In this monograph I decided to analyze the work of the artist following a chronological route advancing as her art itinerary. During the years, in fact, her style has been slightly changed, progressing towards a total loss of form and going into the direction of a substantial material abstractionism. The swirling colours converge with violent contrasts, creating a **palette** composed by ardent and passionate tones, through which an unreal nature is tinged with expressionistic prints. Compositions - apparently and - basically abstract, united in harmonic schematic essence, cross the pictorial surface, similarly to the works of Boyd.

The Scandinavian artist, developed an use of colour creating almost purely abstract, of inner nature, forms generated by her imagination and not in connection with the tangible world; is implemented, thus, almost a trend toward what Guillaume Apollinaire called "Orphism".

Fernando Botero assert that "**art is a spiritual and immaterial respite from the difficulties of life**" and Anita Bjørbekk seems to have caught and made own this concept.

The work of 2013, **Colors flore**, in this catalogue, shows the first real painting approach of the Norwegian artist. The painting, in fact, openly shows as ontological evolution where a psychological dynamism and instinctual background enliven the picture surface. A sort of **horror vacui** appropriates space, engulfing it through the power of colour. The forms, however abstract, reminiscence of geometric and stylized flowers, immediately open the dialogue between word and image, which are transformed into perception. Movement, gestures signs made by the artist in one of her first approaches, where already was noticeable, full-blown, the pure energy of colour, real hallmark of Ms Bjørbekk.

In works such as **Free inspiration** or **Desert flowers**, dated 2014 and 2015, our eyes do not snatch forms that titles underlie, wondrously, and which refers to the tangible world. Is the **Gestalt** theory that takes over, the perception of shapes that, according to the assertion that "**the whole is more than the sum of its parts**", need no longer to be tied to realistic and recognizable signs and spellings preconceived.

To the stylistic and phenomenological change of artist painting corresponds a greater tract fluency, which tends to lose the line between elementary figures to head to a wider and comprehensive magma. Simple components, present of course in the early works, are now giving room to a more complex organization of space and composition, which uses the image of the inner artist in order - conscious or unconscious - to create something of superior, able to drive the thought processes. The combination staged, including real-existing and insight vision, is enriched by the power of their colour, chosen by the artist instinctively, nodal point of epiphanic experience.

A fusion of insights and perceptions is realized at the moment of fruition, no way out. The mind of the observer is brought, inevitably, to be transported to a particular type of route, which change for each one, which pushes to interrogate our own senses and mind. The perceptual distortion that occurs between mind and eye through the observation of the work appears as enigmatic discovery of something that is in the ability to perceive an object or image, however, it replaces the Freudian sense of uncanny and anguish. This replacement is borrowed by an organization headed by the nervous system and not to a trivial representation focused by eyes.

The concepts of imitation of the real data, of his learning and the subsequent sharing, subtends, in the pictorial search of Bjørbekk a disconnection that is solved into a sequence of processes that goes, on the contrary, to reorganize instead, perception, thinking and feeling. This one, as in Socratic moment, happens in the moment of fruition, that is, almost unconscious.

In Anita Bjørbekk's works, the stretched, dragged, wildly patterned, material painting seems to be realized in a kind of controlled abandon, that turns colour from object to inner subject, voice, **medium** of deep expression. Sometimes, without visible reference - and in the case of **Inspiration in flames** o **Rainbow Valley**, works of 2015 - the artist express feelings, moods and movements that sometimes can be found in a surreal and abstract unconscious place. The technique leaves the entire painting vibrate with a deep intensity of colours, which fade and turn into emotions contours of forms, which seems vanish to substantiate into something extremely more intimate. This was, indeed, the primary object of abstract Expressionism, id est to create movement in the painting scene without constraints, emotions without elements of reality using colour without contour. However, unlike the historical current, the Neo Expressionism of Bjørbekk, is based on a state of well-being that comes from the instinct of creativity whence the artist is driven every day and that, through the colour theory and its internalization, proceeds from a state of mind to a creation, implementing a re-**action** of artistic and psychological mold that, although in a cathartic role, does not attempt to resolve negativity unfinished.

As in Frankenthaler's works, albeit with very different stylistic results, large blue, red yellow and green "spots", decorates the massive compositions of Anita Bjørbekk. She used what I would call an **expansion of colour** which denotes almost an unintentional element, which seems to escape from the control of the artist. Richness of colours, shapes fluidity and fusion of depth planes on canvas, where foreground and background come together in an intimate manner, leading to a complete abstraction of the landscape and its elements, by the spectacle of **nuances** that, however, proceeds through a spontaneous and eclectic originality. Ms Bjørbekk reports then on the canvas a sense of openness and high-impact energy. In recent works, the primitive forms of the early works have expanded also, they have lost all structural attachment, to melt in spots of paint that recall the theory of colours meaning. Evocative elements of forms, through a sole and exclusive chromatic and not graphic yield, suggest brightness, otherness and the inner vision of a world that springs from deep, but free from anxieties and difficulties.

Phenomenologically, in Ms Bjørbekk's compositions, we assisted, over the years, to a shift of the structure, proximity, continuity and similarity of the parts changed according to what can be considered a consistent shift, where the loss of background figuration is balanced by an induced motion, albeit largely unconscious, capable of giving essence to the elements perception.

The beauty of Anita Bjørbekk's works lies in their ability to express deep feelings, mental and psychological images; dreamlike surrealist atmosphere alternate on the canvas, through a spontaneity that is expression of moods and inner will. Irregular stain of vivid colours create a lyrical image, as in front of vibrant mosaic of light and matter. Dense layers of acrylic colours creates intense areas of pure shade - as in **Twilight rainbow** in particular and other paintings of the last few months - goes to bind and interweave with painting filaments. The structure of Ms Bjørbekk's work relying on such a technical choices and the combination of calligraphic gestures that dissolve in colour purity and in its materiality. The informal trait that occur through the Norwegian artist paintings is borrowed by the application of colour that takes total freedom of expression. Anita Bjørbekk lets her art wave through the plans of Surrealism, Expressionism and Abstract art with a personal style, characterized by undisputed colour leadership.

The link between inner and outer, substance and form, veiling and unveiling, is the union of thought between the idea of our artist, enshrined in the title of her work and the final form of her paintings. **What appears is transformed, in essence, in what is emotionally.** The phenomenology that emerges is on perceptual derivation, while objectifies the more personal layer of emotion that, from Bjorbekk's psyche, loses its most intimate to become universal trait, in which, every observer will find their **Flying inspiration**, like vector of a free and sensual look; each user will stay between **Desert flowers**, admiring interior places to reach the summit of **Rainbow Valley**.

A unique journey, insights fusion, emotional and visual freedom that, to the cognitive aspect prefers a senses look and transforms each work in a palette of **colour of the soul**.

**"We are made by same material dreams are made on"** and seem we can stop to give them substance in front of Anita Bjørbekk's paintings.

**AZZURRA IMMEDIATO**

**Translation by FRANCESCA CHIARINI**

# WORKS

1. **Colors flowers**, acrylic on canvas, cm 100x70, 2013
2. **Colorful flowers**, acrylic on canvas, cm 100x70, 2014
3. **Inspiration**, acrylic on canvas, cm 120x120, 2014
4. **Free inspiration**, acrylic on canvas, cm 120x120, 2014
5. **Desert flowers**, acrylic on canvas, cm 100x100, 2015
6. **Desert flowers II**, acrylic on canvas, cm 100x70, 2015
7. **Flying inspiration**, acrylic on canvas, cm 100x100, 2015
8. **Inspiration in flames**, acrylic on canvas, cm 100x100, 2015
9. **Twilight rainbow**, acrylic on canvas, cm 50x50, 2015
10. **Twilight rainbow II**, acrylic on canvas, cm 50x50, 2015
11. **Rainbow Valley**, acrylic on canvas, cm 100x120, 2015





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Colors flower

Acrylic on canvas, cm 100x70, 2013



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Colorful flowers

Acrylic on canvas, cm 100x70, 2014





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**Inspiration**

Acrylic on canvas, cm 120x120, 2014





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Free inspiration

Acrylic on canvas, cm 120x120, 2014





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Desert flowers

Acrylic on canvas, cm 100x100, 2015





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Desert flowers II

Acrylic on canvas, cm 100x70, 2015





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Flying inspiration

Acrylic on canvas, cm 100x100, 2015





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Inspiration in flames

Acrylic on canvas, cm100x100, 2015



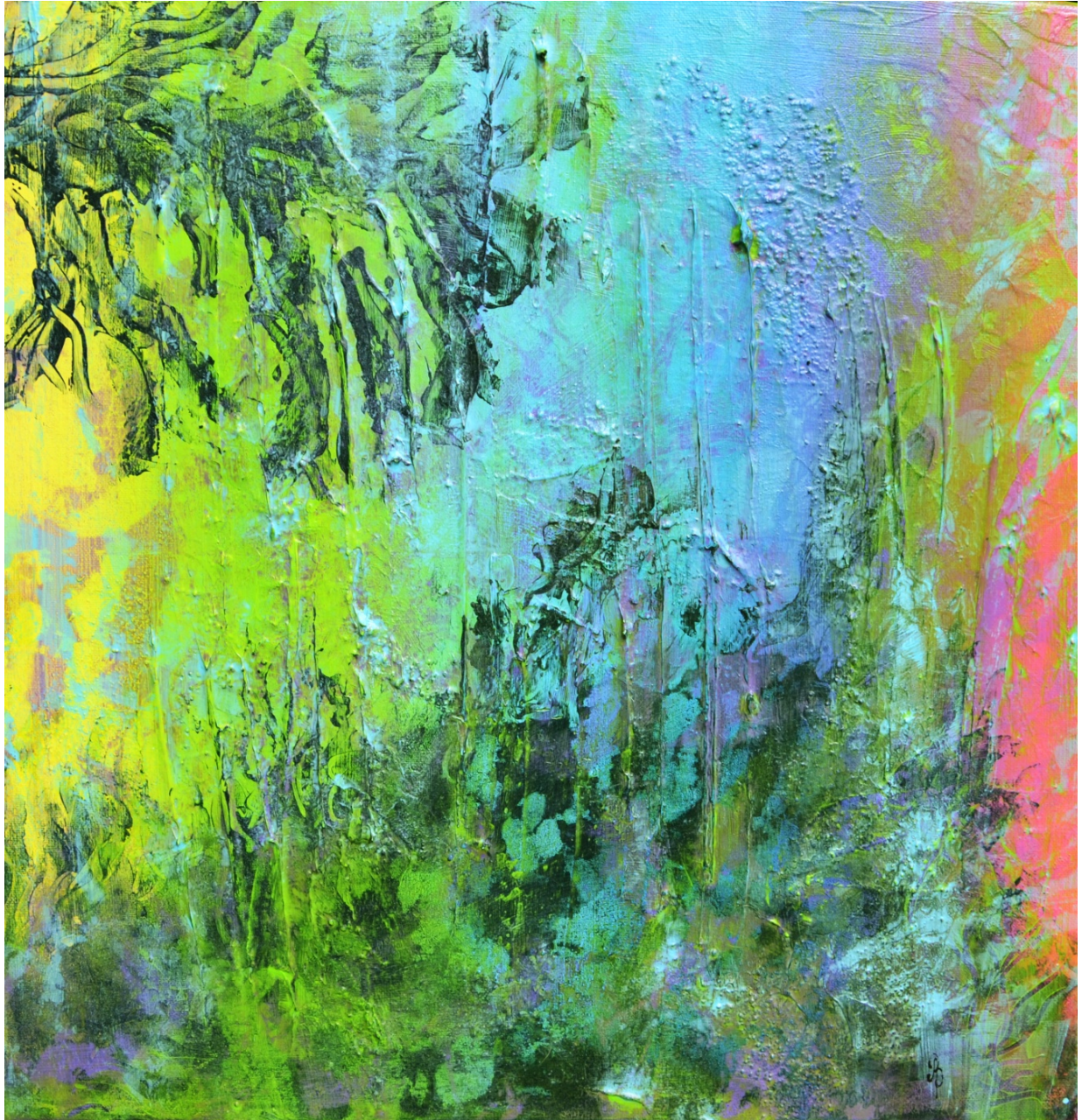


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Twilight rainbow

Acrylic on canvas, cm 50x50, 2015





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Twilight rainbow II

Acrylic on canvas, cm 50x50, 2015





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Raimbow Valley

Acrylic on canvas, cm 100x120, 2015



## Biography



My name is **Anita Bjørbekk** and my vision is that we shall find the love of ourselves and pleasure in everyday life. I want this to shine out of my images. When people look at my pictures, **I want them to be aware of the love and joy in themselves.**

In 2011, I walked past a paint shop and my intuition told me that I should go in there and buy some canvas and some paint. **This changed my life** and I found my creative germ, where time and space disappear and this gave me so much energy. Paint was my form of therapy where I felt mastery and this gave me a new life. I began to be more confident to make choices and not care about what others thought about me.

**I started the company Kreativ Kunst (CreativeArts) in February 2013.** Over the past two years I have made my own gallery, galleri AB, located across the street from my studio. I have started a Creative cafe, not a cafe but a place where you can come to be inspired. From this I created a blog on my website [www.kreativkunst.no](http://www.kreativkunst.no). The blog on [www.galleri-ab.com](http://www.galleri-ab.com) is from my exhibitions.

**Last year I found out that my palette is the color that I see in the rainbow.** I started to study color theories in a wide specter and then I created my own color system (10 color system), wrote a small book about the nine color personalities and prepared 45 color cards with small book about raising awareness of feelings. I wrote a little fairy tale about Rainbow's daughter, made a little story about the colors versa complementary colors and made a song called Dream colors etc.

For me, the **colors are symbolic of different personalities**. I think by using these color personalities you can retrieve all the personality talents, abilities and integrate them to make them aware you. I believe that by using colors you can get in harmony and balance.

I have started a cooperation with the travel agency Blixen Tours Norway. I will sell **Inspirational travel series – all over the world**. By using **colors and culture** of the place we are going to you can get inspired and start to get in touch with your intuition. We all want to live our dream and I believe intuition is the key to find it. The first trip includes the **color turquoise** and it goes to **Mauritius**.

**In August 2014 one of my paintings was selected to join the Telemark exhibition in Norway**, it is a traveling exhibition shown at four places in Telemark county from September until Christmas. I was so fortunate that my painting also was chosen to be in front of the poster and program.

**This is a great recognition and hopefully the start of a wonderful career in the arts**. Creativity gives me energy and I want using my pictures and creativity to shine and show others that anything is possible if you really start to believe in yourself and dare to be visible.

In November and December 2014 I set up a separate exhibition called **From darkness to light – look for colors**. I also had a few installations using words and flashlights.

15-18 May 2015 I participated the exhibition **Romart2015** in Rome Italy.

3-28 June I am invited to have a separate exhibition which I called **“Flowering”** at Gulsetsenteret in Skien, Norway.

4-25 July 2015 I am invited by Galleria Farini to participate in the next event for international painting and sculpture to be held in the **gallery at Palazzo Fantuzzi** in Bologna, Italy.

Galleria Farini, Bologna Italy, will make me a **monograph recensiva** in which one of their art expert will write a full review of at least 7/8 pages recensiva and publish this in the catalog with a dozen of my works.

9-12 July 2015 I am participating **Artmonaco`15** in Monte Carlo, Monaco.

16 August 2015 I am participating the exhibition **“Elva rundt”** in Drammen. It is Norway`s longest art exhibition.

Salvatore Russo and Francesco Saviero Russo (International Art Curators) has awarded me with the **International Prize Marco Polo - Art Ambassador**. The award will take place on September 25, 2015 inside the Marin Palace “Palazzo Marin” in Venice, Italy.

Salvatore Russo (International Art Curator) has chosen me to be one of 50 artist in the prestigious expositive project **“Pollock – the new heirs – 50 cases of informal paintings”**. The exhibition will take place 15-18 October in Villa Castelnuovo in Palermo, Italy.

17-25 October 2015 I am participating the exhibition **X Florence Biennale** in Firenze Italy.

2-28 November 2015, I am invited to have a separate exhibition that I called **“Light in darkness”** at Gråtenmoen bydelshus in Skien, Norway.

**My dream is really coming true... and I am living it...**

## **- Exhibition history**

### Separate exhibitions:

- Tante Theoline, Sales exhibition - 2012, 2013 Norway
- galleri AB, - 2013, 2014, 2015 Norway
- Ting, Tang and Kaffe, Sales exhibition - 2013, 2014 Norway
- "From Darkness to light – look for colors" – 2014 Norway
- Gulsetsenteret, "Flowering" – 2015 Norway
- Gråtenmoen bydelshus, "Light in darkness" – 2015 Norway

### Collective exhibitions:

- Telemark exhibition – 2014 Norway
- Romart2015 – 2015, Rome, Italy
- Galleria Farini, gallery at Palazzo Fantuzzi, Bologna, Italy
- Artmonaco`15 , Monte Carlo, Monaco
- Elva Rundt – 2015 Drammen, Norway
- "International Prize Marco Polo - Art Ambassador" 2015 Venice, Italy
- "Pollock – the new heirs – 50 cases of informal paintings" 2015 Palermo, Italy
- X Florence Biennale – 2015 Firenze, Italy