

Sarah Fenwick – ONE CREATIVE DAY: Life Force  
(May 30)

Good evening, everyone — and welcome to ONE CREATIVE DAY: Life Force.

Today is a celebration of what I call *the pulse beneath the paint* — that invisible vibration that gives life to all creativity.

Expressionism has never been about how things look — it's about how life *feels*.

It's emotion made visible, energy made real.

Wassily Kandinsky once said,  
“Color is a power which directly influences the soul.”  
He believed painting could work like music — a song that plays on the strings of the spirit.

That speaks deeply to me.  
Because I seek artistic crossovers — the places where jazz, painting, and writing meet.

Sometimes I paint portraits of jazz musicians or authors — trying to capture their rhythm, their creative energy.  
Other times, I improvise songs inspired by my paintings.  
And when I write fiction, I sketch my characters first — to feel who they are before I describe them.

For me, all these forms are one language — ways of expressing the creative energy that moves through the world, and amplifying it in emotional, harmonious ways.

This living energy is what connects all Expressionists.  
Edvard Munch felt it as a vibration in nature — “I felt a great scream pass through nature,” he wrote.  
In *The Scream*, we hear the echo of every human emotion.

Hans Hofmann explored that same life force through movement — his idea of *push and pull* showed how colours can breathe, how space itself can have rhythm.

Paul Klee said that “Art does not reproduce the visible; it makes visible.”  
He believed creativity reveals life's hidden structure — a kind of music that links everything.

Jackson Pollock danced with the energy of paint —  
his paintings like a record of motion frozen in time.  
And Mark Rothko, in stillness, gave form to pure emotion —  
tragedy, ecstasy, and peace, alive in glowing colour.

Georgia O’Keeffe said, simply,  
“Energy is the thing that gives life.”

And abstract expressionist Helen Frankenthaler said: “There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique.”

That is the essence of my *Life Force* series.  
Each painting is an improvisation —  
like a jazz solo in colour.  
One creative day can hold a lifetime —  
doubt and joy, silence and explosion,  
a cycle of renewal within a single breath.

So as you walk through this exhibition,  
don’t just look — *feel*.  
Notice the push and pull of colour, the rhythm, the vibration.

This life force doesn’t end with the canvas —  
it continues through you.  
Art is not separate from life.  
It is life, expressing itself through energy.

Thank you for being here —  
for bringing your own spark into the creative flow.

Please follow me to hear the story of each painting.

