

Sandy Benkimoun

PORTFOLIO



Dunes of my Soul, Acrylics on cardboard, 100 by 62 cm

N A T U R E ' S E X P R E S S I O N S
2025-2026

About the artist

PROCESS

"A SCREAM WRAPPED IN A STORY"

Sandy's work tells stories inspired by her observation and admiration of Nature's capacity to unite dualities and thrive on this alliance. She sees our environment as an intricate symbiosis of oppositions, vital to fostering life. Through this perspective, her art explores her Identity, our Origin, shifts in Perception, and the role of Chaos in Change.

A few years ago, she lost her first means of self-expression. Life happened and offered a fascinating new prospect. Through connection and introspection, her health struggles guided her to meet the artist within. What a chaotic, natural, and revealing encounter!

She experiences every creation as a union with previously unknown parts of herself and the world. This association likely explains why her work is primarily abstract or figurative and uses natural materials. Whenever Sandy is stick-drawing, painting with tea and fruit infusions, crushing colourful rocks for texture, or sculpting with repurposed glass, she enjoys playing with Nature and the inner-outer exploration it offers her.

As she delved into this skin-thin relationship, a natural duality emerged in her creative process: opposing concepts refine each other's definitions and perceptions. Nothing is a greater source of opposition to concepts and materials than creation. The artist deconstructs, even destroys, to produce a new reality. An approach she fully applies when she smashes used materials before sculpting with them. She refers to her process as "creative destruction".

Sandy's art is born of necessity; however, it is worked out and sustained over time. Her creative process feels like a scream wrapped in a story—impulsive yet grounded.

Thanks to her varied inspirations, each viewer discovers different interesting stories in her work, which always makes her smile.

The Art

At a weakened time during illness, the artist felt the strength of stillness while sitting on the twisted roots of a Moreton Bay fig. She realised that uniting opposing forces is vital to personal and global sustainability. It inspired this yin-yang-based sculpture. Crafted from repurposed materials from the Australian wilderness and cities, a Tree of Life thrives in an inorganic habitat, balancing Order and Chaos.

It refers to abiogenesis as a potential theory for our origin and a symbol of ultimate resilience: life arising from broken, fragile glass. Sandy explores how a chaotic environment, with the right support, can become a source of natural and intellectual growth.

This artwork illustrates how we should emulate nature to secure our future. Wilderness showed this artist that struggle can evolve into a source of life, beauty, and sustainability, like a butterfly labouring to emerge from its chrysalis and simultaneously developing the strength to fly.

This natural ancestral fortitude shapes Sandy's hopeful foresight for the environment.



RESILIENCE-

DUAL BY NATURE SERIES.

REPURPOSED GLASS AND WOOD, DRIED FLOWERS AND
LEAVES, VEGETATION IN RESIN, ACRYLICS,
ADHESIVES AND VARNISH.

36(L) x 36(W) x 37(H) CM

2026

"Rainbow hour in the Valley" celebrates the beauty of the daily metamorphosis of our surroundings, even amid immutable mountains. It contrasts the dense presence and texture of rocky reliefs with shimmering clouds and backgrounds, which shift with the light throughout the day. The piece was inspired by the fleeting scenery along the roads she travelled across Australia as she learned the importance of inner stillness by sitting in the bush. Thus, the painting associates the sense of passing moments with the perception of permanence.



RAINBOW HOUR IN THE VALLEY.

NATURAL PIGMENTS-WINE, EUCALYPTUS AND DRIED
ROSES INFUSIONS-, TEAS, INK, ACRYLICS, UV SATIN
VARNISH ON CANVAS.

30 X 30 X 1 CM

2026

A celebration of the artist's grateful journey on Australian soil. As Sandy first set foot in Manly, surrounded by sunshine, the ocean, and smiling people walking barefoot along The Corso, she fell in love with Sydney. Becoming grounded has been an intrinsic journey of exploring the Aussie land, wildlife, and culture. In this painting, each memory of this endeavour is encapsulated in glimmering, unfocused bubbles on an aged leaf. Each "time bubble" illustrates every step she took towards uncovering her true self through the exploration of her surroundings. It also combines the concepts of Time and Nature, both fleeting and permanent. By blending these themes, the artist aspired to capture the ephemeral yet enduring essence of life; thus, learning not to take everything so seriously and to appreciate what is before her.



AUSSIE SPRINGS LOVE MEMORIES.

NATURAL PIGMENTS -RED WINE, TEAS, HIBISCUS
INFUSION, DRIED PEACHES INFUSION-, ACRYLICS,
INKS, UV SATIN VARNISH ON CANVAS.

30 X 30 X 1 CM

2026



**FREEDOM-
IN THE SHADOWS SERIES.**

TEAS, HIBISCUS INFUSION, ACRYLICS, INKS, UV
SATIN VARNISH ON WATERCOLOUR PAPER.

30 X 21 CM

2026

The first painting of the "Origin" series, humorously titled "Lazy Sunday", captures tidal waves at dawn. Reminiscent of gratitude for a perfect moment in "Curly", Curl Curl beach in Sydney, the piece evokes the cosy lethargy of a Sunday. It associates this warm, rooted feeling with the sunrise and the complex origin of life.

The luminous intensity and texture of this bird's-eye-view landscape emerged from weeks of alternating layers of various teas, watercolours, and acrylics.

This piece illustrates how pairing opposites leads to lasting conception: in an ocean of improbable odds and mayhem, our origin emerged. Here, chaos proves auspicious to creation and a source of life, a recurring theme in the artist's work.



LAZY SUNDAY-

ORIGIN 1/3.

NATURAL PIGMENTS -TEAS-, ACRYLICS,
WATERCOLOURS, INK, AND ANTI-UV SATIN VARNISH
ON DEEP-EDGE CANVAS.

25 X 25 X 3 CM

OCT. 2025

In "Mother of All", the second of the series, life's origin is represented here as effervescent yet grounded. It conveys a feminine, elemental quality, associated with the womb and sourced in water and earth. Draped in her Rock 'n' Roll attire, this embodiment symbolises the resilience of life -roll- in the turmoil of creation -rock-. Influenced by the Chinese approach of the feminine within each of us, Yin, the Mother's open arms appeal to welcome and unify.

This piece depicts one origin for a diverse world. It reminds us that every lifeform shares a genesis, despite the differences developed over time. However, contrasts and oppositions, illustrated in the choice of tones, are crucial in our evolution to prevent the limitation of a singular view. Instead, they serve as catalysts to expand our perspectives.

The artist invoked a compassionate, patient and creative force as a muse of conscious solutions for our society and environment.



**MOTHER OF ALL-
ORIGIN 2/3.**

TEA, ACRYLICS, UV SATIN VARNISH ON DEEP-EDGE
CANVAS.

25 X 25 X 3 CM

OCT. 2025

This piece captures a moment of realisation, but mostly the artist's Resistance to change. One early morning on the shores of idyllic Collins Beach, in Manly, she started to assimilate how much her health issues had impaired her existence. It was impacting her life's structure and even her identity, represented respectively by sandy shaky squares and the womb-wave. She sees this piece as the last one before embarking on the most difficult journey of her life, inward. This painting seized the instant, with her feet sinking into the sand, she realised that nothing would ever be the same. It turned out to be what she vitally needed.



**WOMB HEAT WAVE-
WELCOME CHANGE SERIES.**

SAND, INKS, ACRYLICS, MODELLING PASTE, UV SATIN
VARNISH ON CANVAS.

30 X 30 X 1 CM

2025

Thank you, let's connect!

CONTACT DETAILS AND WHERE TO FIND MY WORK

sandy.benkimoun@gmail.com

SaLugallery.com

@sandy_ausie/