

Melissa Martin – Artist Statement

Mel is passionate about fostering one's inner ability to *create*, through artistic expression, seeking to *inspire* and promote wellbeing through an artistic journey of *healing* and *personal growth*.

Mel's Art of Zen is owned by *Melissa (Mel) Martin*. Mel is a local contemporary Artist, Art therapist and a champion of change.



Supporting a new level of awareness is created via unique and personal training programs; People and Organisation Psychology, Art Therapy and Holistic Creative Art Therapies.

Mel facilitates local art classes/workshops in the community and privately, where she explores with small groups their true selves, the potential they have and the fear that is holding them back and offers practical tools to support and promote self-care and wellbeing on a holistic basis.

By engaging in this therapy, Mel is able to reach into the lives of the people she can help more directly or build a personalised service for an individual or group looking for team-building opportunities to *reduce anxiety and stress*, and *improve confidence*, and *compassion, problem-solving skills* and *workflow*.

Mel's Art of Zen is located in the Sutherland Shire of Sydney, Australia and supports the community through a range of Holistic Creative Art Therapies, including Art as Therapy, Mindfully Creative and Artfully Social initiatives and classes locally.

Qualifications

Holistic Integrated Creative Arts Therapy (HICAT) – MB Dip.

Art Therapy – HH Dip (A.Th)

Organisational Change Management – Grad Dip CSU

Human Resource Management- Cert, Sydney University

Bachelor of Science (Psych) – UNSW

Professional Membership:

International Institute of Complementary Therapists (IICT)

International Meditation Teachers & Therapists Association (IMTTA)

Art membership: – St George Art Society Inc

"Dear Creatives,

I strongly believe that when you are on the right path (the path you are destined to follow), all the things that are required and necessary or needed for you to do what you are being 'called' to do comes to you, without much effort. For me, my journey, since I made the conscious decision some years ago to leave the corporate business world to pursue my 'calling' has been quite synchronistic and serendipitous – actually life changing and transformative! I haven't even reached my destination yet!

My practice philosophy centers upon the belief that there is a strong need for creative expression to be allowed to flow naturally. If we are able to allow ourselves to express what is within, it will enable us to move forward. Conversely, if we choose to not allow our expression to come forth and keep it bottled in, it will eventually cause disease or destroy us. Creative expression is not just for artists and crafters alone it is for everyone! It is not about being PERFECT either. It is about LETTING GO and EMBRACING (everything...especially imperfections, Wabi-Sabi style). It's liberating!

I guess you could say that my special purpose in life is to help others find their creative spark or rekindle their potential and explore different ways of letting it flow. This creative spark can lead to creating meaning and joyful experiences in life and workflow on a day to day basis. I am able to connect with people on a deeper, creative level and help them in turn connect with their inner selves. It's like finding the pieces of a puzzle, and joining the pieces up to create the bigger picture. Meanwhile, the process is very much a journey, one that is hopefully relaxing and healing at the same time.

Working with colour and all sorts of mixed media, creative elements and textures is what makes it all so much FUN. Experimenting, exploring and serendipitously coming up with amazing 'imperfect' artworks is what it's all about. Bringing the 'raw' emotions out in the artwork and making it have a voice so it can be heard and felt is so important. Having freedom of thought and expression through utilising harmonious patterns and whimsical art styles and experimentation is what I encourage from clients and participants.

Mel's Art of Zen is therefore about EVOLVING through CREATIVITY.

Create. Play. Inspire. Heal & Grow.....

If you would like to find out more the links to my website, Instagram and Facebook are detailed below:

Website: <https://melsartofzen.com>

Instagram: https://instagram.com/mels_art_of_zen/

Facebook: <https://m.facebook.com/melsartofzen/>

Namaste.

Mel xx"