

A watercolor illustration of a garden scene. The background is a light, textured grey-blue. In the upper left, there's a large, stylized leaf in shades of orange and brown. A small, pinkish-purple bird is perched on a thin, brown branch in the middle-left. The foreground is dominated by several large, stylized flowers in shades of pink, orange, and red, with green stems and leaves. The overall style is soft and artistic, with visible brushstrokes and a gentle color palette.

ART BY MARGHANITA  
2023/24

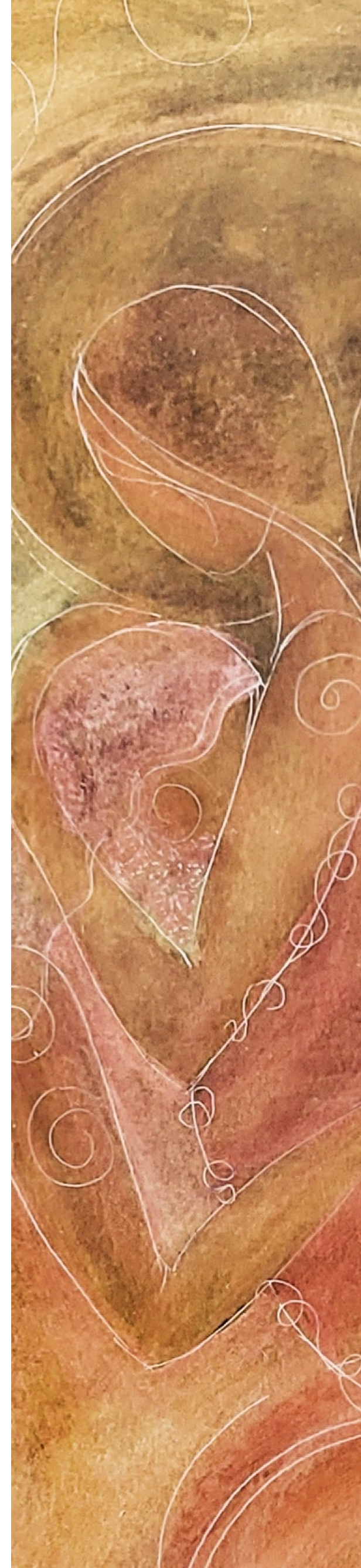
HEALING THROUGH ART - INSPIRED BY NATURE

# HEALING THROUGH ART

Studies show that viewing art can have profound mental health benefits. It reduces stress, increases happiness, and enhances cognitive skills. Engaging with art invites us to empty our minds and immerse ourselves fully in the present moment—a meditative experience that restores inner peace



Artists are the carriers of the truth -that spirit moves through us all





## FINDING PEACE BY GOING INWARD

Thank you for visiting my new exhibition - Finding My Way Back

Do any of these paintings resonate with you? Can you see yourself within their colors and forms? These artworks emerged from a journey inward, a quest to rediscover myself.

For me, nature, art, and spirituality are inseparable—they are the threads that weave the fabric of our humanity. There's an innate need within us to create, to explore the depths of our souls and our connection to the natural world. It's this exploration that gives birth to paintings, sculptures, songs, poems, and photographs—expressions of our innermost thoughts and emotions.

Each painting in this exhibition is an original piece of art and are available to purchase by contacting me direct [marghanita47@gmail.com](mailto:marghanita47@gmail.com) with the purchase code.

Each painting comes with its very own blessing and a simple meditation.

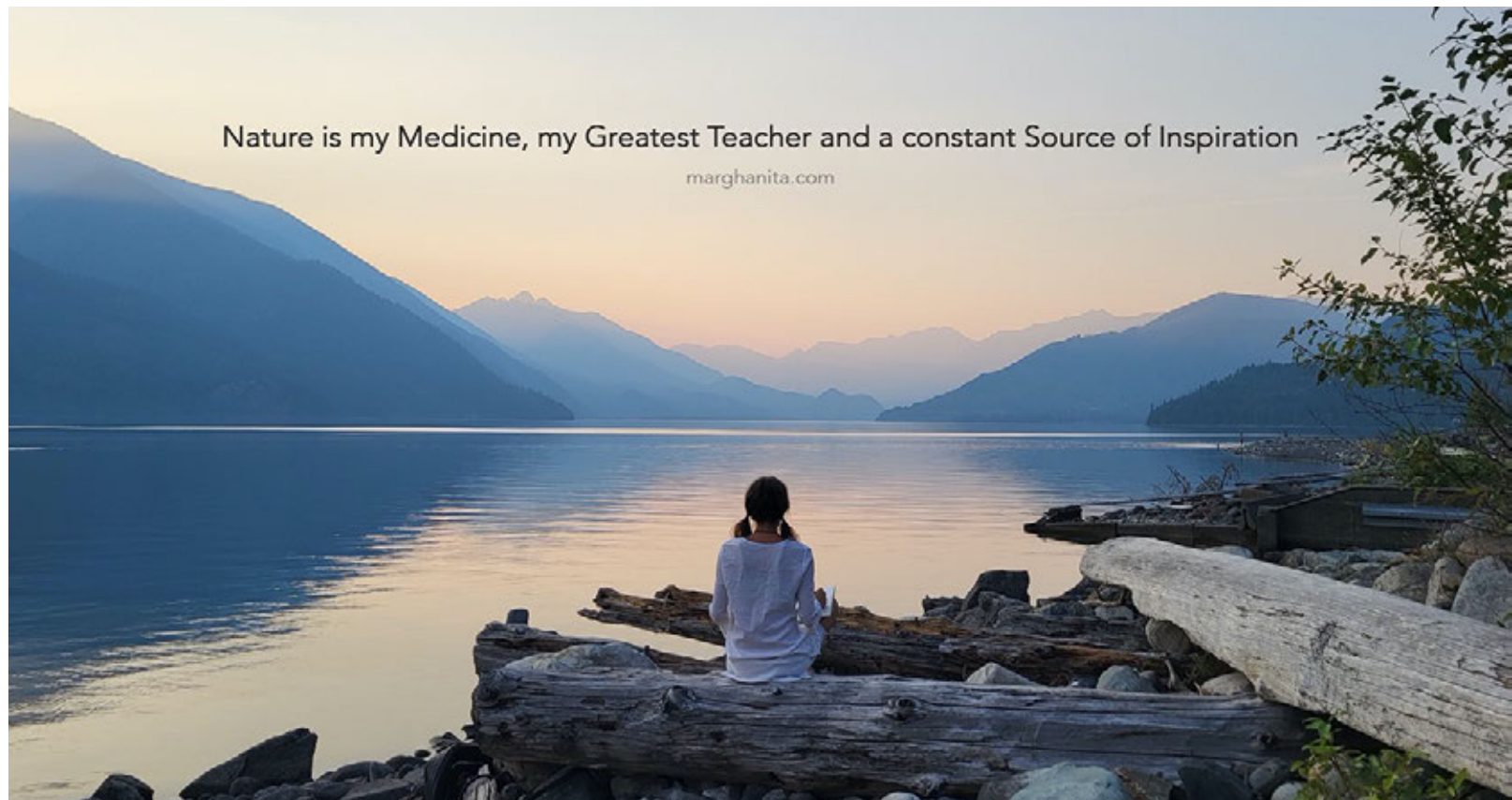


Letting go gives us freedom  
and freedom is the only condition for happiness

Thich Nhat Hahn

# NATURE IS THE SALVE FOR THE SOUL

Joseph August Baust



Nature is my Medicine, my Greatest Teacher and a constant Source of Inspiration

[marghanita.com](http://marghanita.com)

Last year tested my emotional resilience like never before. I returned to my homeland to care for my brother, who was battling a terminal brain tumour. Amidst the turmoil of his illness and eventual passing, I found myself adrift upon my return to British Columbia. The weight of grief pressed heavily upon me, a burden I had carried bravely but now needed to confront.



Mayhanna 2021

## We are part of Earth's Community

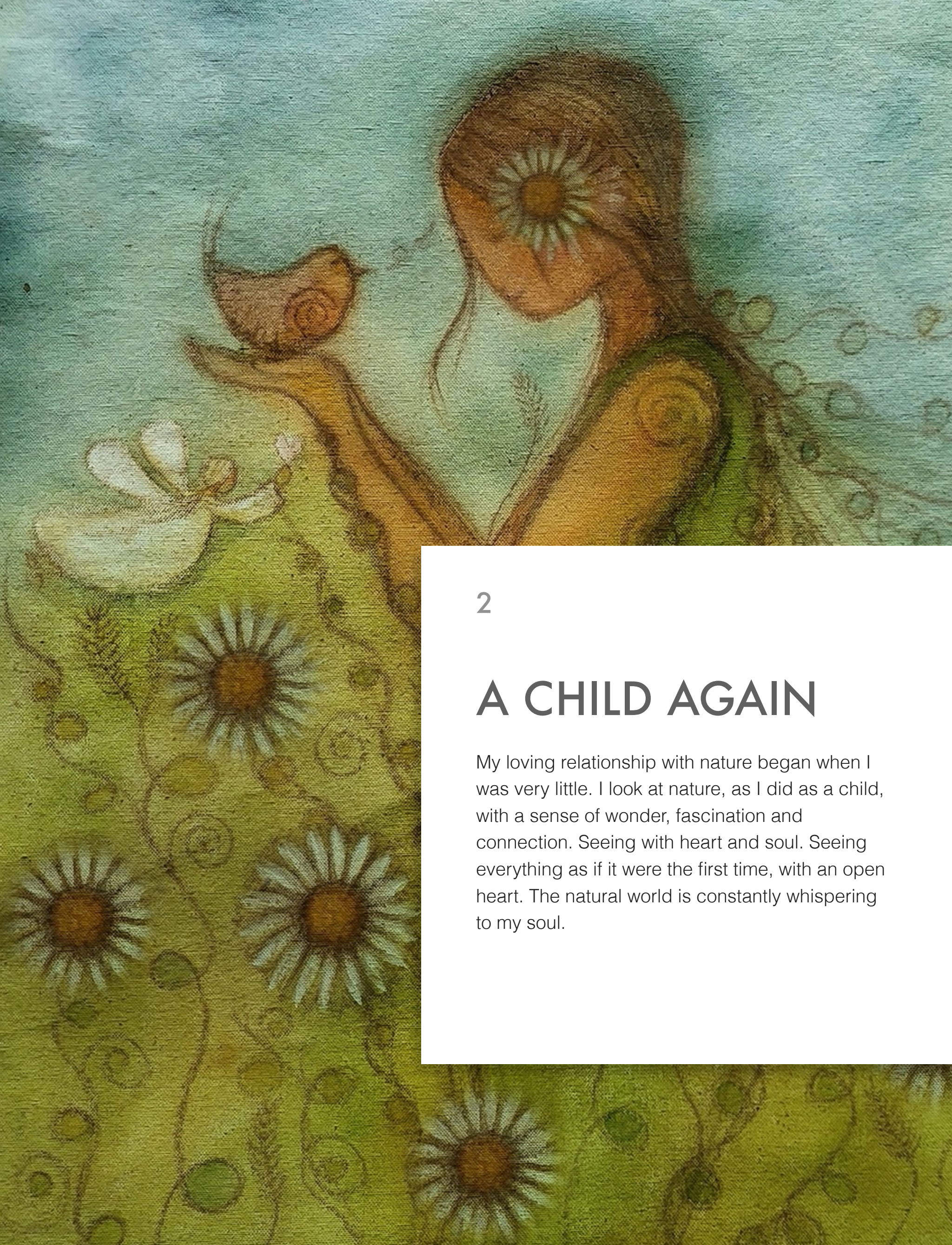
In the past year, I've found myself grappling with profound questions: Who am I in this moment, in this place? How does the weight of my grief mirror the heaviness of the world around me?

Through my art, I've sought to find answers to these questions, using my creativity as a vessel for introspection and self-discovery.

Finding my way back meant surrendering to the healing embrace of nature. Her whispers, urging me to sit, to simply be. In the quiet companionship of birds, trees, water, and sky, I found solace.

Immersed in the nurturing energy of Mother Earth, inspiration flowed, urging me to paint—to express the depths of my emotions on canvas. Through this creative journey, I rediscovered joy, peace, and harmony.





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## A CHILD AGAIN

My loving relationship with nature began when I was very little. I look at nature, as I did as a child, with a sense of wonder, fascination and connection. Seeing with heart and soul. Seeing everything as if it were the first time, with an open heart. The natural world is constantly whispering to my soul.





## DAISY DREAMER

Art is a language, a thread, a way of communicating, a bridge that connects us to the source, to our true self, to nature.

Creating this piece of art was a joy-filled soulful experience. Inspired by the daisies dancing in the summer breeze in my daughters garden transported me back to my own happy childhood of playing among the daisies and making daisy chains with my mother.

My daughters birth flower is daisy and each time I see a daisy I think of her and my mother and my childhood...this love energy for these beautiful woman in my life and these angelic-like flowers flowed into the painting.



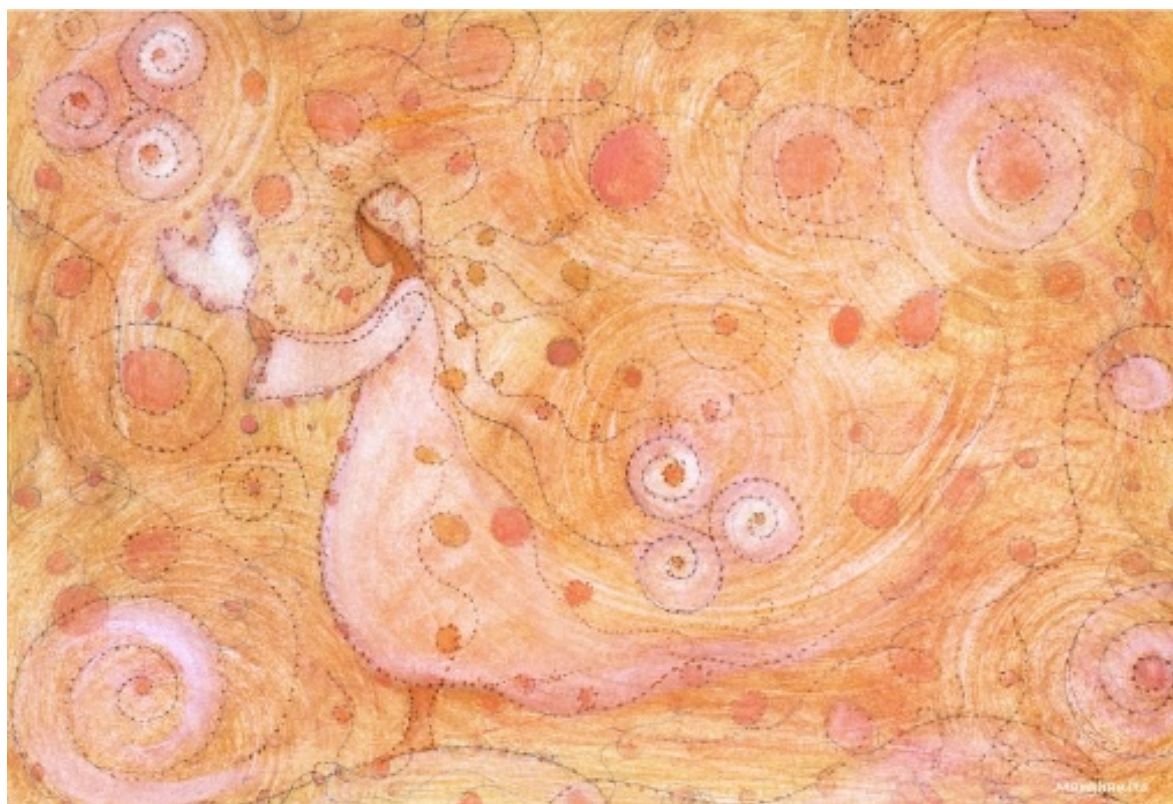
## DAISY DREAMER

Earth paint and Conte on fabric canvas wall hanging 30" x 24"

PURCHASE CODE: DD1

A watercolor illustration of a garden scene. The background is a textured, greyish-blue. In the foreground, there's a brown, textured ground area with several small, brown mushrooms. A large, yellow-green tree trunk is on the right side, with many yellow-green leaves and pink flowers. The text "OUR SPIRIT AND INNER CHILD LONG TO BE CREATIVE" is written in white, uppercase letters in the center-right area.

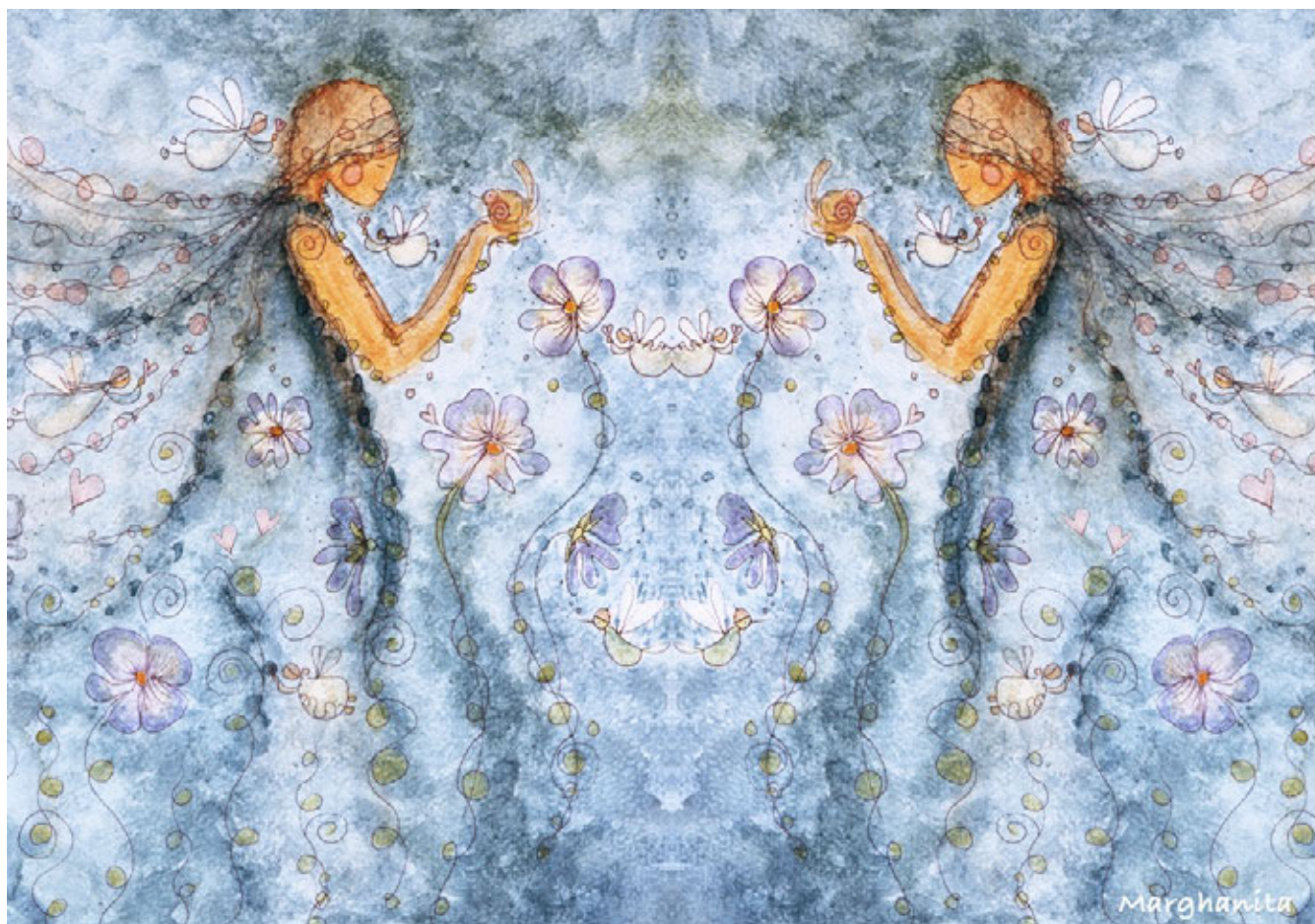
OUR SPIRIT AND  
INNER CHILD  
LONG TO BE  
CREATIVE



## YOU ARE THE LIGHT

Watercolour on heavy watercolour paper. 18" x 12"

PURCHASE CODE: YA1



## DANCE WITH THE PANSY FAIRIES

Watercolour on heavy watercolour paper - print only

PURCHASE CODE: DW1



Marsden



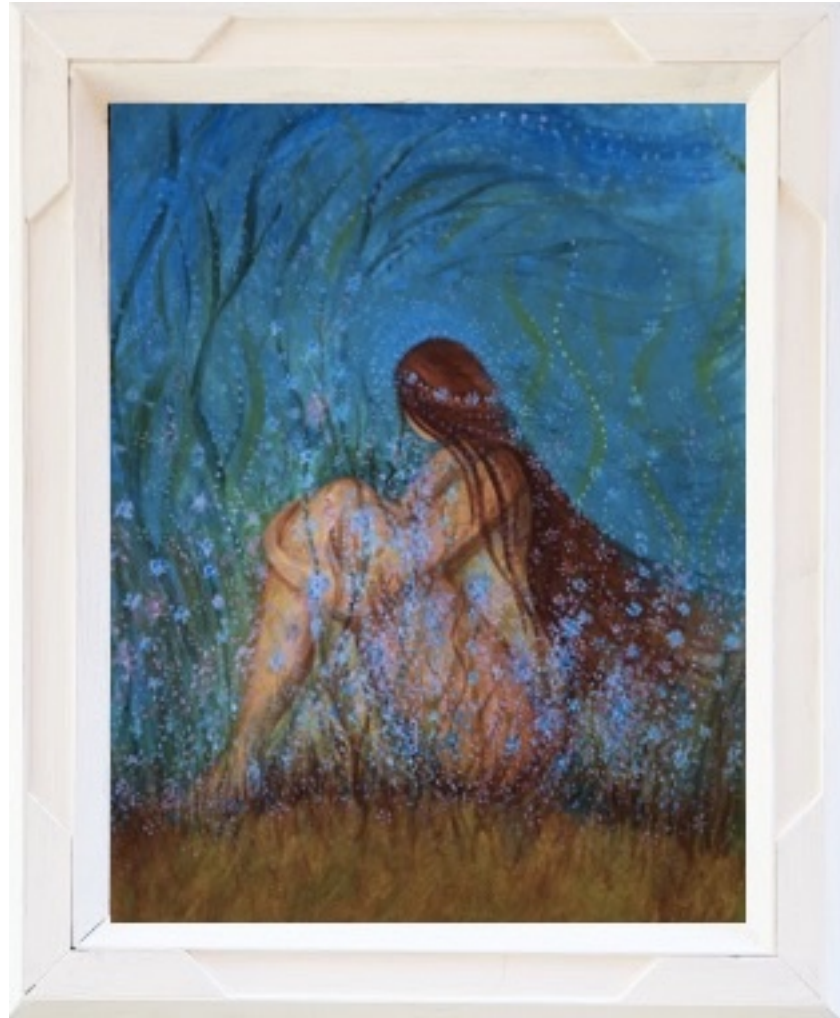
## LOVERS

Watercolour on heavy watercolour paper - 18" x 11"

PURCHASE CODE: L1







## SIT AMONG THE CONEFLOWERS

Acrylic on heavy watercolour paper - 18" x 11"

PURCHASE CODE: SA1





## **FOREVER HELD IN LOVE**

Acrylic on heavy watercolour paper - 18" x 11"

**NOT FOR SALE**

Artists are the carriers of the truth that spirit moves through us all



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## WOMB TIME

Finding Inner Peace

*"Such a feeling of peace and hibernation in inner solitude".- Kathryn Mussel*



## SOFTENED BY SPRING

Acrylic on wooden boxed canvas 18" x 12" x 1"

PURCHASE CODE: SB1

In the garden of my heart

the flowers of peace

bloom beautifully

Trich Nert | 1999





“Feelings come and go like clouds in a windy sky.  
Conscious breathing is my anchor.”

Thich Nhat Hanh



## INNER PEACE

Watercolour on heavy watercolour paper  
unmounted 11.5" x 8"

PURCHASE CODE: IP1

*"The moment I saw this painting I teared up, I forgot everything. Just looking at this painting made me instantly feel a deep sense of peace. But it was more than just peace that I felt. I felt profound quietude, so, so quiet, stillness....and then a very soft comfort and safekeeping. It felt like all the world's noise and chaos vanished, as if it had never been. And....I haven't even yet read the words. Just the painting alone did that for me."* - Robin Easton - Author of Naked In Eden





*"Your painting also says, to me, that " all true growth is heart centred." Even the tulips are heart shaped, and in every species the beating of hearts follows the same rhythm."*

Debra Harrow



## TULIP SONG

Watercolour on heavy watercolour paper  
unmounted 11.5" x 8"

PURCHASE CODE: TS1

Each painting is an original artwork and carries a blessing and a simple meditation,  
inviting you to retreat into a space of tranquility and healing.

To purchase please contact me direct [marghanita47@gmail.com](mailto:marghanita47@gmail.com) with the purchase code.

"taking shelter in the womb of an ancient old growth cedar" snuggled warm in cedars womb, cushioned with moss and lichen; a safe place to rest and replenish ones energy



Marghanita 2024



## WOMB OF CEDAR

Watercolour on heavy watercolour paper  
framed (up-cycled frame )18" x 12"

PURCHASE CODE: WO1

*When you touch one moment with deep awareness, you  
touch all moments - Thich Nhat Hahn*



We can visit the soft warm sands and coral in our dreams, soothing our heart and soul. Even from a distance, our sacred Mother Earth can heal us with her wild song and incredible energy.



## OCEAN OF PEACE

Watercolour on heavy watercolour paper  
unmounted 11.5" x 8"

PURCHASE CODE: OO1



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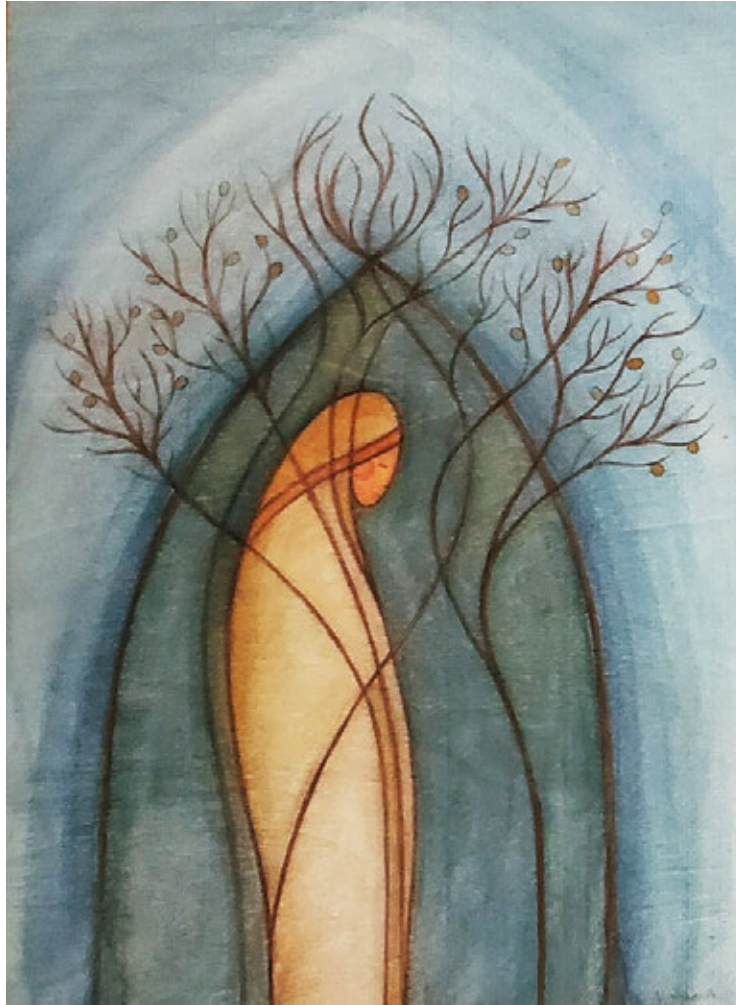
## WINTER STILLNESS

A collection of 3 new watercolour paintings on wooden boxed canvases.

Like the trees, you too, are strong and grounded, deeply rooted.

In your stillness, may you be the peace within you

Each painting comes with its own little blessing



## ALMOST WINTER

Watercolour on wooden boxed canvas 18" x 12" x 1"

PURCHASE CODE: AW1

*There is a voice that doesn't use words, listen.* Rumi





## WINTER STILLNESS

Watercolour on wooden boxed canvas 18" x 12" x 1"

PURCHASE CODE: WS1



## BIRCH COMMUNION

Watercolour on wooden boxed canvas 18" x 12" x 1"

PURCHASE CODE: BC1



## WINTER BIRCH SONG

Mixed Media on heavy watercolour paper  
unmounted 11" x 15"

PURCHASE CODE: WBS



## **BIRCH BLESSING**

Watercolour on heavy watercolour paper  
unmounted 11.5" x 8"

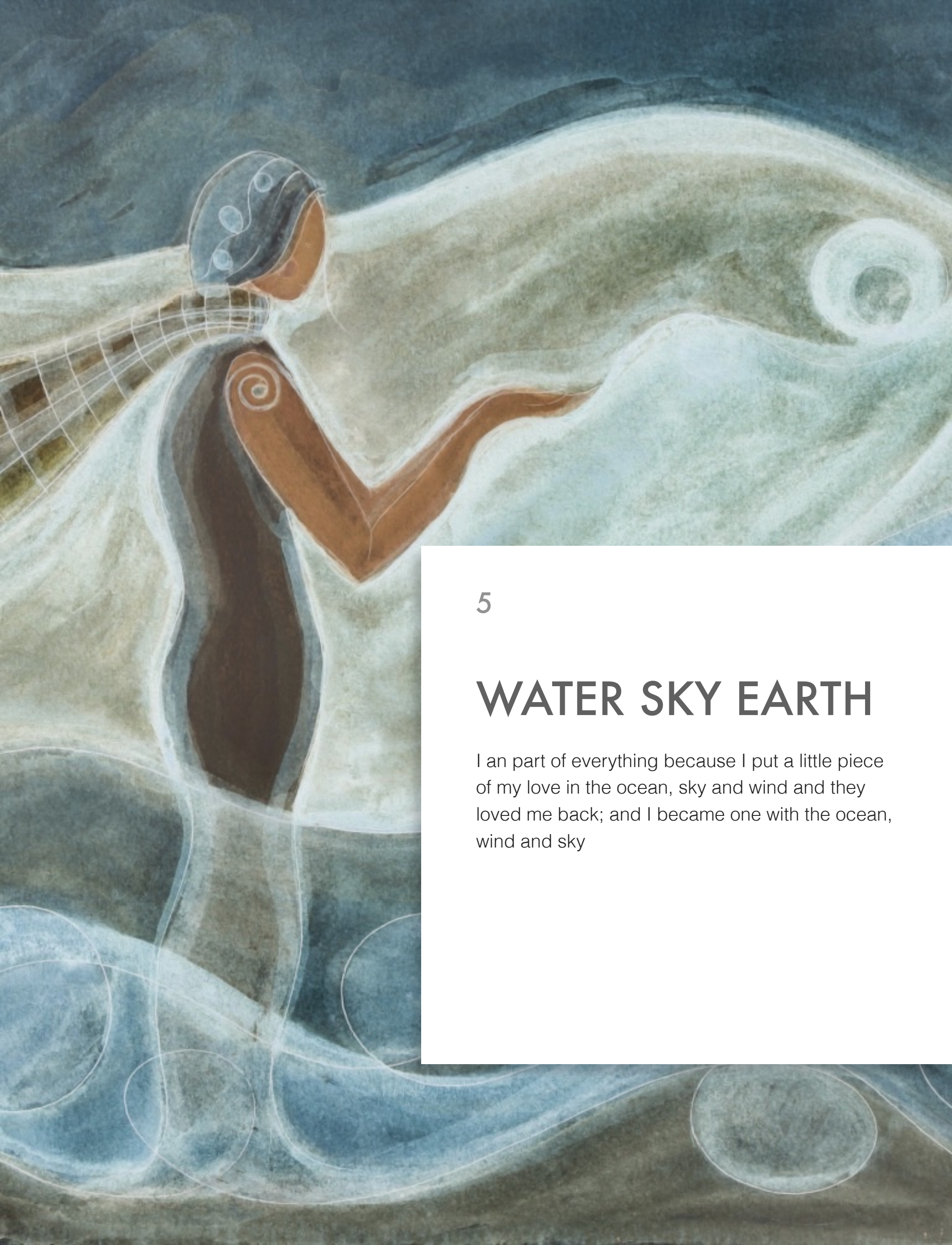
**PURCHASE CODE: BB1**



## HOLDING YOU

Watercolour on heavy watercolour paper  
unmounted 11.5" x 8"

PURCHASE CODE: HY1



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## WATER SKY EARTH

I am part of everything because I put a little piece of my love in the ocean, sky and wind and they loved me back; and I became one with the ocean, wind and sky

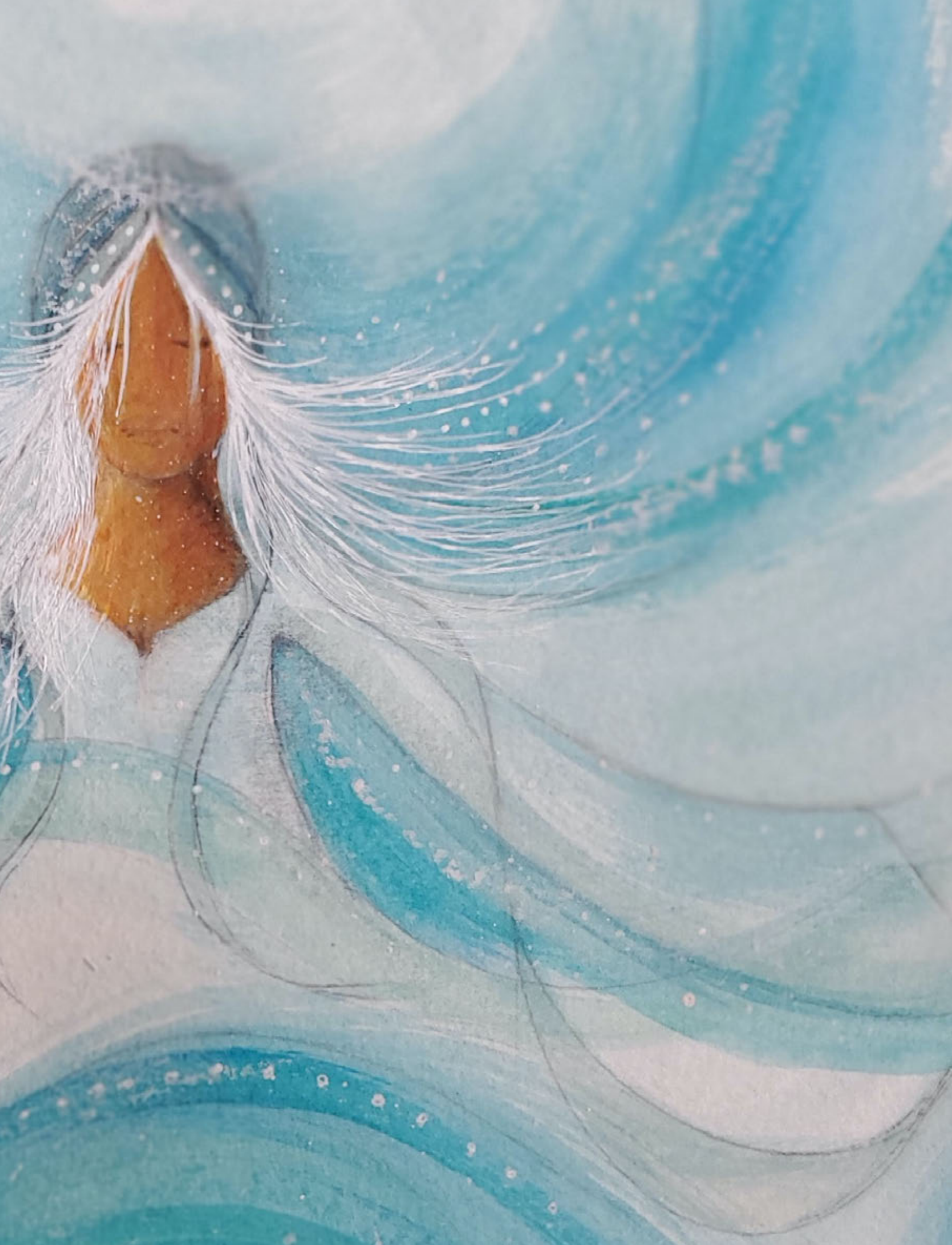


## WE ARE OCEAN, WIND, SKY

Mixed Media on watercolour paper unmounted  
11.5" x 8"

PURCHASE CODE: WA1

"You are not a drop in the ocean. You are the entire ocean, in a drop."  
Rumi





The whole Cosmos has come together to create you.  
You carry the whole cosmos inside you. That is why, to accept yourself and  
love yourself is an expression of gratitude

Thich Nhat Hahn





## PEARL CATCHER

Acrylic on Canvas Wall Hanging  
36" x 24"

PURCHASE CODE: PC1



## YOU ARE THE UNIVERSE

Watercolour on heavy watercolour paper  
11" x 15" Framed (up-cycled frame) or unframed

PURCHASE CODE: YA1



## JUST BEING (1)

Watercolour on watercolour paper unmounted 11". x 15"

PURCHASE CODE: JB1

This painting represents me being held, safe in the willow tree (as I did, as a child, only it was the Silver birch in our back garden). Nature has always been my medicine, a place of truth and where I feel understood. The willow was whispering to me to go inward - to just be, no more doing. Like the willow gracefully letting go of her golden foliage, it was time for me to let go too!



## JUST BEING (2)

Conte and watercolour on watercolour paper  
unmounted 11" . x 15"

PURCHASE CODE: JB2

Life's journey is a constant evolution,  
marked by moments of being lost and  
finding ourselves anew.

Like nature, we are ever-changing—a  
beautiful, cyclical dance of growth and  
transformation. Embracing the heaviness  
of grief as part of the healing process,  
I came to view it as a blessing.

Despite the weightiness that surrounds  
us, the world teems with joy, beauty, and  
love. By turning inward, we tap into these  
higher vibrations, creating a ripple of  
peace that extends outward. Art and  
nature possess a remarkable ability to  
soothe our souls and heal our hearts,  
offering respite from life's burdens.

Studies show that viewing art can have  
profound mental health benefits. It  
reduces stress, increases happiness,  
and enhances cognitive skills. Engaging  
with art invites us to empty our minds and  
immerse ourselves fully in the present  
moment—a meditative experience that  
restores inner peace.

And for those who dare to create, may  
this journey inspire you to carve out  
moments of stillness, to relax, and just  
be. In the embrace of Mother Nature's  
nurturing energy, may you find renewal  
and gratitude.





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## RECYCLED ART

I have been exploring recycled art—a practice that breathes new life into forgotten materials. Old vinyl records, once destined for the landfill, find new purpose as canvases for vibrant artwork. I recall a time when I experimented with a group of students, transforming scratched records into blackboard canvases for Kandinsky inspired chalk art. This year, I'm excited to embark on a series of stories told through recycled art—stay tuned for more!



## THE STORYTELLER

There's something profoundly satisfying about repurposing the old into something new—turning a vinyl disc that once played music into a canvas that now sings a different story. As I hold the painted record in my hand, I find myself drawn into a world of wonder and curiosity. Who are the characters depicted? What adventures await them in the silver birch forest? Did they craft their own walking sticks, and if so, how? Join me in weaving new tales from the remnants of the past—a journey of creativity, imagination, and endless possibility.





## THE STORYTELLER

Acrylic on recycled vinyl record and album cover

PURCHASE CODE: TSR





## GIVE PEACE A CHANCE

Acrylic on recycled vinyl record and album cover

PURCHASE CODE: GP1

"Be the Change You wish to see in the World" - Gandhi

I believe everyone can play a part in creating a new story,  
a more peaceful story.

*So lovely! Very Peace-full! Can feel its tender energy! And  
there's sweet energy of innocence too " - Isabel Foltin*



Secret Garden

My work has changed over the years. I went from working directly with children; providing an outdoor classroom for 5 - 9yr olds; presenting workshops in person and working directly with educators; to being an independent consultant and nature connector, however, now that I live in my van (wintering in a cabin)

I have returned to my artist roots offering nature art as a therapy to those who feel a disconnection and offering one to one nature art sessions and workshops in person and online. When we combine nature and art, we receive a double dose of powerful, natural medicine, nurturing our whole being:  
body, mind, heart and spirit.

Come visit me in my secret garden...

Wishing you a season of magic and enchantment as spring unfolds its beauty.

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