

# anzjat

AUSTRALIAN AND NEW ZEALAND JOURNAL OF ARTS THERAPY



Volume 14, Number 1, 2019

The peer-reviewed journal of  
The Australian, New Zealand and Asian Creative Arts Therapies Association

Cover artwork:

Anita Lever, *It is real*, 2019, watercolour paper, fabric, photo collage, spraypaint, acrylic paint, stitching, found object, 420 × 300mm.

**Prelude to 'The gathering' series, April 2019, Arteles artist residency, Finland.**

April became the month when time went out of time, when the silver birch trees and the frozen lake invited me to reshape my inner emotional landscape through call and response.

My creative process reflected the ever-changing colours of the fields, the forest stories and the enchanted lake as they woke from the long winter to summon in the call of early spring. The cool grays of the forest became white with the late fall of snow, the trees over the fields turned rusty red, and the cool white of the lake mellowed into warm blues and yellows of budding pussy willows along their banks.

The changing colours and the outlines of the natural environment I witnessed daily became my brush and palette as I grew the work through installation, drawing, video and performance. The 'Songs of sorrow' series, the 'Into red' lament in the woods, the contours of trees as I rubbed their tall secrets onto fine tracing paper, all whispered their stories to remind me to care for them, to care for myself.

Rituals of dancing with sticks, meditative walking of the sacred stone circle, the healing power of sauna and snow all collaborated to remind me that life is fragile and precarious, and if you slow it down, you will witness a depth of such richness that is a true awakening. It is real.