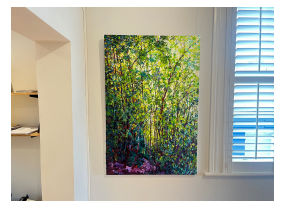
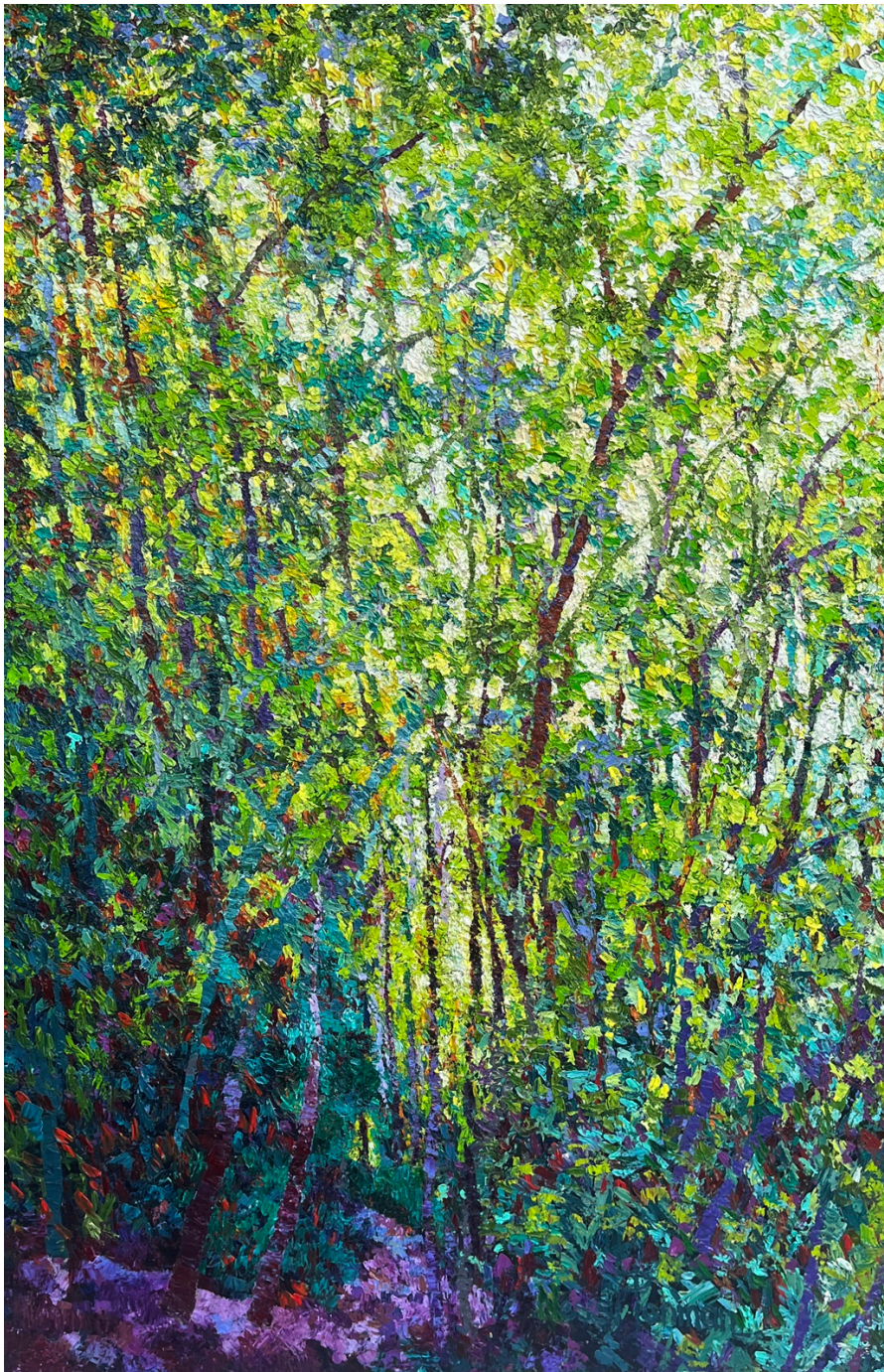




The Invitation

**R 104,000.00 ex.
vat**



This fresh scenery inspired by my walk into Celia Forest, found within the beautiful Kirstenbosch Gardens hiking trails culminates in a beautiful waterfall after witnessing breath-taking views of Cape Town during your climb to the top of the trail on Table Mountain. There are over 5 distinct and different ecosystems to be found within Table Mountain. I wished to portray my experience of calm and relaxation when immersed in journeys. Table Mountain, this ancient 600-million-year-old treasure, has an energetic healing ability, this is most certainly true and palpable. Hence the name bestowed upon Cape Town being “The Mother City” - you feel embraced by this ancient natural wonder. When we take steps, such as the physical ones when exploring nature via a hike, you are accepting an invitation to go on a journey. What is even more powerful is the invitation you have subconsciously accepted - to journey within yourself. As once we allow our nervous systems to calm down, live in the moment - taking one step at a time, we realise that life is literally made up of a series of moments. One beautiful moment gives birth to another... and then another... and another. These moments gather to form minutes, hours, months, years... and ultimately our lives. It is my personal experience and firm belief that we as humans need to spend time in the quiet and ancient wisdom of mother nature to make conscious choices in our lives and live in such a way that brings peace of mind to ourselves and all those we encounter. We are surrounded by technology, wires, devices, traffic and concrete - rendering our minds sometimes over stimulated. We need healing and rest - when interacting with the greenery to be found in nature we are afforded an active meditation of sorts - a way to recalibrate our souls. Via my artworks, my intention is to gift the viewer an every presence medium to escape into this healing presence of nature and calm.

Frame	None
Medium	Oil on Canvas
Location	Cape Town, South Africa
Height	146.00 cm
Width	97.00 cm
Artist	Nessi Penman
Year	2024

