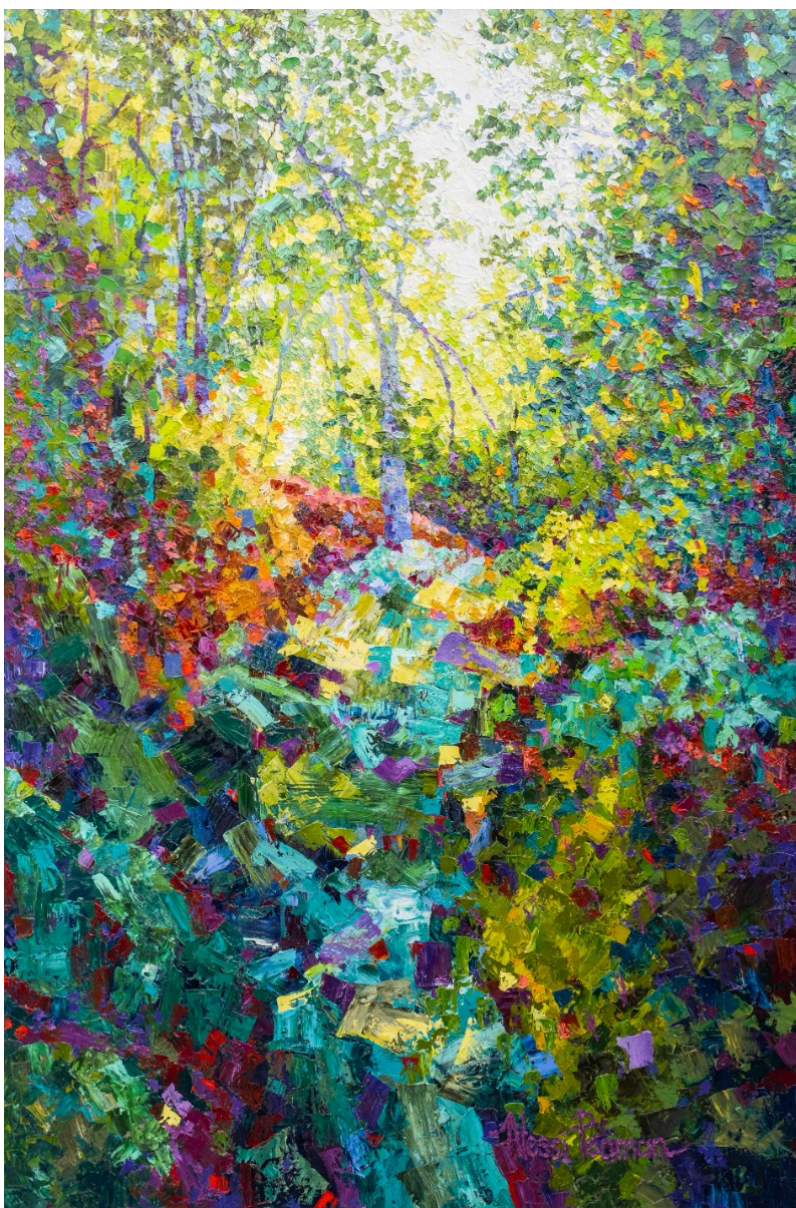




Voices

**R 104,000.00 ex.
vat**



As human beings we form part of the vastness of nature and all of creation on earth. This vast intelligence which we have placed under various names depending on your faith and belief – God /

Great Spirit / Divine Intelligence. One fact is certain – there is a gentleness, a wisdom, a comfort, a deep peace, a silent but powerful voice that is felt by any person who spends time in the sanctuary of wild nature. Those places that are devoid of the human footprint and any man-made construction. I like to say that the wild places on our planet recalibrate your soul. Every person’s experience during their time spent in nature is unique to them and their own mind and spirit, however one thing is certain – nature heals us. In Japan there is an ancient ritual called Shinrin Yoku / Forest Bathing whereby they recognise that spending time walking in forests is a powerful experience which offers us humans healing on many levels. The fragrances given off by the various oils in the leaves of the trees, the sounds of the birds and other animals and the rich clean air speak directly to the divine wise intelligence within our very own cells. I have entitled this piece “VOICES” as a delicate reminder to us to listen to our intuition – those gentle voices which are always with us – guiding us from moment to moment and day to day as to the right path to take. Within the context of this scene which I captured when hiking Skeleton Gorge with my partner, I had to dig deep and not allow my inner voice of fear to stop me from taking the steps along some challenging parts of this hike to reach one of the most interesting and spectacular parts on Table Mountain where a beach and white sand can be found! So, ultimately – there are healing voices within all we encounter and voices of fear and doubt – choose wisely which ones you listen to and give energy to. Relish and find peace within the voices of truth, power and healing which are amplified via your intuition when we spend time in wild nature.

Medium	Oil on Canvas
Location	Cape Town, South Africa
Height	146.00 cm
Width	97.00 cm
Artist	Nessi Penman
Year	2024

