

# **Our Ancestors Didn't Go to Art Galleries. They Lived in Them**

Soheila Keyani

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“Art is to the spirit  
as bread is to the body:  
a necessity without which it cannot  
renew itself”

Dr Daisaku Ikeda

## **Nature and Nurture!**

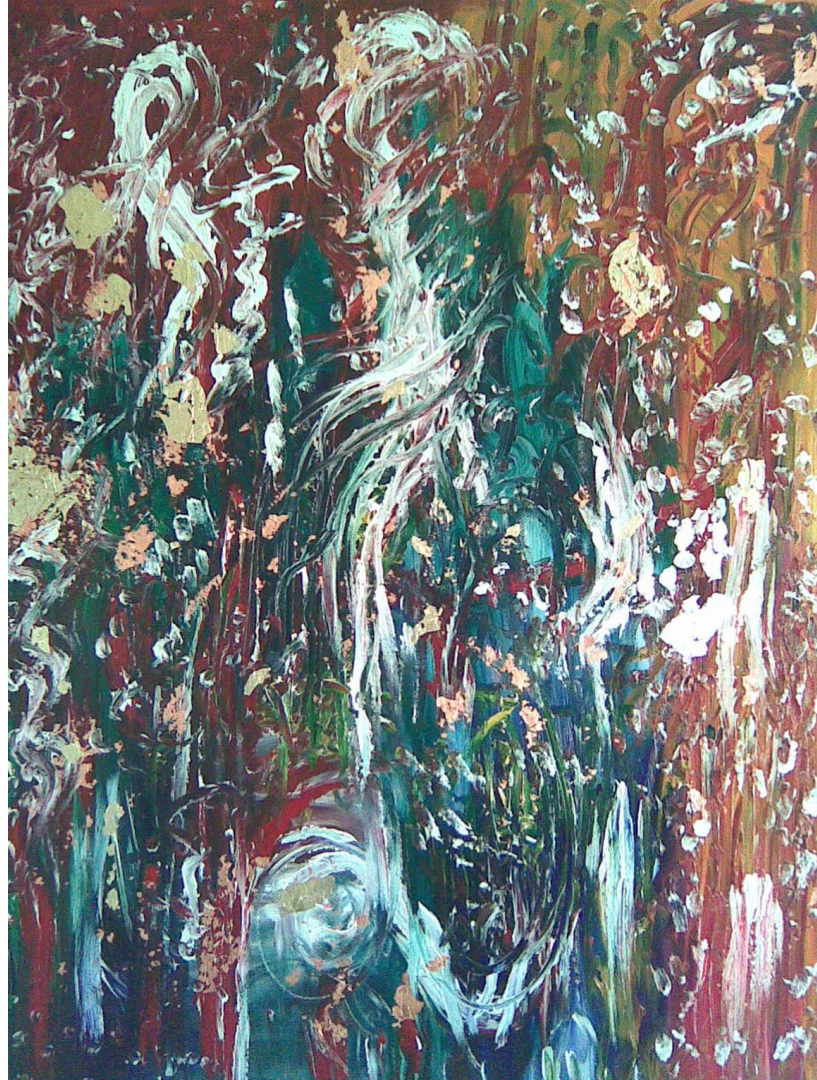
When I was a child, my mother gave me free rein to express myself creatively. I spent hours and hours by myself, doing, dancing and making. I instinctively knew how to make things and tried my hand at making lots of arts and crafts all by myself. This helped me develop confidence in art and creativity. Of course, I often danced for them, so they got free entertainment!

## Formal Training

When I was a teenager, I started taking formal lessons from an artist and art tutor who was introduced to us by our neighbour, who was a poet. With him, I became acquainted with drawing, perspective and scenery. Though I loved going to the atelier because I was with other young people and it was a place where I could be myself, my heart wasn't in the traditional style.

## Developmental Stages

In my twenties, I was on a course in London to become a counsellor and psychotherapist. There I was influenced by analysts who thought art was a great way to help people recover their mental health. It was at that point that I started painting in my own style with watercolour. I then moved on to oils and acrylics, and again started painting and creating to my heart's content, using and experimenting with various art materials and surfaces - so much fun!



## **Art Workshops**

As an artist, I now also work with people, both young and old, in my art workshops, encouraging them to get in touch with their innate creativity and unique voice.

# Art Workshops and Community Projects







LOVE BOO

LOVE

LOVE

LOVE

Liebe

READY  
MIXED  
Water  
Colour



## **Energy of Life!**

My paintings are all about colour, texture, and energy in motion - impressions of all things I see, hear and feel, from the past, present and future.

Candace, a friend of mine, once said, "if feelings and emotions could be a picture, your paintings are it!"

Primal Power  
California 2004  
In private collection



Online Gallery  
Light Space & Time

# 3<sup>rd</sup> Annual Open Art Competition

October 2013

## Special Merit Category

Awarded to

Soheila Keyani

“Primal Power”



Light Space & Time Online Art Gallery

[www.lightspacetime.com](http://www.lightspacetime.com)

*John R. Math*

Gallery Director

# **Creativity on tap!**

There are times, especially when travelling, when I just use my iPhone camera and iMovie app to capture and create!

# Twitter @SoheilaKeyani

Tweet was 'favourited' by the Kazakh Embassy in Washington DC

The image is a screenshot of a web browser displaying the Twitter profile of Soheila Keyani (@SoheilaKeyani). The browser's address bar shows the URL "twitter.com/SoheilaKeyani". The profile header includes the name "Soheila Keyani" and the handle "@SoheilaKeyani", along with statistics: 241 tweets, 497 following, 157 followers, and 26 favorites. A tweet from April 12 is highlighted, featuring a photograph of colorful bokeh lights (yellow, green, blue, and orange) against a dark background, likely representing a night scene in Almaty, Kazakhstan. The tweet text reads: "Searching, discovering colour in Almaty, Kazakhstan." Below the tweet, there are icons for reply, retweet, and favorite, with the favorite count set to 1. The browser interface includes navigation buttons, a search bar, and a "Reader" mode button.

Looking for beauty wherever I go!

Marketing, marketing, and more  
marketing!



## Early morning sky near Almaty



