

Lizzie Calligas
Exercises/Patience
(2017 watercolours)

These works were produced during a three-month period in 2017.

At that time, I had a problem, my mind went completely empty, I could only imagine little color squares and nothing else.

Trying to find an answer to this puzzle, I decided to start painting small squares on paper, after I had had drawn grids on them.

I started with the first color in each box I had and continued until I had used the last of all the boxes of the watercolors, filling in the little squares.

It was a revelation. I just needed time and patience to ease my mind. After these exercises in patience, I was free again to watch the world and continue with other projects.

The first two pictures show a display of all the different exercises next to each other on my table. All grids are identical. I used the same ruler. The way colors are placed one after the other is somehow mathematical, to help me concentrate on the process. My mind was blank, empty. Somehow like a mantra, the exercises let me get into it.

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