

LARA BOWEN

BETWEEN SEEING
AND REMEMBERING

Between Seeing and Remembering

A visual exploration of how memory and photography subconsciously influence my paintings..

I do not paint flowers from life. Instead, they come entirely from my memory, evolving as I work. Each composition becomes a puzzle to solve, a way to balance form, colour, and marks while staying true to the plant's essence. My aim is to distil elements of a moment, using still-life as a metaphor for the passing of time

This book explores the subconscious connections between photography and painting in my practice. Though I never directly reference my photos when I paint, I have come to realize how deeply they influence my work, as do song lyrics. Its as if my memories sit just below the surface, nudging my brush and whispering suggestions.

Looking back at paintings alongside images I captured in the weeks before - light filtering through trees, bright sun shades, interesting shapes, fleeting moments of colour and shadow - I discovered a hidden dialogue between what I see and hear, and what I create.

This book is an attempt to document that conversation, tracing the invisible threads that weave together memory, perception, and my painting practice.



Vence Brocante
August 2019



JAZZ
January 2020
oil on board 25 x 30 cm



Shapes and colours that caught my eye
in the month before Pearl was painted



PEARL
January 2020
oil on board 25 x 30 cm





BLACK BETTY
February 2020
oil on board 25 x 30 cm



"Cover me in sunshine, shower me with good times, tell me that the world's been spinning since the beginning and everything will be all right. Cover me in sunshine ..."

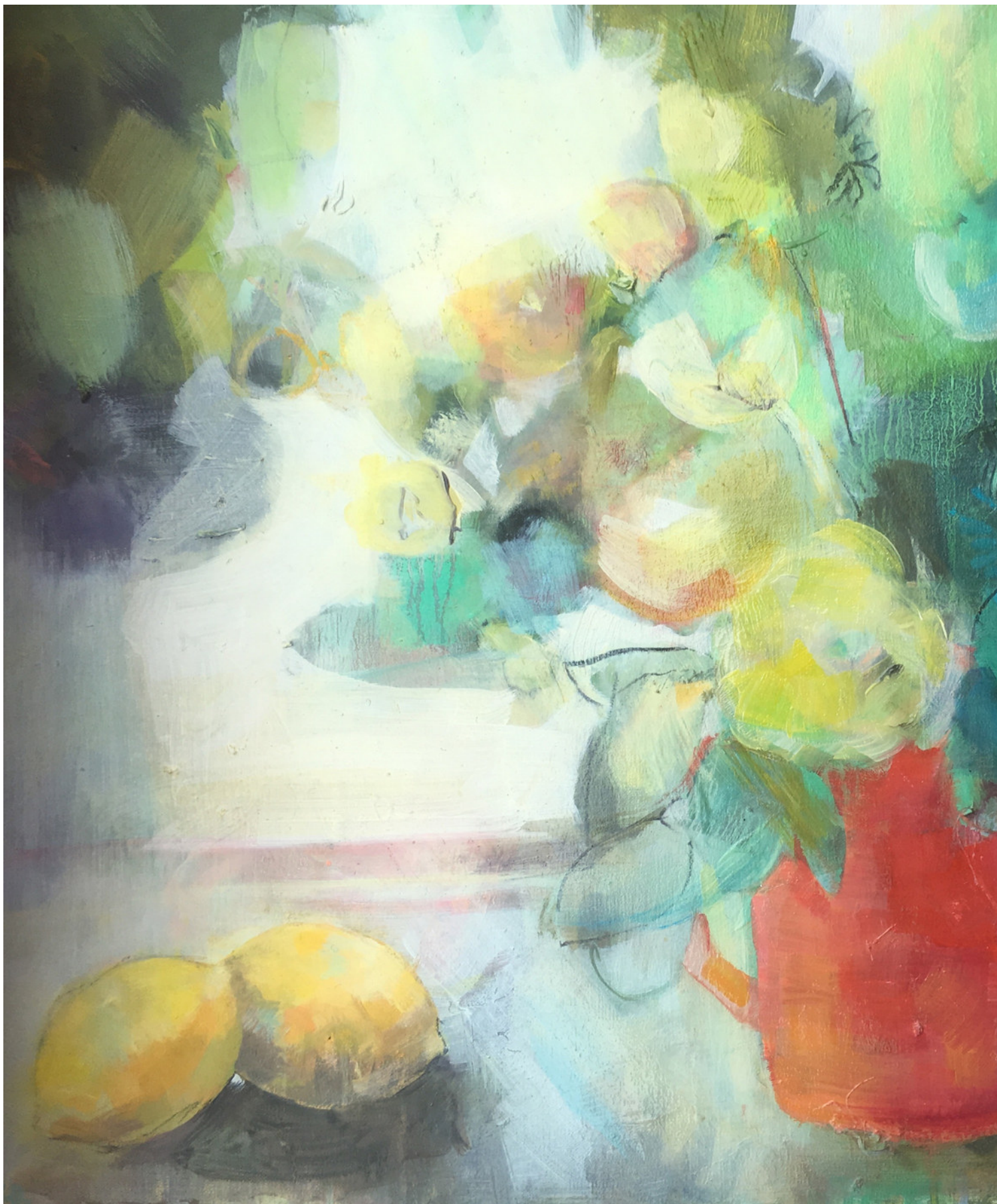
Cover me in Sunshine by Pink. Songwriters: Amy Allen / Mozella



COVER ME IN SUNSHINE

April 2021

oil and charcoal on board 50 x 50 cm



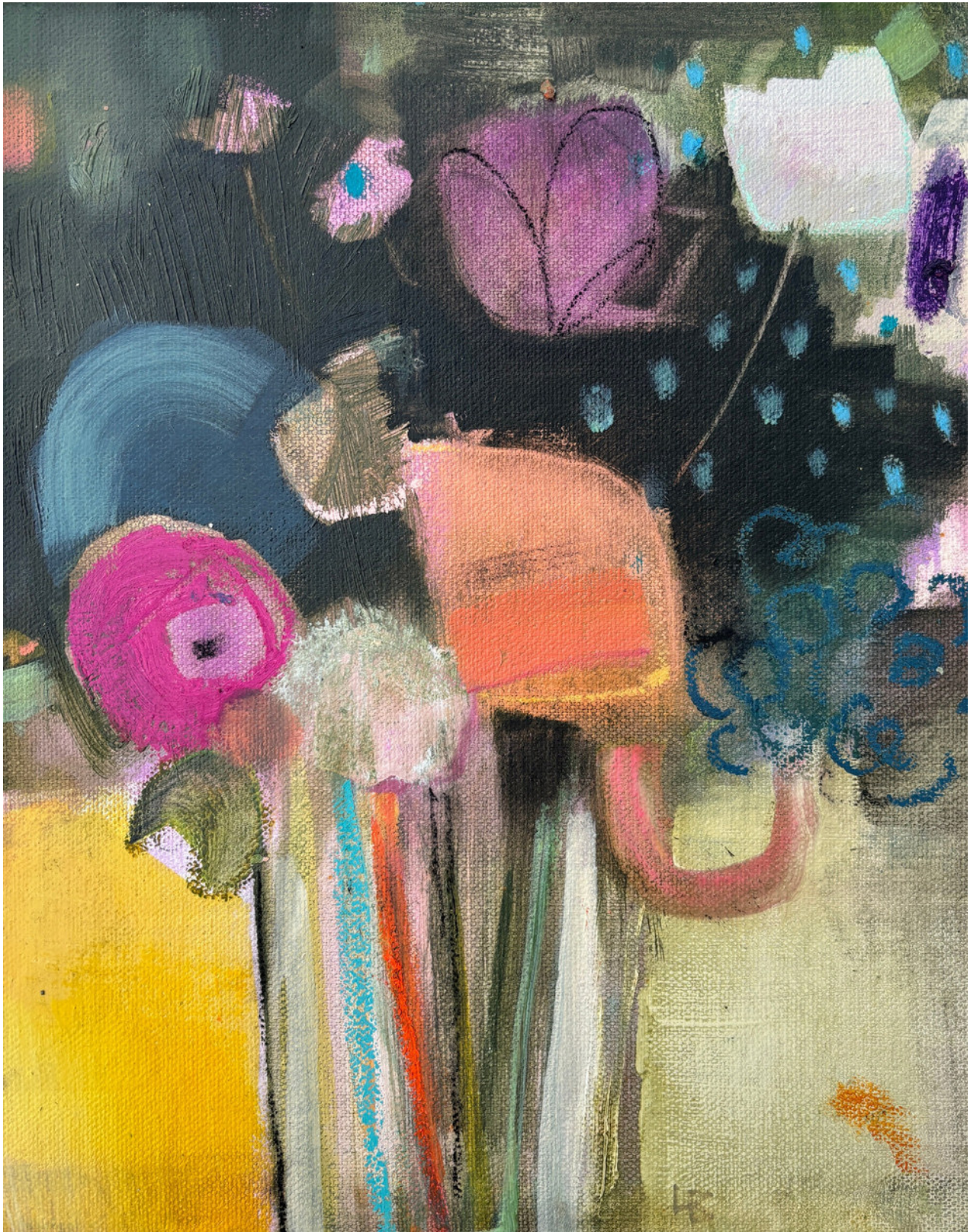


"Oh, Lord
California
Miss the sunlight ..."

California by Jungle
Songwriters: Thomas Mcfarland /
Joshua Lloyd Watson

CALIFORNIA
February 2019
oil on linen 45 x 60 cm





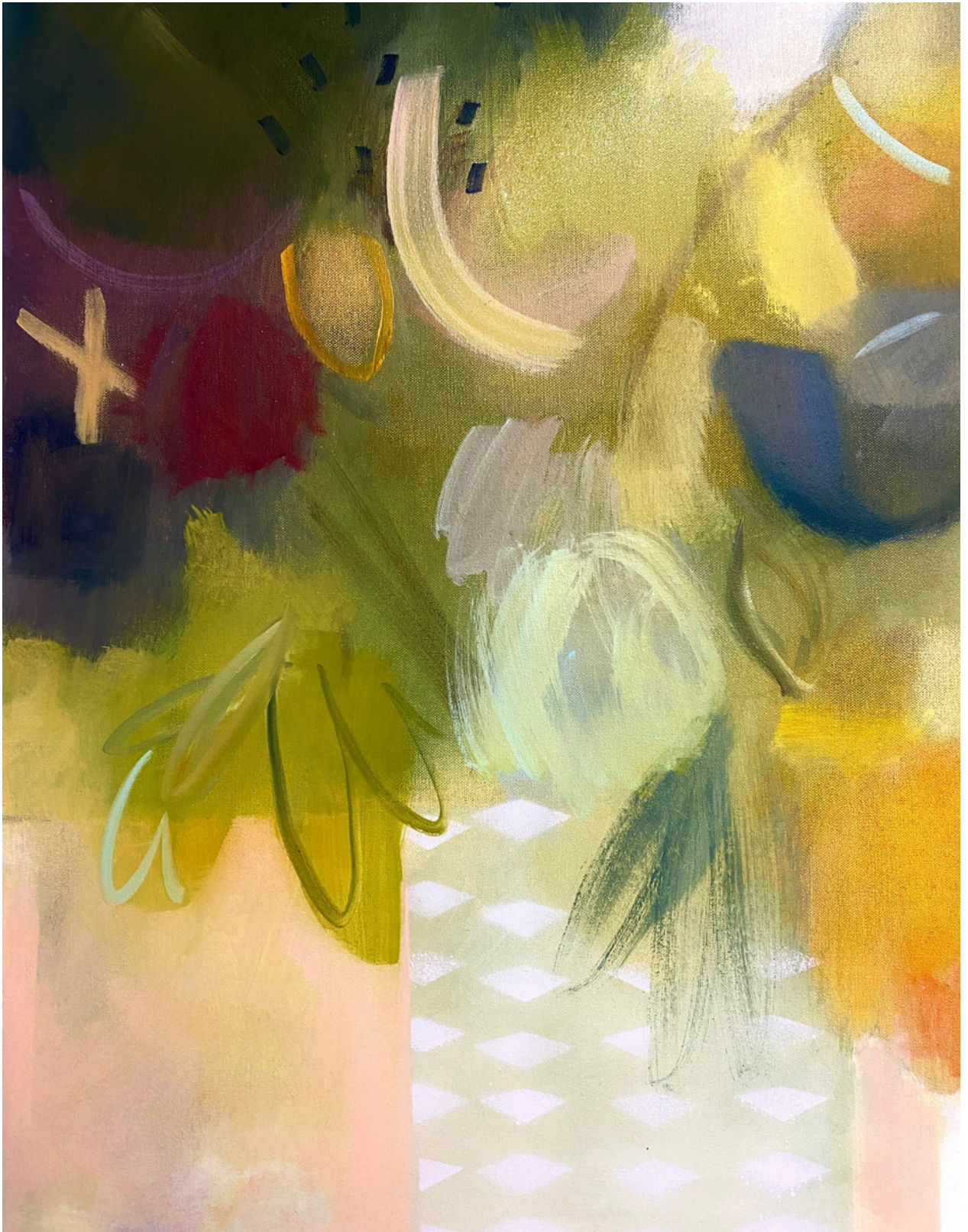
HAPPY THINGS
January 2024
oil on board 25 x 30 cm





YOU BE THE SUNSHINE
April 2023
oil on board 25 x 30 cm





I JUST FLOAT
February 2024
mixed media on canvas 60 x 80 cm





TRAVELS
February 2020
mixed media on canvas 25 x 30 cm

Biography

Lara studied at Hastings College of Art and Oxford Brookes University, graduating in 1993 with a multidisciplinary Visual Arts and Publishing Bachelor of Art.

Moving to Cyprus after graduation, she taught art at school level, learned the craft of stained glass, and spent four years immersed in a different culture - an experience that profoundly influenced her personal and artistic development.

Upon returning to Brighton & Hove in the late 1990s, Lara pursued further studies in Arts and Cultural Management at Sussex University, and in 2000, established a gallery. Since then, she has worked closely with both emerging and established artists, while continuing to evolve her own artistic practice.

Lara regularly exhibits at art fairs and in galleries across the UK, and from her Hove studio and gallery space.



