



CLAUDIA WÜHRL

painting sculpture digital art
art therapy



**... the pictures were painted directly through me
without preliminary sketches and with great power...**

Hilma af Klint

CLAUDIA WÜHRL



painting

The material is always right.

Jens Drescher

material

My art is composed of pure natural materials, mostly made by myself (e.g. ground champagne chalk, ground turquoise, lapis lazuli and other precious stones etc., but also spices, fine metals like silver, copper, gold and various earths). They work deeply on a somatic, cellular level because the same materials are found in traces in our bodies.

CLAUDIA WÜHRL



see – feel – smell – taste

Our senses also react with the energies and scents of essential oils and spices. I make my own spruce wood frames and cover them with natural canvas – Tissue de Loire – and use natural adhesives. I usually work only with my bare hands in order to allow the intuitive and creative energy to flow as directly as possible into the painting.

CLAUDIA WÜHRL



colour and composition

My paintings offer space to contemplate like a book that as a good friend accompanies one's life and is reread and discovered anew in various periods of our lives.

In addition to the somatic effect, the paintings address our whole being, using colour and composition to start a dialogue with the viewer, with our aesthetic perception, emotions and our reason.

Circular movements meet lines, layers overlay and accompany each other. Hidden elements emerge from the depths and rise to the surface, inviting us to join a meditative and adventurous journey into unknown spaces. In this way the linear course of time in our own lives meets the circular course of the times of day, the seasons; both dimensions connect and gradually patterns are identified. A matrix becomes visible enabling one to reflect on one's own biography as it is woven into the huge tapestry of history and nature.

We may emerge being refreshed having worked in a playful and intuitive way to overcome stuck states or blockages.

CLAUDIA WÜHRL

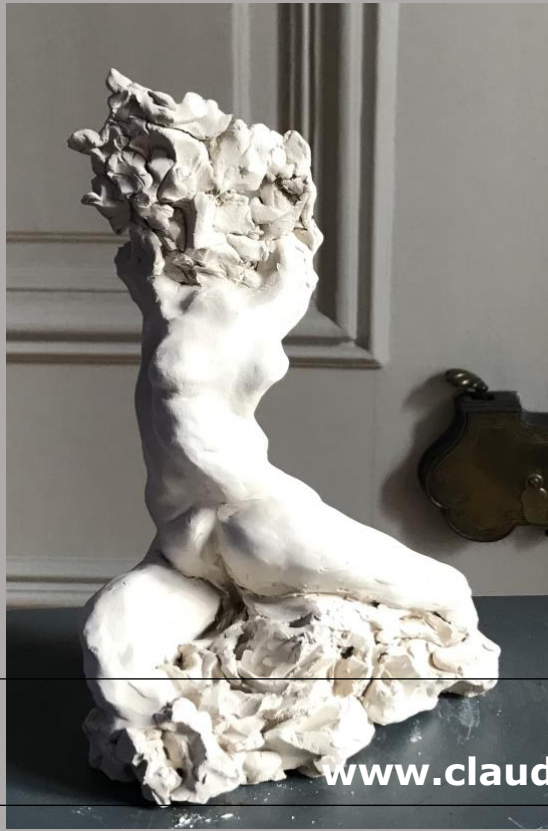
art therapy



overcoming blockages

This is where my art meets art therapy and - working as an art therapist - I have experienced the potential it has concerning the diffuse and sometimes deeply rooted problems of the mind often causing psychosomatic symptoms on top of the sufferings of the soul. Art therapy can make the invisible and unspeakable tangible and therefore enable us to work with it.

CLAUDIA WÜHRL



sculpture
see

digital art

www.claudiwuehrl.com



vita

born 1964 in Berchtesgaden
upper Bavaria
studies in Munich, Würzburg
Great Britain and Berlin/Ulm

info@claudiawuehrl.com
www.claudiwuehrl.com

studio

Convent Oberzell - 97299 Zell
Germany

instagram [wolkenlicht_kunst](https://www.instagram.com/wolkenlicht_kunst)
(49) 15141230802