

SEP 19thINTERVIEWS

Patricia Steinmann-Britt



Describe your art in three words: Abstract, organic, emotive.
Your discipline: acrylic and mixed media.
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Can you tell us more about the moment when you rediscovered your passion for art? What inspired you to start painting again after raising your children?

Rediscovering my passion for art felt like returning to an old friend I hadn't seen in years. After raising my children, I found myself with more time and space to reconnect with that creative energy. The inspiration to start painting again came from a deep desire to express emotions and ideas that had been quietly simmering during the busy years of motherhood. Art became a way for me to process the transitions in my life and reflect on the beauty and challenges I had experienced.



Patricia Steinmann-Britt | Sunset

How did your travels influence your transition to abstract art? Can you share any specific places that left a lasting impression on your work?

Travel has been an essential part of my artistic journey, as it opened my eyes to the colors, shapes, and moods of different landscapes and cultures. I found that abstraction allowed me to express not just what I saw, but what I felt in those places. Travel has been an integral part of my evolution as an artist. Each destination has left its unique mark on my work, often in unexpected ways. In South Africa, the vibrant, earthy colors of the savannah and the powerful contrasts of light and shadow inspired me to play with bold palettes and dynamic compositions. Colombia, with its lush rainforests and lively cities, introduced me to a world of textures and intricate patterns that I now explore through abstraction. Costa Rica's rich biodiversity, especially its dense jungles and vast coastlines, influenced my use of organic forms, allowing me to express the chaotic beauty of nature. Finally, Bali, with its serene landscapes and spiritual atmosphere, encouraged me to incorporate a sense of calm and flow into my pieces, balancing the vibrant energy from other travels with a softer, more introspective approach.



Patricia Steinmann-Britt | Sardinia

Your work blends abstraction with figuration. How do you balance these two elements in your compositions, and what drives your choice to focus on one over the other?

Balancing abstraction with figuration is an intuitive process for me. I enjoy the freedom that abstraction offers, but I also feel a pull towards recognizable forms that ground the viewer in something familiar. Sometimes a piece begins as an abstract exploration of color and form, and figures or landscapes emerge organically. Other times, I start with a clear figurative image and allow abstraction to evolve around it, creating a dialogue between the two. The decision to lean more towards one over the other often depends on the mood or story I want the piece to convey.

Nature seems to play a central role in your artistic vision. How do you capture the essence of landscapes and flora in your abstract works?

Nature is an endless source of inspiration for me, and I find its patterns, textures, and rhythms deeply fascinating. In my abstract works, I try to capture the feeling of being in nature rather than a direct representation of it. I use color to evoke the emotions that landscapes or flora stir within me—whether it's the calming blues and greens of a forest or the vibrant, fiery hues of a sunset. I also play with layers and textures to mimic the complexity and depth of natural forms, creating a sensory experience for the viewer.

Patricia Steinmann-Britt | Rhythms of the Earth

Can you describe your creative process? How do you begin a new piece, and what techniques or materials do you find most inspiring?

My creative process often begins with a spark of inspiration—a color palette, a memory from my travels, or a mood I want to explore. I usually start with broad, loose brushstrokes to lay down a foundation and let the painting take shape organically. I primarily work with acrylics for their versatility and fast drying time, which allows me to layer and experiment freely. I often incorporate texture using mediums like sand, fabric, or natural elements to bring depth and tactile dimension to my work. This combination of materials helps me evoke the organic forms and emotions that inspire my art.

My discipline is rooted in abstract painting, where I explore the intersection of nature, emotion, and form. I approach each piece with a balance of spontaneity and control, allowing the work to evolve organically while maintaining a focused vision.

Can you talk about a particular piece that holds special meaning to you and why?

One piece that holds special meaning to me is a painting inspired by my time in New Zealand. The work captures the rugged coastline and dramatic cliffs, but through an abstract lens. It reminds me of a moment of deep connection with nature during a solitary hike. The colors and textures in the piece evoke the raw energy of the ocean crashing against the rocks, but also the quiet serenity I felt standing there, surrounded by such vast beauty. It's a reflection of the balance between chaos and calm that I often seek in my work.

Patricia Steinmann-Britt | Far Shores

As someone who rediscovered art later in life, what advice would you give to other artists who may feel disconnected from their creative pursuits?

My advice is to give yourself permission to start again, no matter how much time has passed. Creativity doesn't have an expiration date. Life has a way of pulling us in different directions, but the urge to create never truly fades—it's always there, waiting for the right moment. Don't be afraid to begin where you are, with whatever tools or time you have available. And most importantly, let go of perfectionism. The beauty of art lies in its ability to reflect our ever-changing selves, imperfections and all.

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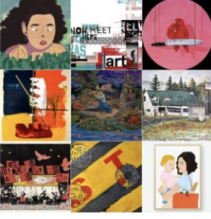
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