

“I finish my diary here. I look back over a year and I see so much frustration and pain. When recording life daily, you look at the micro. Nature becomes a daily saviour, pulling you back to the wonders of the Earth. At times nature has felt insensitive. Nature did not care about what was happening in the world. It carried on as well as it could. The most emotionally painful days were the hardest entries. I have learnt about the rhythm of nature and our vital connection to the Earth. We have spent thousands of years intimidated by nature, desperate to control and tame. We have now gone beyond our peak. Our comfort and consuming nature disturb the balance. Our greed, our structures and the speed that we live destroys not only the planet but our minds too. The structures are wrong because they are rooted in fear. This pandemic has forced us to stop. As individuals. In isolation. So many of us have had time to assess ourselves. Our own lives. The way we live and the speed we live. For those who care, we have been humiliated. So many invisible, unjust structures revealed to our shock and horror. A desperation to change everything now, but a realisation that a horrific amount of damage is beyond repair. Advice from experts is to adapt and start with yourself first. We all need to go through pain, to adjust our ways for the better. We have had a war without a war. Invisible battles. A virus that we cannot see, killing the vulnerable. Suffocating human beings. This year is going to change everyone. As I wrote about knitting red hearts I could not escape the vision of a hand clasping the heart into death. This vision hangs over this year and nature carried on. For those of us that survived the virus or were locked away in isolation, we were given time. We lost friends and family at a distance and couldn't say goodbye. Everything we did became magnified. The things that normally distracted us accelerated into obsession. Financially most have suffered. Adapting to a more simple life. Consuming for needs rather than wants. We have had time to seriously look at racial injustice and our disgraceful structures, the shocking reality that the colour of your skin can massively effect your life for better or worse. I love Barak Obama's quote 'Let's get to work' It takes everyone to refuse injustice. Nutritionally it became clear that those young and most likely to die from Covid-19 were obese. Anyone with a history of malnutrition had less of a chance of survival too. Both of these cases have a direct link to poverty. Many elderly were lost and I am sickened to think that they were not allowed to go to hospital from care homes. It has been an incredibly hard year to create positively. At times I have had to shut myself off from all media. Having a year to focus on nature has been an incredible blessing. I am forever grateful for the distraction and my 3 year old son. Looking at the world through his eyes has been a wonderful discovery. My art is a study of our relationship with nature. How do we as human beings work with it? I personally think that we have a spiritual connection to the

Earth. In art I am constantly trying to connect our material world to the spiritual world. When I create an artwork that excludes the human or nature - nothing works. But my work comes alive as soon as you marry to two. My work would be nothing without the viewer. As human beings we must not lose our connection to nature. It is good for us to slow down and speed up (Spring) to the rhythm of nature. It is good for us to take back time. We have lost it. We need to take away the unhealthy distractions. Our phones, television, addictions... what are we hiding from? The best thing I did this year for myself was to walk for 30 mins a day in nature with no phone. I found silence and it was good for me. We need to actively make huge changes in how we live on this planet and the weight of this can be overwhelming. We have to start with ourselves. Stop comparing ourselves to others. Slow down consuming. Put down the phone and take back time. We're too busy to care. Too busy to talk to our neighbour. Too busy to listen. Healthy human beings love to indulge in nature and they love to socialise with and love other human beings. I am passionate about Community, understanding others and caring for your neighbour. We have all been isolated this year and I hope that in the future we will value the time to have a chat. Face to face. This year has been full of 'experts' everyone telling everyone off. No one has had the capacity to listen or think beyond their own personal traumas. It has been hard for everyone. If all you can cope with is yourself right now. Then I advise that it is the best place to start. A connection to nature every day puts life in perspective. It can simplify everything and give clarity. I continue to work on our spiritual connection to nature. I know that for as long as I have the time to do this I stand in a place of privilege. With this time I hope to create spaces that will allow the viewer to journey with me in the wonder of our natural world. I thank God for this honour and I pray that I create spaces with humility and an openness that will allow others to contemplate their unique existence. I believe that these pockets of nature suspended in time are safe places 'to be'. There is no denying the pain in this world and the injustice caused through greed and power. As we journey together we need to listen, we need time to understand, we need to speak out, we need to know our neighbours, we need to look after ourselves and we need to look after the Earth. Only using what we need, not what we want."

— Rebecca Louise Law, January 2021