

Inspire Your Heart With Art

Today, January 31, is Inspire Your Heart with Art Day. In the spirit of the day, I have compiled a few ways you might Inspire Your Heart with Art.

Be inspired by music, like Wassily Kandinsky (Russian, 1866-1944), a pioneer of abstraction in Western art. In 1911, Kandinsky was at a concert in Munich listening to music by the Austrian composer Arnold Schoenberg. The music inspired him to create the piece below, *Impression III: Concert*. Note the central image of the painting, the piano, which appears to be surrounded by sound.



Be inspired by a poem, like the British artist, John Waterhouse (1849-1917). His 1888 painting, *The Lady of Shalott* illustrates lines from the 1832 poem of the same name by Alfred Lord Tennyson.

And down the river's dim expanse
Like some bold seer in a trance,
Seeing all his own mischance –
With glassy countenance
Did she look to Camelot.
And at the closing of the day
She loosed the chain, and down she lay;
The broad stream bore her far away,
The Lady of Shalott.



Or perhaps your talent extends more to the written word than the canvas. So **be inspired by art to write**, like the American poet Wallace Stevens (1879-1955). His 1937 poem *The Man with the Blue Guitar*, divided into 32 lengthy cantos, has been described as a conversation with the subject of Pablo Picasso's 1903-04 painting, *The Old Guitarist*.



Be inspired by nature, like the Spanish artist Lorenzo Duran (b. 1969). Duran searches for fallen leaves, which he turns into canvases. With surgical precision, he cuts them with nature-inspired motifs. He was inspired to create these intricate pieces after watching a caterpillar eat holes in a leaf.



Be inspired to dance! This painting by Henri de Toulouse-Lautrec (French, 1864-1901), entitled *At the Moulin Rouge: The Dance* (1890), seems to invite you to kick up your heels.



Be inspired in the kitchen. Create a culinary masterpiece (and photograph it). Yes, food can be art. This is a photograph by noted Canadian chef, cookbook author, and food photographer Dennis Prescott. His 2017 cookbook, *Eat Delicious*, might be your inspiration.



If you are a fan of food and art but cooking not so much, be inspired by the episodes of the PBS series *Art Assignment* called *Art Cooking Collection*. There are a total of 10 episodes, each lasting no more than 18 minutes which explore where art and food intersect. The episodes, among other subjects, explore the recipes of Frida Kahlo, the health food enthusiasm of Georgia O’Keeffe, Salvador Dali’s cookbook, and the art and life of Andy Warhol through the food he ate and depicted.

<https://www.pbs.org/show/art-assignment/collections/art-cooking/>

Sticking close to home? **Be inspired online by taking a virtual tour of some of the world's best museums.** *Condé Nast Traveler* has chosen 13 for you.

<https://www.cntraveller.com/gallery/virtual-museum-tours>

From the Louvre to the Picasso Museum in Barcelona to the Georgia O'Keeffe Museum in Santa Fe, you can experience some of the world's greatest art without leaving home.

Be inspired by a film. Artists' lives have long been fertile ground for films, particularly those marked by a bit of lunacy, like Vincent Van Gogh. In fact, Van Gogh has been central to several films that might be of interest:

Lust for Life (1956). Starring Kirk Douglas, who gives a fierce portrayal of Van Gogh, an artist torn between the joyous inspiration of his genius and the dark desperation of his tortured mind.

At Eternity's Gate (2018). Starring Willem Dafoe, a vivid, intensely affecting portrait of Vincent van Gogh toward the end of his life.

Loving Vincent (2017). The world's first oil-painted feature film. Brings the artwork of Vincent Van Gogh to life while exploring his life.

Vincent & Theo (1990). Directed by Robert Altman, the film, based on the letters exchanged between the two, focuses on both brothers.