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WORDS ANNI HALL



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She shared her practice – both artistic and meditative – with us in issue 54, and now we can experience Phoebe Rathmell's meditation birthed artwork as it happens.

"Seishin Toitsu (meditation) is essential in my art practice as it is where my spirit and mind are one, in total concentration on the task at hand. Letting go of the outcome of the artwork I am making and being present to my movements, breath and letting go."

Exhibiting drawings and paintings done in meditation on Friday 28 February, from 6pm see Rathmell creating live. View the performance at Conny Dietzschold Gallery Project Space in East Sydney.

READ THE RUSSH INTERVIEW WITH PHOEBE RATHMELL [HERE](#)

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