



Primary Colours

Hello,

High achievers are what we are. I've long accepted that is my nature and recognise that every now and again, I give too much and need an extra dose of renewal. This time my deep craving was for art. To satisfy my thirst, I went to The Royal Academy of Arts to see the latest Anish Kapoor exhibition. However when I got there, my heart was deeply touched by something else entirely...

'The Rock Drill'

Great art has the capacity to stir the soul leaving a lasting impression. Such was the impact of Sir Jacob Epstein's ['The Rock Drill'](#). The shocking sight of this menacing, machine-like robot carrying its tiny child within itself revulsed, fascinated and filled me with pity all at once. The huge sculpture epitomises the harshness of modern life.

Standing in awe of this dark figure, I was reminded again of why it is so important to listen to the tender voice within. We all have the potential to become 'The Rock Drill' - our hearts encased in rock, driving the drill of life every day. The shocking fact is, that the majority are caught up in the brutality of a modern lifestyle but don't know it. They don't feel the cold casing of rock and iron slowly extinguishing the soft warmth of their hearts. Sound too brutal? Sometimes we need a shock to awaken us from grey complacency.

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As disturbing as it can be, art also reminds us that our primary colours are close by, waiting to recreate us once more. The promise of renewal is there for all of us - if we have the courage to stop and get off the machine.

Remember to be tender with yourself - you are carrying the tiny progeny of your new self within.



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More information

Your Views

As always, I enjoy hearing your thoughts and comments so please do get in touch. All of my contact details remain the same.

Warmest,

Wise Words

"It is not by looking into the light that we become luminous, but by plunging into the darkness."

Carl G Jung

Recommended Reading

When You're Falling Dive

Mark Matousek
ISBN 978-1-84850-067-9

Why do some people blossom in the face of adversity while others fall apart? What mysterious power gets us back on our feet after we're knocked down?

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