

Marita Liivak / EE

* www.maritaliivak.com

In the light of recent events in the world, I was unexpectedly launched into the search for new meaning in life and art. My old ways of seeing the world were no longer valid and quite frankly drove me into a wall. After a crash like that, one has no other choice but to rebuild a new, better working structure for themselves. The process of letting go of the old and making space for the new was manifested in the painting "**It's alright**".

When my peace of mind got disrupted by the happenings of the world I searched for solutions and truth from the world itself underestimating the amount of information it withheld and quickly realised it was an impossible endeavour. I dove into the issues without any regard or understanding of my own well-being and inevitably broke myself to bits that I could no longer make sense of. This beautiful annihilation of self didn't leave me any other option but to surrender.

In the search for stable grounds I had turned to ground zero within *myself*. When things no longer made sense the only real thing left was myself in the present moment. Through meditation and letting myself experience all the feelings that came along I was soon able to rebuild a place within me that felt like home and restore trust in the fact that all things will have a way of sorting themselves out. All I could do then was observe the situation and let go of everything that was disturbing my peace, no matter how important it seemed. As a result I found that all the truth I need lies within me in my own well-being.

In a world full of chaos there are many things that require fixing and attention but while all those imaginable matters are important, the first step to creating a better world will always be sorting yourself out first.

CREATIVE BIOGRAPHY

Marita Liivak is a contemporary painter who lives and works in Tallinn, Estonia. Her personal style emanates a true passion of telling one's story through art. She dismantles and observes subjects that become relevant in her life so that she can share her story with others.

As a child Marita taught herself drawing with the help of cartoons and the internet. Later she earned a Bachelor in Painting in Pallas University of Applied Sciences. As a student she was stubborn, passionate and independent which ultimately earned her a solo corner for painting at the university. She was 20 years old when she was first fed up with the emotional comforts of her life so she took off for a year abroad in Sicily, Catania in Accademia di Belle Arti. There she learned about the local culture and skills of drawing and painting but the year in Catania wasn't as relevant to her technical competence as it was to her disposition and growth as a person.

Shortly after graduation Marita started working in a start-up company called IMEPILT studios. In the 3 years she spent there she built the company's visual imagery, did animation, concepts, built a creative team, worked with Disney writers on a script, reached the position of the CCO and ultimately left to pursue her own artistic career full time.

Marita's most recent subjects were sexuality and self-acceptance which aimed to detect and dismantle the effects of today's diet-culture on her own life. It consisted of painting nude bodies on colourful abstract backgrounds often using herself as the model. She continued painting bodies in different shapes and sizes and shared tales of her journey as a means of self-therapy. She often created lustful images of the body highlighting sexuality in a subtle, playful way. This way she liberated herself from a toxic body-image and sexual-biases that were restricting her freedom.

Marita's work has been exhibited several times at Tartu's annual art exhibition and in many other joint-exhibitions in Tallinn and Tartu. She's a recognized estonian illustrator and has successfully participated and sold her works in several auctions in Tartu since 2017. She aspires to bring her work out to the world, organise exhibitions and participate in art residencies abroad to further develop her skills and competence as an artist.