

May 2020
Paul Garrard Press Release
For immediate release

L7 - an exhibition of seven uplifting images - 25th May 2020 to 31st May 2020

In these uncertain and worrying times it's useful to have a few pleasing things to concentrate on. Focusing on beautiful distractions can help to ease the burden. One of the positive things that has come to the fore during lockdown has been the way that creativity has played a major part in our wellbeing.

For many artists lockdown has been a highly productive time although unfortunately for many not a particularly financially beneficial. Artists are quick to adapt and have sort alternative ways to show their work. Instagram has become the go to place to exhibit work.

In a bid to help lift people's spirits the artist Paul Garrard has produced an exhibition of seven uplifting images. L7 is a series of seven bright and positive pictures created in a mood of optimism as an antidote to some of the anxiety that currently haunts us.

L7 will run from 25th May 2020 to 31st May 2020

One uplifting image by the artist will appear every day for seven days on Instagram @paulgarrardartist (<https://www.instagram.com/paulgarrardartist>). At the end of the exhibition a free e-book will be made available for anyone who wishes to download, print and covet it.

Paul said, "I wanted to offer people something upbeat in these dark times; images of vibrant shapes and jolly colours. In this series I've tried to channel positive vibes of calmness, love, hope and mindfulness. We must never lose sight of the fact that life can be good. We need to remember and cherish that. I hope my pictures convey that. The world needs more love!"

To coincide with the exhibition Paul is also releasing a musical track entitled More Love Required. This will drop on Monday 25th May 2020 via Paul's account on SoundCloud <https://soundcloud.com/user-112030456>

About Paul Garrard

Paul Garrard is a multimedia artist with fifty years experience. The vast majority of his output is in one digital form or another. His work reflects how he feels, how he views the world and life with all its absurdities. "Art is life imagined and Nothing is ever black and white, even when it's black on white; life and art should never be taken at face value."

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