

**H MINGO**  
ART PORTFOLIO 2025







## BIO

Holly Mingo is a British self taught Abstract Expressionist artist and designer who creates complex and intricate abstractions that reflect the inner workings of her mind. Her works are created by an intuitive process, allowing this to meditatively guide her works with no plan or judgement.

Mingo's works are a personal expression of her experience, and through this form a philosophical framework for her practice and life. She uses both the process and outcome to act as allegorical tapestries that narrate intrapersonal experiences.

Mingo personally sees her works as '*mindscapes*' - scenes of the mind, but also rejects the notion that art can be limited to one totality. She sees abstraction as a powerful language of emotion that can be interpreted universally.

"My mind is as busy and energetic as my artworks, they are a direct correlation of such. I see my works as projections of the mind on canvas. Emotion feeds my work, constructed by experience, perspective, and meaning. The things that give me the most feeling in life, architecture, music, history are what informs my work, what inspires my pieces.

Creating art is all I think about, I see it as a personal exploration of the mind, a meditation in finding out what can be expressed next from the vast entanglement of thoughts that make up my mind.

Music is my main and favourite way of accessing this flow state and emotion when creating, as a fairly emotive person who's been through a lot, music is the perfect bridge in allowing me to create freely and process my thoughts where there's no time to judge, but just allow them to happen, like my art, like living and breathing."





# LIMITLESS POSSIBILITY

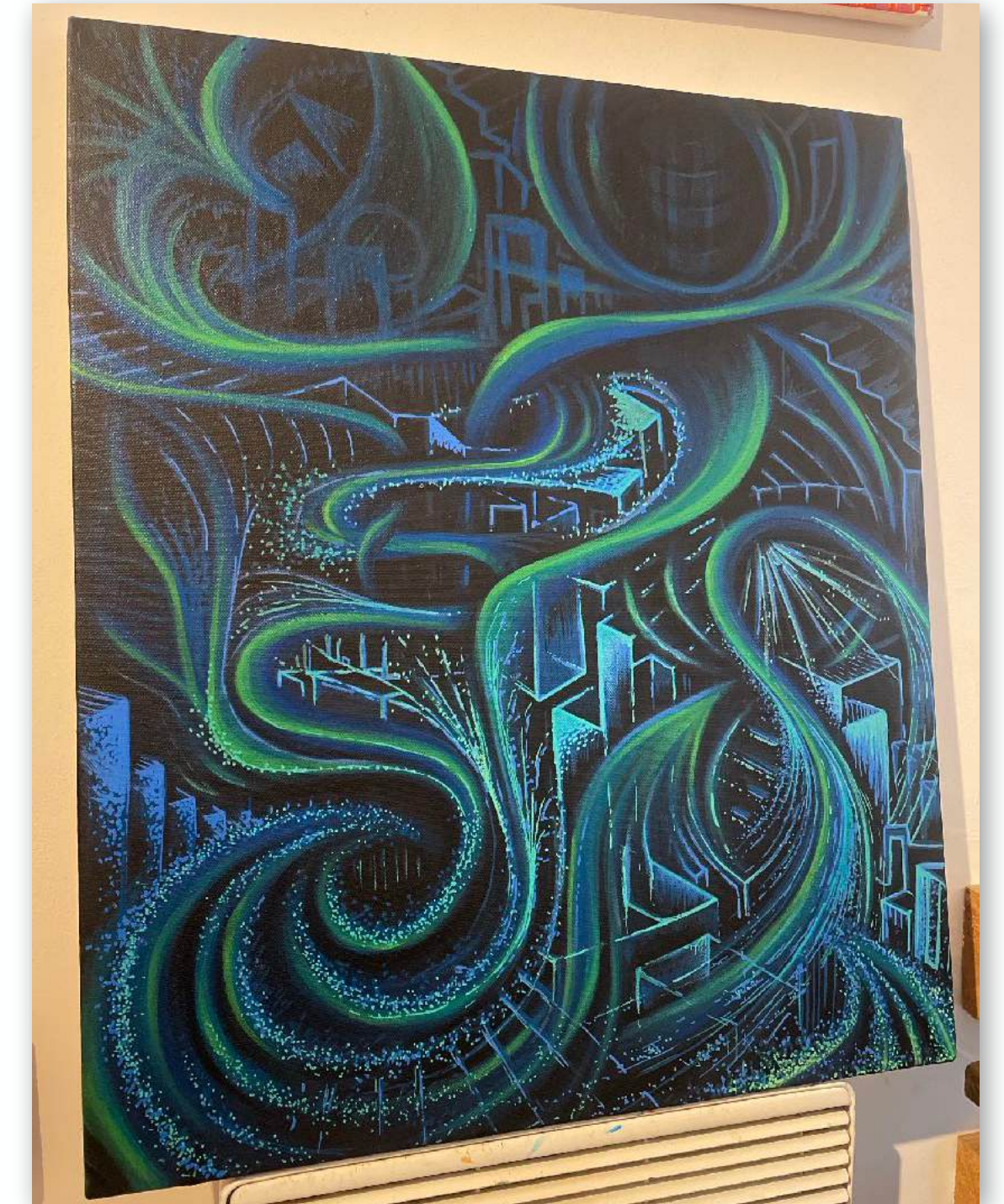
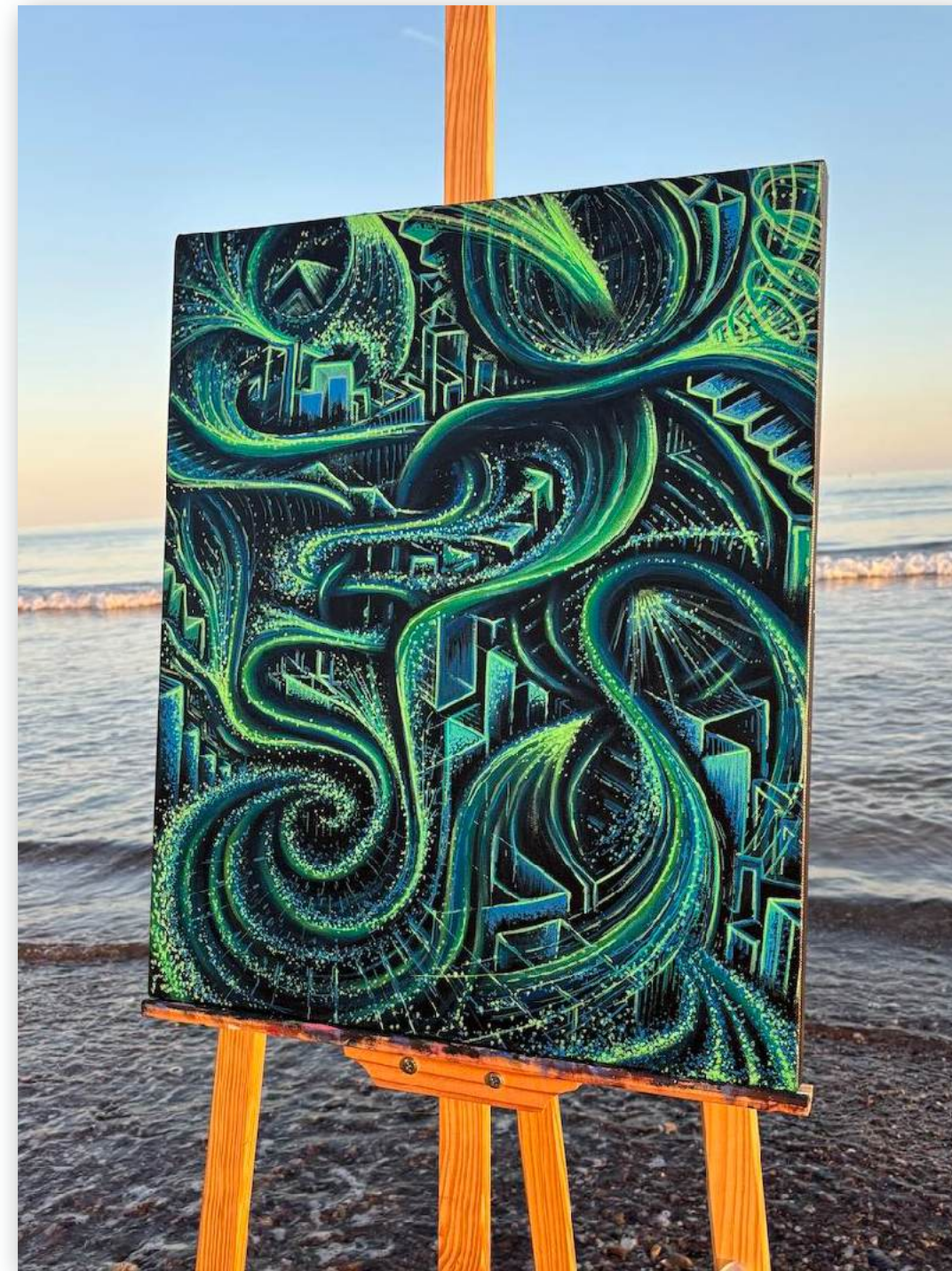
150 x 120 cm | Acrylic Markers on canvas (2021)

Limitless Possibility is an abstract expressionist piece created with no fixed plan. This piece was spontaneously created during the 2 month recovery of having my appendix removed. This piece felt like a true expression of the stressful few months I'd had prior to creating this piece.

Through layering upon a framework of spontaneously created line and dot works I used acrylic markers to create what resembles some kind of celestial formation. The scale of this piece and the level of detail creates I real sense of expanse which was metaphorically felt when stepping away from each day of working on this piece. Creating these detailed formations of colour, light and texture with no real pre-emptive plan or thought taught me the limitlessness of the mind and possibility of creation in this way and inspired future pieces using this process.

Limitless possibility is my flagship piece, representing my style and process in it's most organic form.





# RIGHT NOW IS FOREVER

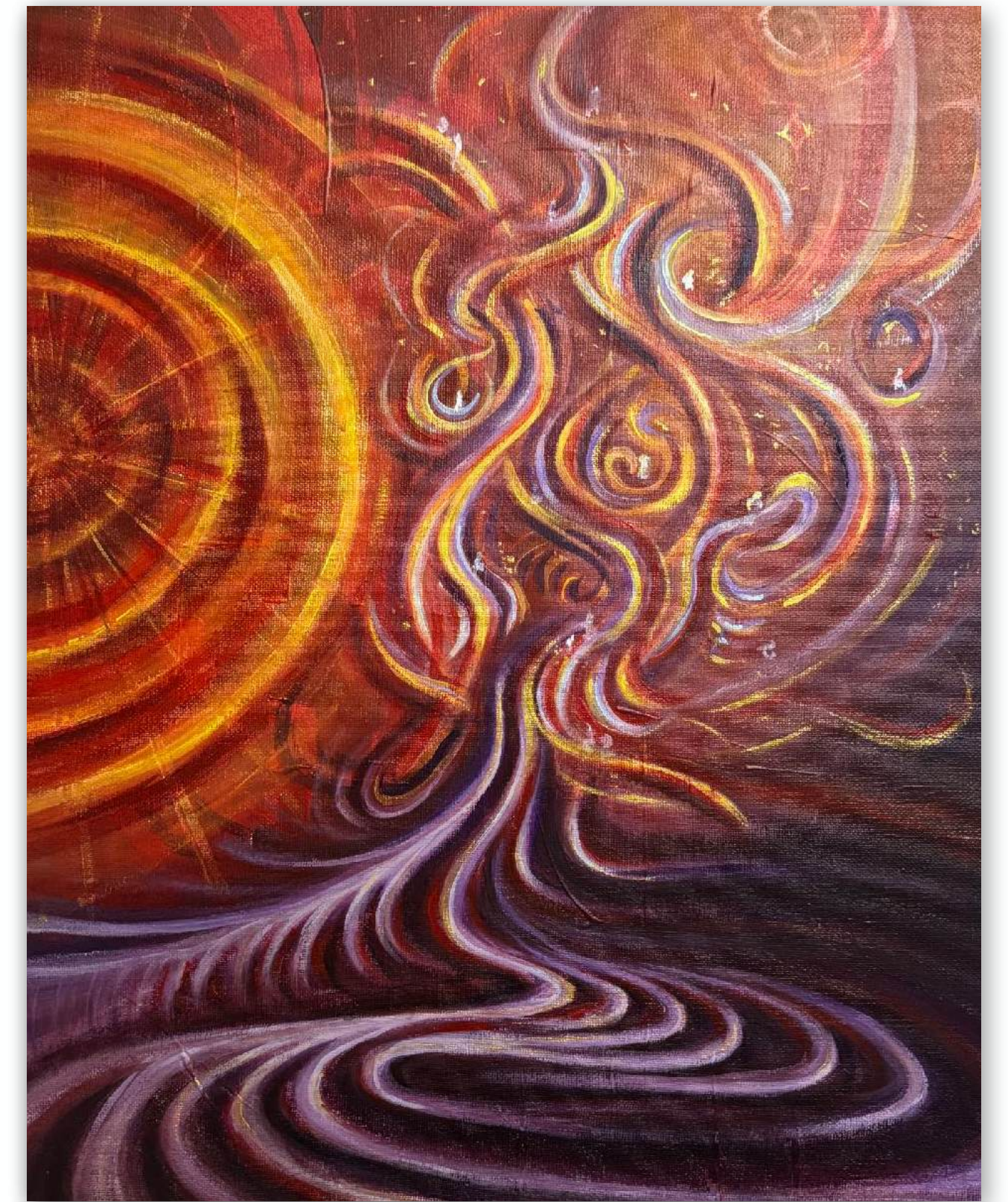
Acrylic and acrylic markers on canvas (2023)

‘Right now is forever’ is an abstract expressionist piece combining the emergence of my acrylic painting style combined with my acrylic marker style, this piece investigates the use of these two materials and how they can interact to create depth and movement in more organic and fluid ways.

This piece was created with no plan or expectation, focussing on painting and drawing in a freestyle approach, allowing a meditative process of the mind to create freely and without judgement. A practice in conscious creation and exploration of the mind in the present moment.

This and each of my pieces reminds me of an abstract environment that is formed within the mind, a visual translation of thoughts and the energy that you can imagine being within.





## MEET ME HERE?

Acrylic on canvas (2025)

'Meet me here?' Is an unplanned freestyle painting created by using intuition as a framework for inspiration. I used music and a play of the subconscious and conscious mind to create this piece, focusing on the use of dark and light tone and form to imitate light and shadow, forming this abstract environment.

I've added figurative people into this piece for the first time, illustrating the subject of this piece as being some kind of explorable world, representing the world of the inner mind that is explored via my paintings.





## LIMINAL SPACE

50 x 60 cm | Acrylic on canvas (2025)

“Liminal space” is an explorative artwork using masking tape and acrylic paint. I layered varying tones, sizes, and shadows of sharp geometries that give the illusion of depth and space. The focus on this piece then became building upon these geometries to add complexity and explore the ways that these forms interacted within the depth of field I’d created.

This piece inspired me to extend my study of painting 3D environments via Computer Aided Design softwares such as sketch up where I am working on creating an augmented reality version of this artwork, displaying the painting I have created as well as how it was imagined from other angles, communicating further how I perceive my works as environments or spaces.





# CONVERSATION BETWEEN THOUGHT

60 x 80 cm | Acrylic on canvas (2025)

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# THREADS

50 X 80 cm | Acrylic on canvas (2024)

‘Threads’ was a commissioned artwork surrounding the concept of the red thread that binds us when we connect with others, the interconnectedness of my existing style fit perfectly for this brief and allowed me to have fun and play around with using light and shade through colour. I see this piece as a glimpse of the architecture within a relationship, connoting abstract paces as elements within connection, highs, lows, compromise, and compassion.





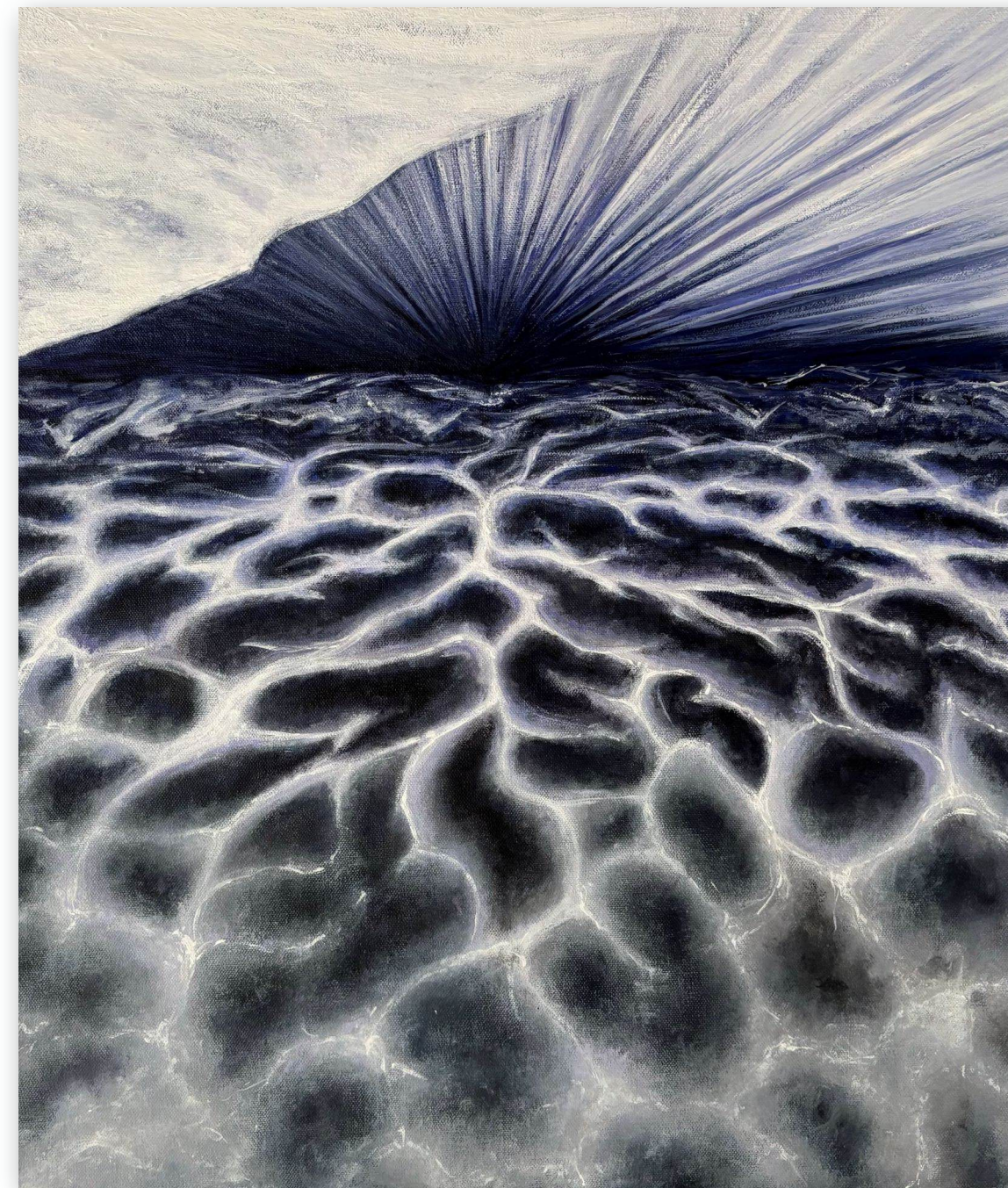
# ENTANGLEMENT

90 x 120 cm | Acrylic on canvas (2025)

“Entanglement” was painted using a unplanned process of drawing to music, autonomously creating a framework that was then built on by adding a detailed, gradient contrast of light and dark, as well as using a contrast in curved and straight lines, forming city and building like figures tucked amongst flowing curvatures.

Listening to music during creation informs the rhythmic quality of this artwork, adding movement and energy through autonomously responding to the music heard whilst creating. Creating paintings in this process has often been key to the authenticity my practice, allowing me to take enter a meditative state, aided by music that translates a true individual expression.





## ON MY WAY

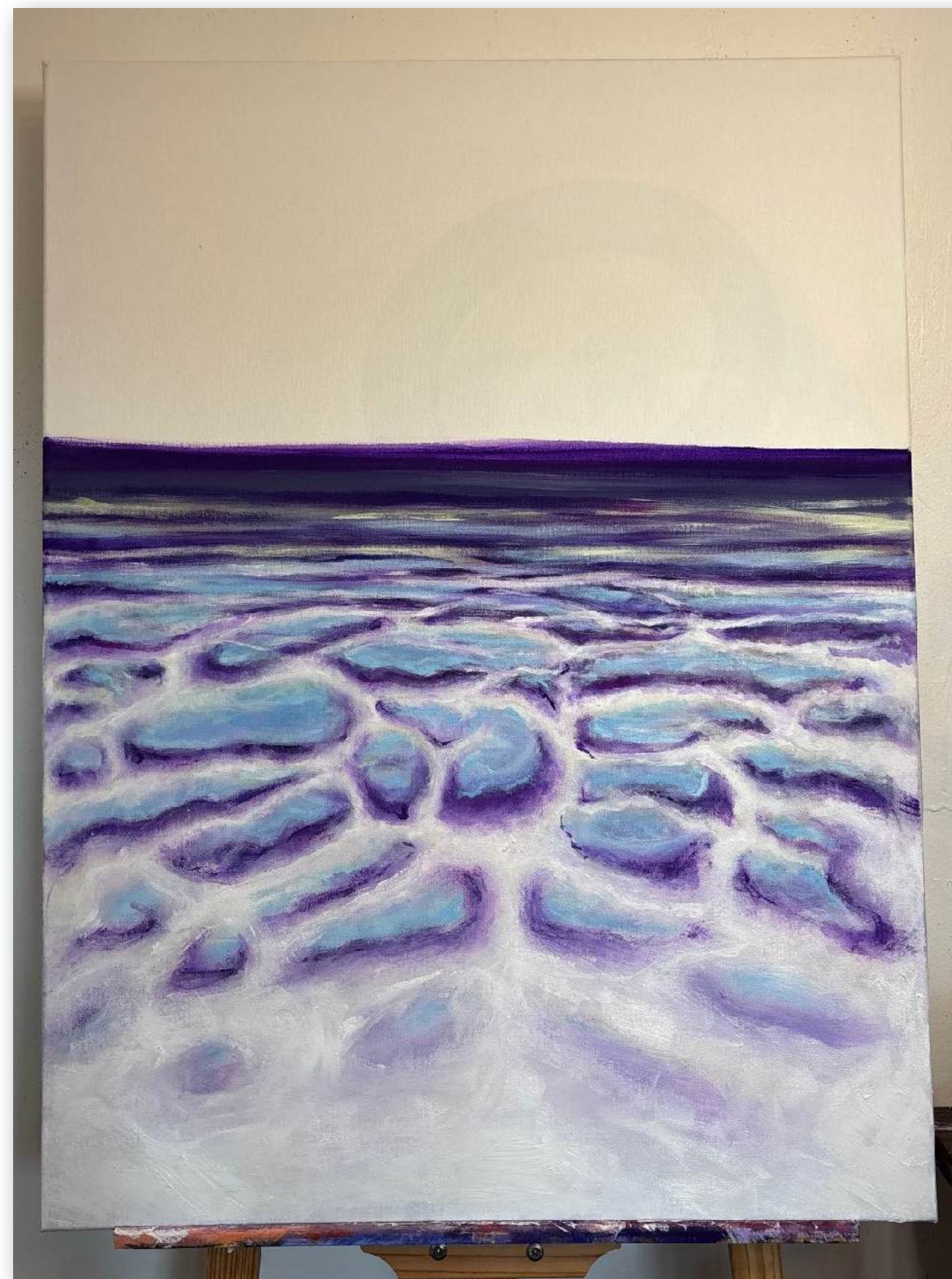
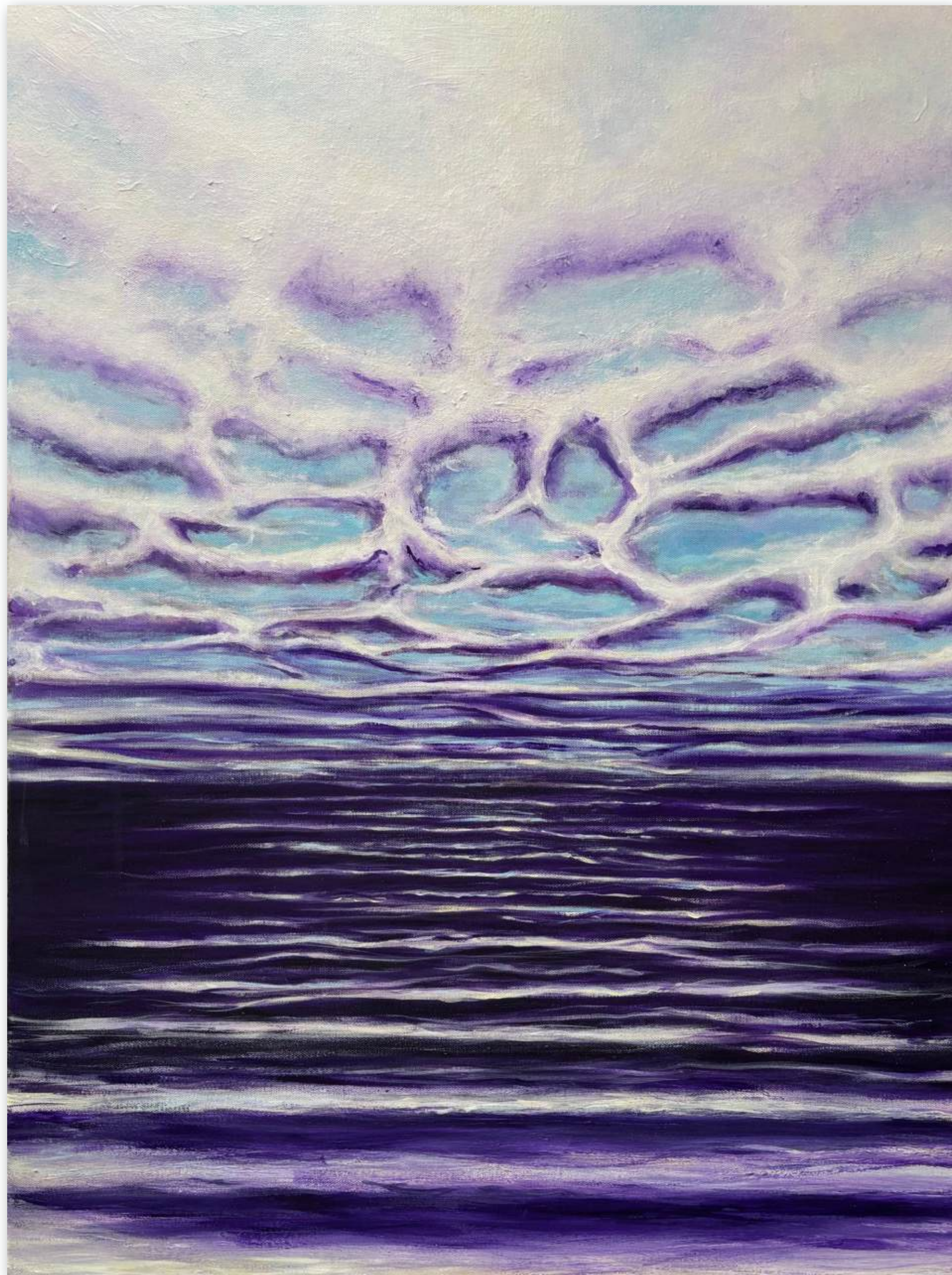
50 x 60 cm | Acrylic on canvas (2024)

‘On my way’ is the first of the landscape paintings I’ve created. I create these landscapes from memory of years of growing up along the coast of Devon. Spending many hours staring out to the depths of sea, land and clouds. I wanted to still keep this piece abstract, giving a sense of exaggerated depth by the extruding sharp lines in the lower half contrasted by organic crack like formations in the upper half of the painting.

Not long after forming this piece intuitively it felt although you were standing in the piece, overwhelmed by the overarching sky. I also like the way that the mountains in the horizon merge into the clouds creating a seamless transition between the land and sky.

When creating these pieces I turn the canvas around and paint it upside down, this allows me to get even depth and perspective throughout.





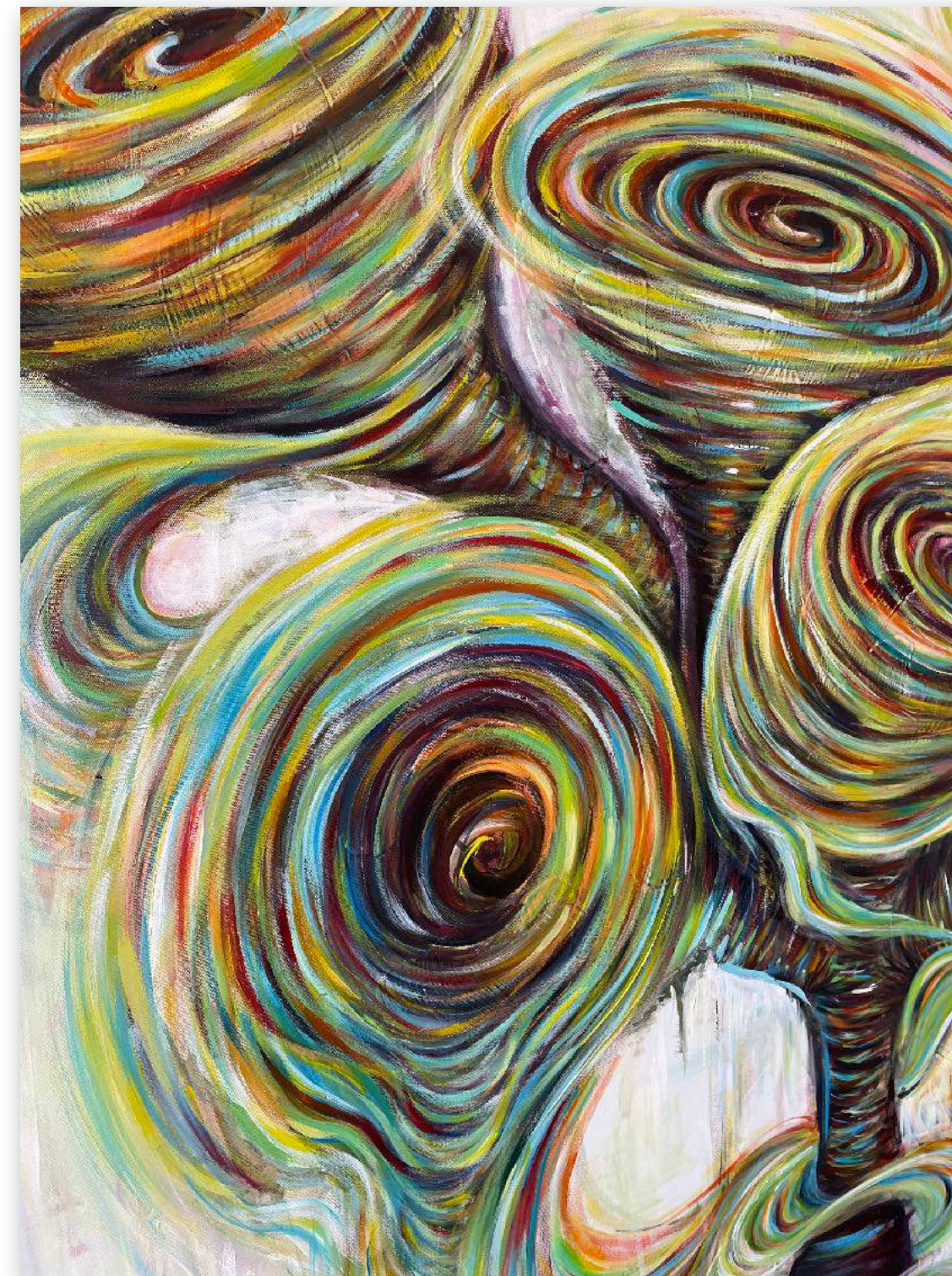
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## 7 WORLDS

90 x 90 cm | Acrylic on canvas (2022)

7 worlds is an acrylic painting adaptation to an already existing printed canvas that was found on the street to be thrown away. I adjusted the existing forms and colours within the print to create these spherical forms that I see as portals to new worlds. This piece reflects on the ways that art can be an emerging process of change and adaptation, showing that we are always in a state of flux and evolution.

This piece was created as I was developing my painting style, by using a variation of colours and tones with short prose strokes in these curved motions I was able to create a sense of movement and energy.





# STATEMENT

My practice is a complex and intuitive interpretation of my mind and experience. Through a meditative process with little to no plan, I create one of a kind abstractions that to me, display the inner workings of the mind via energy, colour and form. As is of our complex inner worlds, my works deeply reflect these inner environments that are also informed by my interest and love of architecture, expressed in geometric forms that denote buildings and spaces.

I use art as a way to construct worlds that only exist in the mind, compilations of thought, emotion and external influence. My work is the result of the subconscious and conscious mind in flux, consciousness in creation but subconscious in influence. I find abstraction a powerful universal language, through colour, texture and form the audience, no matter where they are can read an artwork and interpret it in their own, unfiltered way.

My work invites pareidolia - the concept of seeing something familiar within something. The notion of constancy in my work allows the viewer to find new things to look at or follow the threads throughout the artwork as created.

I pride my practice on being diverse and explorative throughout, I find the truest way of expressing being with no judgement or expectation of outcome, allowing myself to create in my own style and perspective towards my work. It's this perspective I invite to others, a personal interaction and identification with the piece allowing it to be theirs as much as mine, that is the beauty of abstraction.

I've moved from acrylic markers to acrylic paints over the past couple of years, I have been interrogating what these mediums give when it comes to intuitive creation, how I can find the balance between the depth of colour and texture in painting opposed to the dexterous control when using markers. During my experimentation with painting I've explored some landscape paintings created from memory, challenging myself on painting in a semi realistic style.

The plan (or lack of) for the future is to continue to develop my practice organically, exploring the depths of my process and emotion that guides it. I am increasingly interested in neuro-aesthetics and embodied cognition as I look into the essence of my work and the impact it has.

# THANK YOU FOR VIEWING

[www.hmingoart.com](http://www.hmingoart.com)

[hmingoart@gmail.com](mailto:hmingoart@gmail.com)