

Friday, 22 November 2013 14:00

## Zaahirah Zabeen Muthy : Therapeutic Art



She uses her emotions to convey a message in each piece of art she creates. She uses her art to touch the lives of all who come in contact with it. The apparent ease of her composition reveals mastery, dedication

and nurturing.

Her art is eclectic, dynamic and technically skillful and pull you into their orbit, providing plenty to reflect upon. They are conveyors of messages, things left unsaid but definitely senses visually. They draw you in and deny you entrance; they are enigmatic and accessible. As busy as this multi-talented artist is, Zaahirah took some time for the readers of News on Sunday to discuss her art, her [creative process](#), and why she chose not to be just a fine artist, but a social worker as well.

**When did you know you were an artist? What do you think an artist is now that you have been one for many years?**

I am a passionate artist originally from Mauritius and now residing in UAE. I have always been fascinated by colours and shape. Innovation, Imagination and Inspiration have always been my primary principle. I have participated in many Arts competitions and organised many arts community projects. I was awarded “Oscar de la Jeunesse 2001” in Artistic Pursuit in Mauritius. Inspired by the contemporary arts, I have held solo exhibitions in Mauritius, Madagascar, Seychelles, London, Dubai and Abu Dhabi.

**Art should have an effect, it should communicate something. Do you think art’s purpose is simply to provide a platform for an artist’s expression?**

Art is part and parcel of my life; Art for me is much more than a platform of expression. It is a therapy and a spiritual bond. It is a paramount journey that crafted my personality. I am who I am today only because I have heard the music of the brushes and colours.

**Ideally, what experience or impact would an [audience member](#) take away from your work? What message or messages are you trying to instill in your audience?**

My motto [is for](#) a universal language which connects, interacts and communicates with the viewers. All my art works contain a key message to the viewers, sometimes, creating awareness about an emerging social issue or an empowering message to motivate and inspire people.

**What do you see as a connection between art and social work, since you are also very much into social work?**

It is actually at the core of my mission as an artist. I launched the ZeeArts community which is a platform to empower emerging and leading artists and at the same time to foster [community development projects](#). You can check my social work journey on my Website in the press Ads section.

**Do you have any advice for other artists who are creating socially focused art?**

Just be yourself. And no matter what, be focused. Focus, focus and focus on your vision as an artist. It is also very important for an artist to acknowledge feedback and build up his/her own identity.

**Date of birth:** March 21

**Profession:** PR and Event Manager

**By Passion:** Painting, Community work, Toastmasters

**By talent:** Painting, [organising events](#), networking

**Childhood memories:** I love toys/playing and I remember for a Christmas (7 or 8yrs) I woke up and did not find my gifts near the Christmas tree where my little sister received hers. I was so disappointed and started crying. Actually, my parents were trying to teach me a lesson as I was a very mischievous child. But I did receive my toys later, thankfully.

**My family:** I have the best parents in the world and two lovely sisters who are my best friends, Nazima and Noorina. My family is the most important part of me.

**My biggest achievement:** Waking up everyday.

**Historical artists I admire:** Van Gogh, Pablo Picasso

**My inspiration:** My Son, Zeeshaan.

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