



GALLERY 5

Narmada Smith

Colour : gentle awareness

Lismore Regional Gallery



11 Rural Street
Lismore, NSW 2480

Open hours
Wednesday to Sunday, 10am – 4pm
Thursdays until 6pm
Closed on public holidays

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@ [LismoreRegionalGallery](https://www.lismoreregionalgallery.org.au)

Lismore Regional Gallery is a creative initiative of the Lismore City Council supported by the New South Wales Government through Create NSW and the Friends of the Gallery. The Gallery acknowledges the Widjabul Wia-bal people of the Bundjalung Nation as the traditional owners of the land upon which the gallery stands. We pay respects to elders past, present and emerging and extend that respect to all First Nations cultures and their contributing connection to land, waters, community and the arts.

29 MAY –
19 JULY 2026

‘Colour is the place where our Brain meets the Universe’

– Paul Cezanne

The sensory and psychological impact derived from colour, as demonstrated in modern visual art, together with Indian aesthetics is the primary influence in my art practice.

I have recognised that the observation of vivid colour and pattern can elevate the consciousness of the viewer. This engagement reveals the emotional and instinctive power of colour to transform awareness.

Looking at art slowly, while reflecting on the relationship between colour form and composition, evokes an instinctive visceral experience. This alertness frees the viewer to look, think and breath, initiating an unfolding of gentle awareness.

I have produced this body of work from intuition and trust, navigating my way through the process to create an authentic space of connection.

The intention for the work is to illustrate my relationship to spirit, by implementing Indian iconography combined with strong passages of vivid colour and spontaneous drawing.

Narmada Smith, 2026



Kali seeds 2024
oil on canvas
50 x 45 cm



Shut up and paint 2019
oil on canvas
35 x 35 cm

Narmada Smith was born in Sydney in 1950 and currently resides in Lismore in the Northern Rivers region of New South Wales.

Attending the National Art School in 1990 at the age of forty was a formative experience that inspired Smith to obtain her MFA degree at Sydney college of the Arts in 2000. This was followed by extensive studio-based research at College of Fine Arts Sydney.

Travelling to India over four decades immersed Smith in the cultural practices and mystic imagery of India. Her paintings portray a vivid recollection of the iconography and colour of temple design and rural daily life. Collecting Indigenous art and observing devotional rituals were part of the experience.

Smith's practice is underpinned by an enduring obsession with the sensory impact of colour, and its links to modern art practice and Indian mysticism.

Her current body of work defines her conviction that colour has a transformative capability on the consciousness of the viewer.

Smith possesses an instinctive sense of purpose in her life and paintings which are the embodiment of her decade long professional art practice.

list of works

Narmada Smith
born 1950 Sydney, Australia
lives/works in Lismore, Australia

As above so below 2026
oil on canvas
75 x 60 cm
\$5850

Banksia spirit 2025
oil on canvas
50 x 40 cm
\$1950

Being alone in nature 2026
oil and oil stick on canvas
90 x 80 cm
\$5200

Blue sky 2026
oil and oil stick on canvas
75 x 60 cm
\$3250

Don't worry be happy 2026
oil on canvas
60 x 50 x 5cm
\$1950

Indian mango grid 2025
oil on canvas
75 x 60cm
nfs

**Journey of the soul through the
Himalayas 2018**
oil on canvas
120 x 80cm
\$3900

Kali seeds 2024
oil on canvas
50 x 45 x 5cm
nfs

Naked awareness 2026
black enamel, oil paint and oil stick
120 x 100 cm
\$7150

Nothing ever happened 2026
oil and oil stick on canvas
120 x 90 cm
\$6500

Shut up and paint 2019
oil on canvas
35 x 35 cm
nfs

The God of time 2026
oil and oil stick on canvas
50 x 40 cm
\$1950

**The space between the breaths
2026**
oil and oil stick on canvas
90 x 60 cm
\$4550

all works courtesy the artist