



GALLERY 5

Melanie Valentine

Active Stillness

Lismore Regional Gallery



11 Rural Street
Lismore, NSW 2480

Open hours

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

W lismoregallery.org

T 02 6627 4600

E art.gallery@lismore.nsw.gov.au

@ [LismoreRegionalGallery](https://www.facebook.com/LismoreRegionalGallery)

15 AUGUST –
5 OCTOBER 2025

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.

Melanie Valentine is a multidisciplinary artist and designer working on Bundjalung Country. Inspired by the natural landscape, Melanie's work reflects her deep connection to nature, using it as a metaphor to explore psychological and memory scapes.

Active Stillness captures the tension between chaos and calm from the perspective of a neurodivergent artist. Each artwork serves as a visual journal: autobiographical snapshots blending symbolism and personal experience, documenting moments of emotional turbulence and the search for balance and stillness.



Eastern wisdom and modern life 2024
oil on canvas
60 x 90 cm



Stay and let me soften (detail) 2022 – 2025
oil on canvas
30 x 40 cm



What remains 2025
oil on board
30 x 40 cm

Stay and let me soften 2022 – 2025 explores the quiet power of intimacy – the feeling of being truly witnessed in your raw, unguarded being. It speaks to the deep human longing for safety, for a space where nervous systems co-regulate, and walls soften, where love is not just warmth but presence.

To be held in someone's gaze without shrinking. To let yourself unfold in the presence of another. This is the beauty and the edge of connection. Because love, when it is real, becomes a mirror – reflecting not only your light but your shadow, your longing, your patterns, your tenderness.

In this space, vulnerability becomes strength. The self is not lost in the closeness but revealed. Slowly. Honestly. Without performance.

This is not the drama of romance, but the still, transformative intimacy of being known.

– artist statement

list of works

Melanie Valentine
born 1991 Sydney, Australia
lives Northern Rivers/Bundjalung
Country
works peripatetically

Bruised echoes 2023 – 2024

oil on canvas
44.5 x 34.5 cm
\$1,360

Eastern wisdom and modern life 2024

oil on canvas
60 x 90 cm
\$3,160

Highways and lows 2022

oil on canvas
46 x 61 cm
\$2,170

Meeting the maker 2021 – 2025

oil on canvas
91.6 x 91.6 cm
\$4,500

Spiralling 2025

oil on canvas
60 x 50 cm
\$2,430

Stay and let me soften 2022 – 2025

oil on canvas
30 x 40 cm
\$1,340

Storm horses 2023

oil on board
42 x 31 cm
\$1,490

The pleasure of pain 2025

oil on canvas
60 x 50 cm
\$2,430

What remains 2025

oil on board
30 x 40 cm
\$1,290

all works courtesy the artist

/ all work dimensions are
unframed



The pleasure of pain 2025
oil on canvas
60 x 50 cm