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Paula Metz DiSciullo

PAINTER

Paula DiSciullo is an artist based in Charlotte, North Carolina, US. She mainly works with acrylic paint on stretched canvas. Paula has been actively painting since 2020. The 2020 pandemic stopped the noise of life and all things we should do, allowing her long-time love of painting to be unburied. As a married, full-time mother of four children, she describes her art as a way to channel what brings her joy. Her subjects include horses, pets, nature, and cities. Paula is self-taught and works out of her home, wherever she can find space. Her family operates alongside her work. Paula only paints what gives her joy, which allows for diversity in subjects.

From 2020 - 2022, Paula's work was chosen and featured in an online curated art collection called The Untamed Square. Her work is showcased through social media, in local Charlotte art shows, charity auctions and occasionally in a coffee shop. She is a member of the Guild of Charlotte Artists and Matthews Art Guild.

Prior to painting, Paula obtained a Bachelor's in Psychology and a Master's in Education. She was a Montessori teacher and a corporate trainer at Estee Lauder Companies.



ARTISTIC TREASURE

Acrylic on canvas

COCKAPOO POSE

Acrylic on canvas


ARTIST STATEMENT

“The pieces of art featured are a diverse collection of work that Paula intuitively was inspired to paint. These painted subjects are places and objects that have stirred her unique perception of beauty.

A trip to her favorite city, Charleston, an oyster shell from a vacation, a gorgeous interior featured in a coffee table book, or a French floral arrangement spotted at a local business. Her subjects vary, reflecting her eye for the variety of beauty around her. She begins with a photograph, music and prayer. She then paints layer upon layer of unexpected color on a canvas, creating vibrancy and texture. Her brush strokes are loose, yet she will tighten up on details she finds interesting. The end result is a bright, vibrant painting which allows for the energy of her subject to shine through. Paula paints to share with others what evokes joy.



CHARLESTON CHARM

Acrylic on canvas

RAINBOW ROW

Acrylic on canvas

As a middle child and somewhat introverted, I have always been comfortable being left alone. This alone time was often spent drawing. As I got older, those drawings led to paintings.

My childhood best friend, Martine, owned a horse. My love of horses began and never ceased. At age eight, my first framed artwork was a pastel drawing of a horse. A lot of my current work incorporates these magnificent animals.

I remember impressing my friends at school with my drawings. They would challenge me to draw something, and I loved it. I come from a creative family. My mother enjoys watercolor painting and stone sculpting in her free time. My parents have an extensive art collection. My father is involved in local art councils. I have cousins who are photographers, actors, painters and movie producers.

My parents encouraged and praised my art but led me down a more traditional path. I don't remember even

thinking or discussing art as an educational or career pursuit. I obtained a Bachelor of Arts in Psychology and a Masters in Education. I was a Montessori teacher, then transitioned to the corporate world as a Training and Education Manager at Estee Lauder Companies. After marrying and getting pregnant, I stopped working because of morning sickness. My husband encouraged me to get back to painting. Like many, when the world stopped in 2020, I used the time to explore what I truly love doing: art.

With four children and the demands of family life, I paint when I can without a set schedule. I enjoy my life even more because I am fostering a flame that is uniquely MINE. It gives me energy, and confidence and makes me a better wife and mother.

Family life is often unpredictable and time-consuming. My creative practice has evolved from having ample time to paint to fitting it in when I can in bursts. Motherhood has taught me to be efficient with my creative practice!



LOCATION

Charlotte, NC | United States

WEBSITE

www.pmdfineart.com

INSTAGRAM

@pmdartelt

“Working as an artist as a stay-at-home mother of four children has its challenges. I used to get resentful of interruptions while I was painting (What did I expect? I paint in the middle of the kitchen!).”

Now, I see those interruptions as an opportunity to step away and come back with fresh eyes. Those interruptions also become less frequent when I talk to my children about my job as an artist. I found that if you get your kids involved, ask their opinion, let them create beside you or help with internet content, everyone feels more connected. I think of my family as an orchestra.

I used to silently berate myself for not painting more. I would allow the daily mental checklist of running a household to overtake my days. Now, I give myself grace. At times, family life takes priority, and that is the season. One day, the children will all be gone, and it will be me and my husband. Also, procrastination is actually a good thing for creatives. It allows time for ideas to percolate. So when you paint, it is easy to get into flow.



Lastly, it is challenging not having a studio or even a designated painting space within my home. I have overcome this challenge by having my art materials neatly put away and close by. My materials are in my kitchen pantry. I use my garage sink, right outside my kitchen door, to clean up. My easel is tucked in a corner next to my kitchen, and blank canvases are stored in my basement. My artwork is on display in my home. Being a mother has taught me to be flexible, efficient and hard-working.

The effort to practice my artwork has had profound payoffs. It has allowed me to foster my unique identity, give back to others, make the world a more beautiful place, model the pursuit of a passion, and obtain more energy.



CREATIVE HABITS

Time blocking is a great way for me to set aside time to paint. It can be fifteen minutes to two hours a day. If it isn't scheduled, it usually doesn't happen.

I store all of my art supplies close by and neatly so I can easily set up when I am ready. My art supplies are stored in my kitchen pantry. I try to sketch outlines and prep canvases in advance so I can get right to painting. I paint from an original photograph of a subject that makes me smile or filled with wonder.

I begin by lighting a candle and playing Taylor Swift. Taylor is incredibly inspiring because she fearlessly pursued her artistic gift at a young age and is jaw-dropping prolific. Before I begin to paint, I say a prayer. This helps clear my mind and center me. It is also a practice of gratitude for the gift of art that was given to me freely. Once I am in this mindset, my painting flows as if it isn't even coming from me.

When I am not painting, I try to be mindful of the beauty around me. I always have my iPhone camera ready to snap a photo for inspiration. I create albums on my iPhone of different subjects I want to paint. I connect with other artists on Instagram for ideas and inspiration. I visit galleries and art crawls, sign up for online workshops and coaching sessions and listen to artist-led podcasts. I am a member of two art guilds that allow me to network, get exposure through art shows and learn from other artists in my community.

INTERIORS II
Acrylic on canvas

The art world is lacking accessible spaces for emerging, local artists to showcase their work on a regular basis. Right now, it is easy to find emerging artists' artwork online through Instagram, Pinterest, Etsy or other websites. Offline, if an artist is lucky enough, they can display their work at a local gallery. More often, artists apply for local art shows and festivals to showcase their work. However, these art shows and festivals are

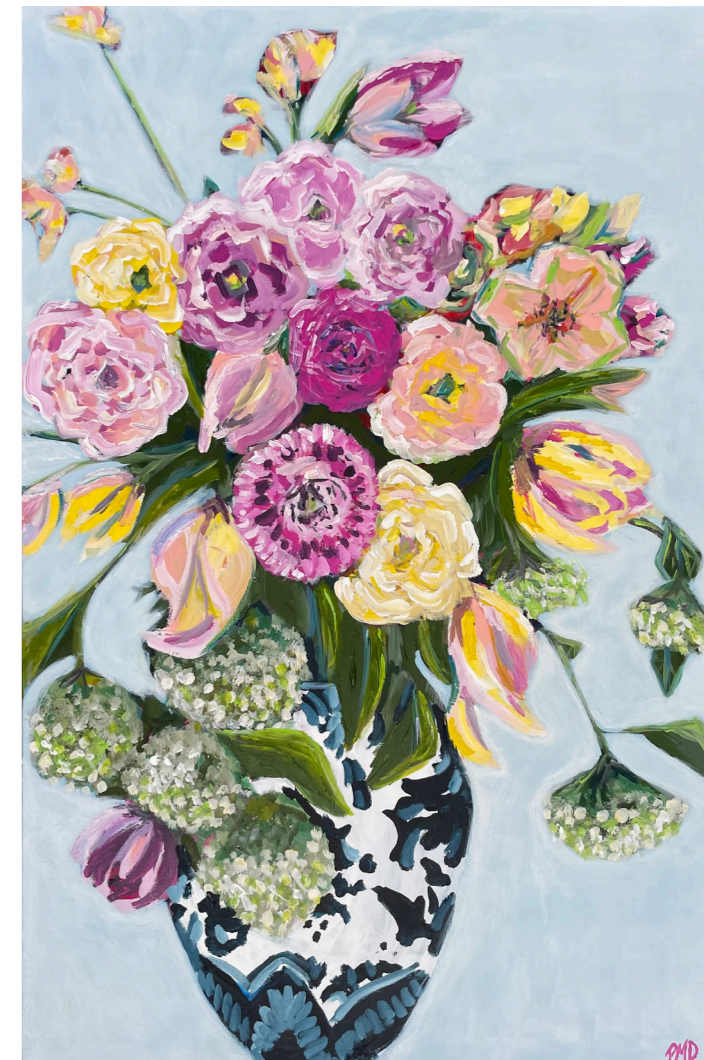
for a limited amount of time. I would love to see an ongoing community database for artists where local businesses request art for their spaces. How wonderful it would be for a patron to walk into a restaurant, doctor's office or clothing store and see local art decorating the walls! The art on display could be available for purchase, and both the artist and business would benefit.

ARTISTS ARE CONSIDERED THE MOST IMPORTANT PEOPLE IN SOCIETY

I believe every person has their own unique gifts that should be used to make the world a better place. My faith inspires me to pursue relentlessly what I am destined to do so that my light shines and is not hidden from the world (Matthew 5:15-16). I understand why some people believe artists/creatives are considered the most important people in society because they are influential, inspiring, communicate information, shape our thoughts

and values and capture the existence of life in a particular time in history. However, I truly believe the vocation of motherhood is the greatest work. As C.S. Lewis so aptly states, "Homemaking is surely in reality the most important work in the world. What do ships, railways, mines, cars, government, etc., exist for except that people may be fed, warmed, and safe in their own homes?... The homemaker's job is one for which all others exist."

The number one piece of advice I wish I had known when painting got challenging as an artist parent is to confront resistance more positively. Explore why you resist painting at times. Is it truly because of a family priority, or are you succumbing to fear, laziness or insecurity? I used to tell myself that I "just couldn't focus" or "just couldn't prioritize". Now, I understand that resistance to painting will ALWAYS happen. It is completely normal. I then explore whether I should tighten up my time blocks or ignite inspiration by flipping through photos or visiting a gallery. I might even reflect on whether I have been comparing my work to others too much and need to refocus on my own journey as an artist. I am much more gentle with myself now. I have learned to trust that my creative path is the right one for this moment in time if I am honest with myself. Resistance should be looked at as an arrow pointing to opportunity. Walk through the resistance towards what you know gets your creativity flowing. Do not view resistance as a barrier; see it as a sign that you are heading in the right direction!



FLORAL JOY
Acrylic on canvas