



Seeking *Faie* de *Vivre*

BY MEG INDY

My affinity for art has been a dear and lifelong companion. We met somewhere within the expanse of my mother's overflowing craft bins, my father's passion for photography, and my grandmother's never-ending teacher supply room. My earliest memories are smattered with smocks and stickers and brushes and every colorful treasure a girl could paint her world with.

As a young girl coming into her own, I often shied away from formal instruction of any kind. My mother likes reminding me that I never wanted someone to tell me how to express myself — this hasn't changed in the last two decades, as that childlike independence remains. I love feeling my way through my work, dancing to the beat of my own drum, paintbrushes in hand, enjoying the magic of the mess.

I found comfort throughout college in a small yellow watercolor set my mother sent me to school with. I was a student at The Georgia Institute of Technology at the time and loved hitting pause in the hustle of my undergraduate life by squirreling away with my watercolors and painting for friends. As my commissions list grew, I rented my roommate's desk to expand my workspace across my tiny room, rearranging beds to hide the paint splatters, and once hiding an entire apartment's worth of furniture to make our living room into a makeshift gallery for a night. Shortly after graduation, I took a job at a consulting firm downtown. I would still paint in my free time, but I knew deep down in my heart that it simply wasn't enough. So, after a quick stint in the corporate world, I packed up my personal effects in a cardboard tomato box and marched out of that office to start anew. It has been almost four years of being a full-time artist, and even through the ups and downs of entrepreneurship, it has been my greatest joy.



Great Ways to *Start the Day* (in No Particular Order)

- Make your bed and spritz it with your favorite scent
- Pour a cup of matcha (bonus points if you add lavender syrup)
- Write your Morning Pages with "The Artist's Way" by Julia Cameron
 - Stretch to spa music for 10 minutes
 - Sit outside and write your to-do list
 - Whip up a lemon egg for breakfast
- Shower to your favorite mood-boosting song
- Make a mental note of three things you're grateful for
- Light a candle when you're ready to sit down and work
- Clear your inbox and don't check it again until a scheduled time later that day

When I look back on those first few months as an artist, I simply have to laugh. My first studio was located in an established art community, The Goat Farm, on the westside of Atlanta. Having just left the corporate world, the pace of life, the social interactions, and even some of the day-to-day jargon on the campus felt refreshingly different but foreign. I will never forget my studio mates razzing me for initially keeping a tight 9-to-5 schedule with a swift lunch break at noon, for decorating my workspace like a dorm room, and for donning anything other than what was endearingly coined as "The Goat Farm rag." If Elle Woods chased Warner to art school, that would have been a fair comparison to my early days!

As you walk into my current studio, you are instantly wrapped in the essence of joie de vivre — the joy of living. The white shelves that mark the walls are lined with beloved trinkets and books from my travels, and accompanied by two large cork boards that narrate my internal dialogue through magazine clippings, polaroid photos, and crinkled notes from friends. My desk is tucked under a south-facing window and is draped in light throughout the day. Canvases are playfully peeking out from behind the white furniture that lines the room, and a blue Turkish rug sits atop the already carpeted floors, saving them from the occasional drips and drops.



I am a big fan of organized chaos. My white dresser boasts eight drawers that each serve their own purpose: one for gouache paint, acrylic paint, palettes, new paper, recycled paper, and so on. My desk drawers on either side of my chair are sectioned off by different drawing mediums, with my favorite tools on my right side for easy access throughout the day. Beyond that, I hide my larger canvases behind the door and stack the smaller ones in my cubes like a game of Tetris. My favorite way to close out a day in the studio is by tucking everything back where it belongs!

Music is usually wafting throughout the studio, usually echoing sounds that match the weather (upbeat for summer, raspy and low for fall), sometimes playing one song all day long if I really like it — “Higher Power” by Coldplay has been a recent favorite. On any given day you will find two, three, or sometimes four different journals out and about as they each strive to capture different themes of thought, scribbled in with a 0.38 Muji pen every time. A photo of my fun-loving, creative grandmother overlooks my workspace as a constant reminder to not take things too seriously, to live in the moment, and to not be afraid to take the path less traveled. Another companion is a blue ceramic tiger that sits on my top shelf, overseeing the goings on of the studio. I won her through a tough bargain in Mexico and keep her close as a reminder of my inner prowess as a business owner and woman. When I painted in my parent’s basement back in quarantine, she was one of the few studio decorations I brought with me. She has witnessed so much of my story over the years and it is my dearest hope to continue giving her one hell of a show.

Designing a mental space for creation can be just as, if not more, important than a physical space itself. If you’re creating on the kitchen countertop after the kids go to bed, think up a little routine to help you mentally shift into your “studio space.” Light a candle, pick a song and play it every time you pull out your tools, change into your studio persona clothes, and let your mind transform the mundane into magic. Coming from someone who painted on her living room floor for a year, give it a try! Your mind is a powerful, beautiful, and boundless space to create.

Megan Inderrieden is an Atlanta-based abstract artist with a creative curiosity for design that sparks joy. Meg’s spirit is accompanied by an overwhelming presence of joie de vivre — a visitor that likes to frequent her studio on sunny afternoons and often waves hello through her work. Each color, gesture, and title used in her work are each playful nods to the simple, familiar joys that Meg seeks in her day-to-day life. Her dearest hope is that this warmth continues to reverberate beyond the studio and into the hearts and homes of her collectors. To learn more, visit meg-indy.com. You can also find Meg on Instagram (@Meg_Indy), TikTok (@Meg.Indy), and Spotify (@Meg.Indy). She welcomes email at hello@meg-indy.com.

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