



A JOURNEY TO TRANQUILITY

Calm Your Mind

Ravenous
Butterflies



'Shall we make a new rule of life from tonight: always try to be a little kinder than is necessary?'

J.M. Barrie, from *The Little White Bird* (1902)



Edwin Harris,
Sweet Dreams, 1892



‘She was becoming herself and daily casting aside that fictitious self which we assume like a garment with which to appear before the world.’

Kate Chopin, from *The Awakening* (1899)

Félix Vallotton,
Martiniquaise, 1915





‘The years have touched her
only to enrich her; the flower of
her youth had not faded; it only
hung more quietly on its stem.’

Henry James,
from *The Portrait of a Lady* (1881)



Peder Mørk Mønsted,
An Old Woman Knitting at the Window, 1929



‘True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.’

Seneca (c.1 BCE–CE 65)



Firmin Baes,
The Dream of the Lacemaker



'Magic is believing in yourself, if
you can do that, you can make
anything happen.'

Johann Wolfgang von Goethe (1749–1832)

George Clausen,
The Little Flowers of the Field, 1895





'I can live alone, if self-respect, and circumstances require me so to do. I need not sell my soul to buy bliss. I have an inward treasure born with me, which can keep me alive if all extraneous delights should be withheld, or offered only at a price I cannot afford to give.'

Charlotte Brontë, from *Jane Eyre* (1847)



Pekka Halonen,
Woman in Boat, 1924



‘Never regret anything you
have done with a sincere
affection; nothing is lost that is
born of the heart.’

Basil Rathbone (1892–1967)

Peter Ilsted,
The Open Door, 1912



‘Be yourself; no base imitator of another, but your best self. There is something which you can do better than another. Listen to the inward voice and bravely obey that. Do the things at which you are great, not what you were never made for.’

Ralph Waldo Emerson, from *Self-Reliance and Other Essays* (1844)



John Lavery,
Anna Pavlova, 1910