

An abstract painting featuring broad, expressive brushstrokes. The left side is dominated by various shades of blue, ranging from light sky blue to deep cerulean. The right side features vibrant green and earthy brown tones. The overall composition is layered and textured, with visible brushwork and some darker, more saturated areas interspersed among the lighter colors.

MICHAEL REID
NORTHERN BEACHES

'Light of Nature'

Helle Cook

Helle Cook is a Danish-Australian artist based in Meanjin/Brisbane, Queensland. Living in and between Australia and Denmark, her practice is shaped by ideas of movement, belonging and the felt contrasts between Nordic and Australian light and landscape. Helle holds a Bachelor of Fine Art (Honours) from Queensland College of Art and has exhibited extensively in solo and group exhibitions across Australia. Her work is held in private collections in Australia and internationally. Helle has undertaken artist residencies in Australia, Denmark and Italy, with her last residency being in Mantova, Italy. Recently a finalist in the Redland Art Awards, Helle's work was selected as a finalist in the 2026 Ravenswood Australian Women's Art Prize, Sydney.

In luminous layers of oil paint, Helle explores the sensory experience of light, place and belonging. Lingering in the threshold between landscape and abstraction, her work draws upon embodied memories of living in and between Australia and Denmark. Rather than depicting specific places, Helle layers sensation, intuition and light through translucent veils of colour. Her ideas are informed by time spent in nature, where she creates ephemeral sheer-silk installations and observes their interaction with the natural elements. It is an awe-inspiring process that has followed Helle on her travels around the world and back, deeply informing her paintings in the studio. Helle often works on large-scale, unstretched canvases pinned to the wall: it allows for free, gestural movement and intuitive flow. She lets the paint take agency. Subtle tones of Italy merge with cool Nordic light and notions of warm Australian earth, reflecting the shiging illumination and cultural landscapes of place. An ever-present line guides the eye towards—and beyond—horizons, connecting each painting through the sensation of living in, and between, light and place.

INTRODUCTION.

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ARTWORKS.

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*Enfold Unfold I
Out of this World
Nature Unfolding
Tongue in Groove
Seeker of the North*

GALLERY CONTACT DETAILS.

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Enfold Unfold I
152 x 112 cm
Oil on linen
Tasmanian oak Frame
\$4,600



Out of this World
152 x 112 cm
Oil on linen
Tasmanian oak Frame
\$4,600





Nature Unfolding
152 x 112 cm
Oil on linen
Tasmanian oak Frame
\$4,600



Tongue in Groove
122 x 102 cm
Oil on linen
Tasmanian oak Frame
\$3,400



Seeker of the North
122 x 112 cm
Oil on linen
Tasmanian oak Frame
\$3,600





MICHAEL REID

NORTHERN BEACHES

Tuesday: 10am - 5pm

Wednesday: 10am - 5pm

Thursday: 10am - 5pm

Friday: 10am - 5pm

Saturday: 10am - 4pm

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