

Dove Mural Pokesdown Station

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Krishna Malla [the artist]

Pokesdown Station

My longest wall, heaviest brief and a project that's been a long time in the making. This station has had a hard time over the past few years for depressing circumstances surrounding mental health, and Network Rail asked me to create a positive mural to help uplift the area. Under no disillusion that a mural will solve anyone's problems, it has given me a chance to draw attention to this and offer some kind of support through the voice my murals have given me.

I chose Doves as the subject matter because of their symbology;

'The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind [...] Doves teach us that, regardless of external circumstances, peace is always a touch a way – within us – and always available. It is said that if a dove flies into your life, you are being asked to go within and release your emotional disharmony. The dove helps us to rid the trauma stored deep within our cellular memory. Doves carry the energy of promise. When inner conflicts are banished from our thoughts, words and feelings, goodness awaits.

The dove's roles as spirit messenger, maternal symbol and liaison impart an inner peace that helps us to go about our lives calmly and with purpose."

The shadows are something ive been experimenting with for a couple of years now, but in this case offer a metaphor that every shadow has a light on the other side.

Nobody is without troubles, and some struggles are harder than others. Talking to people (anyone) can help, but there are professionals out there (such as my own partner), who's job it is to help, without judgement. Ive struggled before, and even witnessed an incident here.

There are a few links below that may help. Two specific to Dorset and an NHS index of further support. Your employer may also be able to offer mental health first aid. It's worth asking.

Big love to all, its been a s**t year but stay strong and keep on keeping on.

<http://www.dorsetmentalhealthforum.org.uk/>

<https://dorsetmind.uk>

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

*Special thanks to Marcia at Network rail and Adam (Soap) for the trust in taking this on. The final section of the wall is designed to move from the view on the train.

#techmoon

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