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the arts blog from
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Highlighting international art and artists, particularly from low-and-middle-income countries, with a focus on mental health. *BJPsych International* is seeking submissions for consideration, such as, comments on artwork, visual arts, literature, drama, films, podcasts, and videos.

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“An aspect of Ikebana” by Ikuyo Munakata-Morrison

Ikebana, a floral art tradition dating back to the 7th century in Japan, literally translates as “making flowers alive” in Japanese.

With 25 years of teaching experience, Ikuyo has played a vital role in promoting Ikebana in the U.K. She holds the “Riji” highest teaching grade.

Ikuyo writes “I composed this piece using *Corylus avellana* ‘Contorta’ (corkscrew hazel/contorted hazel) inspired by its unique beauty. It comprises natural bends and doesn’t use any nails or wire. At times, I feel like capturing beauty by using robust and wild materials that transcend the conventional elegance associated with flowers.”