

Have you ever been entranced by a painting? From The National Gallery to the Serpentine Gallery to the Tate Britain, the City of Westminster is full of inspiring art galleries to visit. Sit by yourself in silence, observe and read. Learn about an artist, their life, why they created the very piece you are looking at. Look deeply and see the brush strokes made hundreds of years ago.

I find myself often visiting Tate Britain to see 'Carnation, Lily, Lily, Rose' by John Singer Sargent. It may be my favourite painting of all. The way that the two young girls stand in a beautiful garden of flowers reminds me of my childhood growing up with my sister. How we were enchanted by the nature that encompassed us. Carnations can be seen growing wildly around the girls, it reminds me of playing with my sister in the overgrown long grass and flowers of our garden in the countryside. Their faces glow orange from the lantern light. We had that glow when we were young, the spark of wonder and excitement.

Currently, Tate Britain is exhibiting a large-scale installation, 'The Procession' by Hew Locke. The installation wants visitors to 'reflect on the cycles of history, and the ebb and flow of cultures, people and finance and power'. I went and visited 'The procession' and was captivated by the outstanding colours, patterns and shapes. I noticed there were lots of young people sat drawing the installation, it was nice to see focus and creativity. That people were appreciating its detail. I am fascinated by people observing art and why they do so. Personally, I find that it clears my head and I enjoy the calmness of the atmosphere. Tate Britain is also exhibiting Yayoi Kusama's 'Infinity mirror rooms', an immersive installation that 'will transport you into Kusama's unique vision of endless reflection.' I have not yet visited this exhibition but hope to soon as I have heard that it is astonishing. It 'creates the illusion of a boundless universe of rotating crystal chandeliers.'

At The national Gallery I wanted to speak to people about what made them visit, art they had seen they liked and how coming to art galleries made them feel. I spoke to one man who had come to see Turner's paintings, which he described as "just wonderful" and that it "makes you feel like you could walk in there". I believe that when people come to gallery's they like to immerse themselves in the art and escape their reality. Some people were coming to learn and teach themselves about art, whereas some were learning to they could teach others about it. People often mentioned how a lot of the paintings there are well known and relevant, so there is a sense of familiarity when you visit. Another man said coming to the gallery made him feel "honestly quite peaceful, yet inspired". I gathered that people wanted to come for peace of mind, to be able to relax and stroll along looking at beautiful works of art.

I thought of the word 'sonder' as I walked around the galleries. It means 'The profound feeling of realizing that everyone, including strangers passing in the street, has a life as complex as one's own, which they are constantly living despite one's personal lack of awareness of it.' By speaking to people and delving into their own lives for a couple of minutes made me think about how everyone has their own purpose to come to see art. How it makes them feel a certain way and they can lose themselves within in.