

Influential Women Spotlights Freya Grand: Contemporary Oil Painter Exploring The Emotional And Spiritual Power Of Nature

DC, UNITED STATES, August 27, 2026
/EINPresswire.com/ -- Bringing Together
Representational Landscape and
Abstract Sensibilities Through More
Than Three Decades of Artistic Practice

Freya Grand is a contemporary oil painter whose work explores the emotional and spiritual power of the natural landscape. Based in the Washington, DC, area, she is known for creating large-scale paintings inspired by immersive travels to remote and untamed regions around the world, including Iceland, Patagonia, the Andes, and Africa.

Through her expressive style, Freya seeks to capture the felt experience of vastness, silence, movement, and the elemental forces of nature. Her work inhabits the boundary between reality and abstraction and conveys not only a sense of place but also the emotional experience of encountering it.

For more than three decades, Freya has developed a distinguished artistic career marked by solo exhibitions and gallery representation throughout the United States. Her work has been featured in exhibitions at the National Museum of Women in the Arts and the Art Museum of the Americas, where her paintings were paired with large-scale abstractions from the museum's permanent collection of important Latin American artists. Her paintings have also been exhibited in galleries across Washington, DC, Philadelphia, New York, Chicago, and Santa Fe, earning recognition for their evocative treatment of wild and powerful landscapes.

A Career Shaped by Art, Science, and Nature

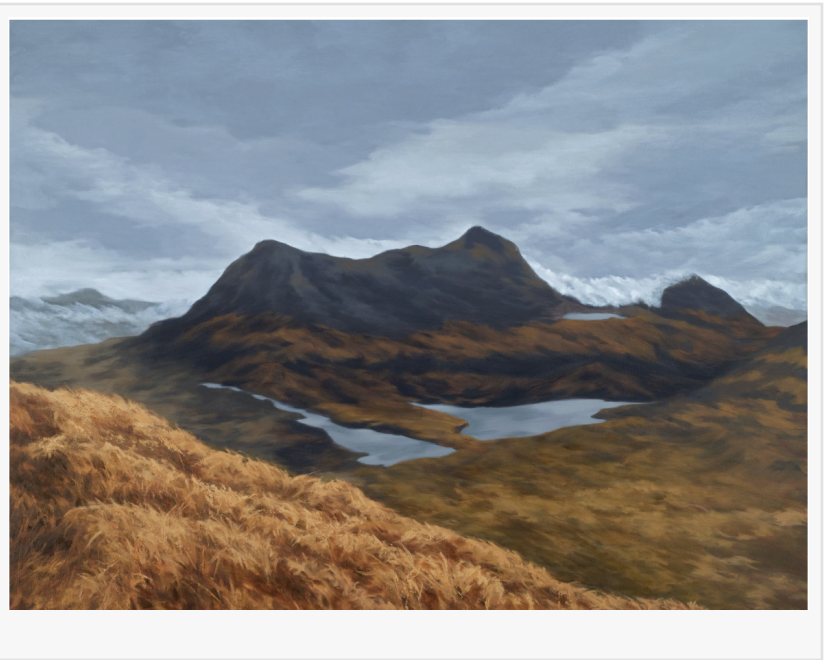
Freya studied oil painting, design, and printmaking at the University of Wisconsin–Madison and



further developed her artistic practice through study at Haystack Mountain School. Deeply inspired by both art and science from an early age, she ultimately chose painting as her life's work, dedicating her career to translating the emotional resonance of nature into visual form.

Her artistic practice has been strongly informed by immersive travel.

Experiences in remote regions, including Iceland, Patagonia, the Andes, and Africa, have provided the landscapes and experiences that inspire many of her large-scale paintings. Her work reflects an ongoing interest in the power and emotional impact of the natural world.



Working from her studio in the Dupont Circle neighborhood of Washington, DC, Freya continues to create and exhibit paintings that invite viewers into moments of awe, contemplation, and connection with nature.

An excerpt from Plein Air Magazine describes Freya's work and her process in the field, providing further insight into her approach to painting remote landscapes.

<https://www.outdoorpainter.com/she-has-the-courage-to-paint-remote-landscapes>

Discipline and an Evolving Creative Practice

Freya attributes her success to curiosity, a love of the natural world, and a strong desire to manifest what she sees and feels in a way that she can share with others. She also credits the discipline to maintain a daily studio practice and to persevere when problems arise, as they almost always do.

A significant piece of career advice Freya received many years ago came from a dear friend and "older sister" who was also a painter. She was advised that developing a discipline for working in the isolation of the studio and maintaining both focus and determination was a skill that developed over time. It did not come all at once in the beginning, but was honed like any other skill.

Freya also recognizes the importance of understanding the cycles of her own creativity and knowing when progress will be best served by stepping back for a period of time. For her, learning this balance is a lifelong practice.

Encouraging Young Women in the Arts

Freya encourages young women entering the art industry to remain true to their own vision and its expression. She believes an important part of an artist's development is recognizing that change and growth must occur as they mature.

For Freya, practicing art is a lifelong process. She encourages young artists to make allowances for themselves as they develop and to understand that artistic growth does not happen all at once.

She also recognizes that the art world is experiencing a very unsettled period for a multitude of economic and political reasons. During such a time, Freya believes artists and those who revere the arts need to be resilient and support each other.

A Thoughtful Approach to Art and Life

The value that is most important to Freya in both her work and personal life is being thoughtful rather than impulsive. This principle reflects the deliberate approach she brings to her artistic practice, from maintaining the discipline required to work consistently in the studio to recognizing when creative development requires patience and reflection.

Freya Grand continues to dedicate herself to painting and to exploring the emotional and spiritual dimensions of the natural landscape. Through her large-scale oil paintings and experiences in remote environments, she continues to develop an artistic practice centered on curiosity, discipline, personal vision, and a lasting connection with the natural world.

Learn More about Freya Grand:

Through her Influential Women profile, <https://influentialwomen.com/connect/Freya-Grand> or through her website, <https://freyagrand.com>

Influential Women

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