

Background, where are you from, what was your upbringing like, how did you get into painting?

I was born in Montreal, Canada, both my parents are from Algeria. My upbringing was truly harmonious and open minded. As immigrants, I saw my parents work extremely hard to give my brother and I a good life. It inspired me to be the way I am today, persistent and determined. I was introduced to the arts at a very young age since my dad studied cinema when he first arrived in Montreal. I started working in the movie and modeling industry at the age of 5 years old. I did a lot of theatre, and I started taking painting classes at the age of 9 years old and never stopped

What would you say your creative process is like? Anything in particular, anything you have to do and anything you never do?

Before I start creating, I meditate, light incense and put on meditation music or podcasts of people that inspire me. One thing I often listen to is Actors on Actors interviews since I'm really into cinema. Weirdly, listening to people talk about their craft really inspires me while I am creating. I'm always in a very relaxed state before hitting the canvas. It allows me to dig deeper and not be nervous of the outcome.

Where do you get your first idea for a piece, keep a sketchbook, or write things down, photos, imagination?

90% Imagination, 10% photos. When I am inspired by pictures, its mostly photos that were taken during the trips I did. So I have vivid memories of those moments, which can allow me to remember them and get inspired by them (color palette, emotion, vibration)

Inspiration? Where do you find it? Does where you live help with that?

I am truly inspired by nature which is why I love traveling and connecting with natural landscapes. I am also inspired by emotions, by the people surrounding me. Im grateful to be surrounded by positive and inspiring people. When I connect with them I have to rush to canvas right away. They have a pretty crazy effect on my creativity. I work at home in Montreal but I also work in Laval (25mins away from Montreal). I like going to Laval because its about 20mins away from beautiful forests so I often go for hikes there with my family. I get my dose of nature that way, I need it!

Social surroundings and just everything that is going on in the world, do you pay close attention to that or try to shut it out?

To be honest I don't have a tv, I don't watch the news, I don't read the journal. I am aware of what's happening in the world and for a very long time I would feel helpless and it would affect me a lot in a negative way. Now, I contribute in the ways I can and spread awareness when I believe it's needed.

What would you say is the most challenging aspect of your work for you?

Appreciating my own work/ accomplishments. I'm a perfectionist and I put a lot of pressure on myself. It goes so fast in my head like I do a show and im already thinking about my next move. What I learned this year is to appreciate every single step and take the time to do so.

Is there anything you are trying to say when you sit down to start a piece or is it just more of a natural flow?

Mostly natural flow always transmitting good energy. Most of the time I know where I am going but im painting with the flow so the outcome can always change in the process.

What do you do when not working?

I'm a real cinema addict so I watch a lot of independent films, tv shows, I read a lot, meditate, workout as much as I can, art shows, I go on hikes, road trips and I spend a lot of time with my family.

Your near-future goals or challenges you want to achieve?

One of my near future goals would be to have a show in Asia. That would really be awesome because I've never been to Asia but I know that as soon as I set foot in there I might never want to go back home haha.

Anything coming down the pipeline, shows in the future, projects?

Im part of a collective show in Montreal right now at Hampton Gallery. I am also working on a solo show happening around this summer in Montreal as well (more details to come). Many projects in the talks in the US for this year that I hope to materialize ASAP haha :)