

natalievogel **Artist Portfolio**

natalie vogel



I'm Natalie, a Swiss artist based in Zurich.

I primarily work with acrylic paints, oil and soft pastels, as well as drawing pencils.

At the heart of my work is the theme of beliefs: deeply rooted convictions that shape how we think, feel, and act. These inner voices can uplift us, give us strength, and help us grow beyond our limits. But they can also hold us back, restrict us, and keep us stuck – often without us even realising it. My work seeks to make this inner dialogue visible: to strengthen the positive beliefs and to question, transform, and release the limiting ones. Each piece is an expression of an inner process of liberation and a positive affirmation.

My art invites viewers to connect with their own inner world, to reflect – and perhaps to emerge from the experience feeling a little freer whilst being reminded of their positive beliefs.

Biography

Personal Information

Name: Natalie Vogel
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Artistic Career

2004 – 2008: Intensive painting period

- Development of a unique artistic style with a focus on abstract painting.
- Creation of numerous works shaped by intuition and emotion.

2008 – 2024: Pause from artistic activity

- Focus on professional and family commitments.

Since December 2024: Resumption of artistic work and professionalization

- Active creation of new abstract works that emerge without predefined plans, allowing colors, shapes, and textures to unfold naturally on the canvas.
- Presentation and sale of artworks through my website www.natalievogel.com, Instagram [@natalievogel_art](https://www.instagram.com/natalievogel_art), and Facebook [@natalievogelart](https://www.facebook.com/natalievogelart).
- Goal: Participation in exhibitions and vernissages as well as building a network within the art scene.

Award

- 3rd place in the 19th Kunst-Online Prize

Exhibitions

- April 2025: Artbox Expo New York
 - May 2025: Art International Zurich
 - June 2025: Expo Metro Barcelona
 - June 2025: Kollektiv V Vernissage Karin Wunderlin
 - July 2025: ARTe Kunstmesse Konstanz
 - July 2025: Art Auction Karin Wunderlin
 - 10-14 May 2026: Art de Suisse, Kronen Gallery Zurich
 - 24-27 September 2026: Art de Suisse, Kronen Gallery Zurich
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Artwork

Title: Rise Within (2025)
Size: 100x100 cm
Technique: Acrylic & Mixed Media on canvas



“Rise Within” is a powerful visual metaphor for the journey toward inner strength – and for the conscious choice to release beliefs that limit us. The artwork reminds us that true growth doesn’t start on the outside, but deep within – where our beliefs are formed, rooted, and either hold us back or lift us up.

Vibrant shades of yellow and orange embody the strength that lies dormant within us: warmth, courage, and life force. They contrast with deep black and electric neon pink – colors that reflect inner conflict and the struggle with limiting thought patterns. Delicate script fragments and dynamic forms capture the inner dialogue and emotional movement of questioning old conditioning and anchoring new, empowering beliefs.

“Rise Within” invites the viewer to reconnect with their own strength, to trust in their path, and to rise from within. It is a visual manifesto of self-empowerment – and of the unstoppable light that shines through when we choose to believe in ourselves.

Title: Intuition (sold)
Size: 100x100 cm
Technique: Acrylic & Mixed Media on canvas



“Intuition” is a quiet invitation to connect with your inner wisdom – that subtle, often quiet voice within that goes beyond learned beliefs and mental reasoning. It’s the trust in your gut feeling, even when it contradicts what you’ve been taught or what seems “right” by logic or convention. Intuition doesn’t follow rules; it flows through feeling – beyond expectations, beyond the noise, beyond the known.

Soft earthy tones and deep black create a tension between grounded stability and inner transformation. Gentle greens evoke a sense of rootedness and trust – the foundation for letting go of what no longer serves. Delicate lines and layered textures reflect the fluidity of thought and emotion, the inner movement of unlearning and reimagining. Bright red accents disrupt the composition – they symbolize moments of insight, flashes of clarity when the inner voice becomes louder than the outside world.

“Intuition” encourages the release of beliefs that limit us – and the conscious choice to keep those that truly empower. It is a visual reflection of trust in your own path, the wisdom of the body, and the courage to follow your intuition.

Title: Inner Architect
Size: 100x100 cm
Technique: Acrylic and Mixed Media on canvas



This piece speaks to the inner structures we build over time — the thoughts, emotions, and beliefs that shape the way we experience the world. These mental and emotional frameworks influence our behavior, our sense of identity, and the way we relate to ourselves.

I often imagine these structures as quiet rooms within us: some feel strong and comforting, others delicate or in motion. While painting this, I was reflecting on some of my own long-held beliefs — realizing that some of them feel outdated, like old walls ready to be rebuilt, or windows that long to be opened.

The layered surfaces, the muted tones, and the almost invisible lines are all expressions of this inner dialogue. Not everything within us needs to be fixed or finalized. Some thoughts are simply meant to be witnessed. Some beliefs, gently released.

Ultimately, this piece is a quiet reminder: You are your own inner architect.

Title: I Am
Size: 80x80 cm
Technique : Acrylic and Mixed Media on canvas



"I Am" is a visual reflection on the power of our beliefs – those inner statements that shape how we see ourselves, what we believe is possible, and how we move through life. Through expressive, abstract language, the work reveals the layered landscape of self-perception: thoughts, doubts, quiet strength, and the constant tension between what we've been taught to believe – and what truly feels like our own.

Each brushstroke marks an inner moment: questioning old narratives, glimpses of clarity, and the courageous act of growing into a self-defined "I am." This piece doesn't seek resolution – it honors presence. It embraces the ongoing process of becoming and the discovery of one's true voice beneath layers of conditioning.

"I Am" is a quiet yet powerful affirmation of self. It invites the viewer to release limiting beliefs and make space for those that uplift, strengthen, and support growth. A declaration of inner truth – unfinished, real, and alive.

Title: Let Go
Size: 80x80 cm
Technique : Acrylic and Mixed Media on canvas



“Let Go” is a visual invitation to release limiting beliefs – those inner convictions that keep us small, hold us back, or stem from fear and control. Soft beige tones evoke a sense of stillness and introspection – a moment to pause and reflect on what truly serves us. Deep blacks and earthy hues represent the weight of past conditioning, while delicate pastel accents and expressive lines symbolize the dynamic shift that occurs when we open ourselves to empowering, supportive thoughts.

The work reflects the inner process of discernment: What needs to go, and what deserves to stay? Its layered texture and spontaneous splashes of color embody the courage to let go of control, embrace uncertainty, and allow new perspectives to emerge.

“Let Go” encourages the viewer to identify internal blockages and connect with beliefs that strengthen, uplift, and support personal growth – creating space for clarity, freedom, and transformation.

Title: It's OK
Size: 80x80 cm
Technique: Acrylic and Mixed Media on canvas



"It's OK" is a visual invitation to question old belief systems – especially the ones that tell us we must be perfect, strong, or always "right." Soft tones of beige, blush, and ochre create a sense of calm and harmony, gently interrupted by bold black accents – representing inner tension, doubt, and the fractures that are part of being human.

Layered textures and spontaneous paint splashes speak of inner movement and the release of rigid expectations. Fine lines and subtle markings trace the imprints of lived experiences – not as flaws, but as evidence of growth. This work offers a quiet reminder that it's okay to feel uncertain, to make mistakes, to not always measure up – as long as we find the courage to hold on to the beliefs that empower us and let go of the ones that diminish us.

"It's OK" doesn't say "everything is perfect." It says: "You're allowed to be – with everything. And that is enough."

Title: Listen
Size: 80x80 cm
Technique: Acrylic and Mixed Media on canvas



“Listen” is a visual pause – a piece that invites us to slow down and recognize our own truth amidst the many voices and influences that surround us. Earthy browns, warm ochre, and soft whites create a grounded and calm composition, while bold black and vibrant yellow accents introduce contrast and energy – like thoughts that rise to the surface, like beliefs that ask to be examined.

Layered textures and intersecting lines represent the complex web of inner and outer voices that shape our perception. “Listen” reminds us that true clarity arises when we turn inward and dare to listen closely: Which thoughts support us? Which beliefs keep us small? Which inner narratives are ready to be released – and which ones help us grow?

This work is a quiet invitation to discern with awareness – to let go of what limits us and to hold on to what strengthens and uplifts. Because real transformation begins in stillness – in the moments where we truly listen to ourselves.

Title: Resilience (sold)
Size: 80x80 cm
Technique: Acrylic and Mixed Media on canvas



"Resilience" is an homage to inner strength, adaptability, and the unwavering will to move forward. The earthy beige tones and soft pastel accents convey a sense of calm and reflection, while the bold black and red hues create contrast—symbols of challenges and emotional intensity.

The abstract lines, fine details, and dynamic forms reflect the process of growth: every crack, every mark on the canvas tells a story of experiences, struggles, and overcoming obstacles. "

"Resilience" invites the viewer to recognize their own resilience and to find beauty in the scars of life.

Title: Free
Size: 80 x 80 cm
Technique: Acrylic and Mixed Media on canvas



Free explores the intricate relationship between our thoughts, beliefs, and the journey toward self-liberation. The structured yet fluid composition reflects the mental frameworks that shape our reality—some offering stability, while others become invisible barriers. Layers of warm ochre, soft pastels, and bold contrasts symbolize the evolving nature of our perspectives.

Delicate lines and embedded text elements represent the inner dialogue that guides us through life. The striking interruptions of black and turquoise suggest the moments of realization—the courage it takes to challenge old beliefs and break free from constraints.

Free invites the viewer to embrace transformation, to listen to their inner voice, and to allow themselves the space to grow, unburdened and true to themselves.

Title: You've Got This
Size: 80 x 80 cm
Technique: Acrylic and Mixed Media on canvas



“You’ve Got This” is a visual tribute to the power of inner belief – and a quiet invitation to let go of the thoughts that make us doubt, shrink, or hold back. Vibrant neon pinks meet earthy ochres, calm whites, and translucent layers – symbolizing the tension between self-doubt and quiet strength.

The clear, geometric forms reflect mental structures, habits, and belief systems. Some offer stability; others quietly confine us. Handwritten phrases and subtle textures invite the viewer to listen more closely: Which thoughts are guiding me? Which ones can I release? And which empower me to take the next brave step?

“You’ve Got This” reminds us that progress is not about perfection – but about showing up, even when our inner voice is still finding its strength. This work honors the quiet victories that unfold when we begin to believe in ourselves – with every line, every step, every new perspective.

It is a visual affirmation for those who have ever stood on the edge of giving up – and made the powerful choice to keep going. To shift their inner limits. And to trust that they are capable of more than they once believed.

Title: Embracing it All
Size: 80 x 80 cm
Technique: Acrylic and Mixed Media on canvas



“Embracing It All” is an invitation to deeply meet yourself—beyond expectations, old patterns, and the voices of inner critics. With layered textures, intuitive gestures, and gentle contrasts, this work speaks to the power of releasing outdated beliefs and making space for those that nurture, strengthen, and foster growth.

The composition expresses wholeness—not as an ideal, but as an inner state that arises when we stop denying parts of ourselves. Every brushstroke is a quiet commitment: to your story, your vulnerability, your strength. The so-called “imperfections” become marks of a lived life—and reminders that self-acceptance is the beginning of true transformation.

“Embracing It All” invites you to honor the full spectrum of your thoughts and feelings—and simultaneously examine the inner beliefs that limit you. It is a visual ritual of liberation: a space where you can learn to listen to yourself, trust yourself, and allow yourself to walk your path with dignity, compassion, and genuine inner strength.

Title: Rewriting The Self
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



“Rewriting the Self” is a visual journey of self-reinvention—a quiet act of resistance against outdated truths and a courageous rewriting of who we believe we are. In this piece, structured forms meet intuitive gestures, gentle layers of color encounter sudden contrasts. The interplay of clarity and dissolution mirrors the process of releasing old beliefs and making space for new inner narratives.

Between visible and hidden layers, an inner dialogue unfolds—soft questions around identity, worth, and growth. “Rewriting the Self” invites us to challenge the rigid stories we hold about ourselves: What have you been taught to believe? Which of those beliefs nourish you—and which are ready to be let go?

This work is a visual act of liberation—a space where the self is not defined by mistakes or expectations, but by the courage to meet oneself anew. It is a reminder: you are not a fixed concept. You are becoming. And you have the power to rewrite your inner script—honestly, boldly, and alive.

Title: Beliefs Can Be Wings
Size: 60 x 60 cm
Technique: Acrylic and Mixed Media on canvas



“Beliefs can be wings” is a visual reflection on the power of our inner convictions—how they can either confine us or carry us forward. In this piece, dynamic movement, delicate lines, and bold layers of color merge into a composition that balances between heaviness and lightness. Soft, luminous tones meet deep contrasts—symbolizing the inner shift from holding on to letting go, from doubt to trust.

Each line, each texture echoes the inner voices that shape our sense of self—some whisper fear, others carry hope. “Beliefs can be wings” invites you to consciously examine those voices: Which beliefs keep you small? And which ones give you space to expand?

This work is a quiet encouragement to choose new inner truths—ones that lift you up, reconnect you with your strength, and remind you that you can rise again and again. Because sometimes, freedom begins the moment you realize: your thoughts aren’t chains. They can be wings.

Title: Walk Your Freedom (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



“Walk Your Freedom” is an invitation not just to feel freedom—but to live it. This piece speaks of the courageous step out of inner limitations and into a mindset of self-responsibility and authenticity. The composition thrives on contrast: organic lines meet intentional ruptures, soft color fields encounter bold accents. Every layer represents a choice—away from old patterns, toward new paths.

Between motion and stillness, an inner space unfolds where limiting beliefs are questioned and replaced by those that carry you forward. “Walk Your Freedom” reminds us that inner freedom is not a fixed state, but a daily act—a conscious step, again and again, toward the self you truly are.

This work is not a call to rebellion, but a return to self. It invites you to untangle your thinking, release what keeps you small, and choose new beliefs that empower, expand, and support you in walking your path—in your truth. Step by step. Free. And fully yourself.

Title: Pleased (2025)
Size: 80 x 80 cm
Technique: Acrylic and mixed media on canvas



"Pleased" is a visual reflection of people pleasing — the internalized belief that we must be liked, approved of, and uncontroversial in order to belong. This painting explores what happens when that belief begins to crack.

Blocks of muted ochre, sage, ivory, and black form a grid-like structure — a metaphor for the systems we build around ourselves to stay acceptable. But beneath the order, raw drawn details, exposed textures, and uneven layers speak of suppressed emotion and quiet rebellion. The eye is drawn to the subtle chaos just under the surface — echoing the inner conflict of self-suppression and the longing for approval.

Etched into the layers like a whispered truth, is a quote and serves both as anchor and marks the beginning of release.

"Pleased" is both a confrontation and an invitation: it is a turning point to question the roles we perform, and an invitation to disappoint — for the sake of becoming whole.

Title: Your Light (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



In *Your Light*, abstract forms and subtle gestures navigate the quiet terrain of inner belief. Blocks of muted ochre, earth tones, and soft pinks create a composition that is both grounded and luminous, hinting at the layered nature of personal truth. The small vertical mark—a kind of symbolic alignment—anchors a sense of intention, while the interplay of precision and imperfection invites reflection on the inner dialogue we all carry.

This work speaks to the fragile yet powerful process of believing in oneself. It is about the light we hold, not always visible, not always loud, but present. Beliefs, here, are not rigid constructs but shifting, evolving energies. The painting invites the viewer to pause and sense their own internal compass—imperfect, human, and still whole.

Title: You Know (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



You Know explores the tension between inner clarity and quiet uncertainty. The work unfolds as a layered, abstract landscape of soft yellows, muted blush tones, pale neutrals, and deep black. Shapes and marks seem carefully placed and intuitively drawn — suggesting the architecture of our inner belief systems: familiar, yet often restrictive.

At the heart of the painting, a dark field opens like a portal — a space to enter, or perhaps a boundary to cross. This work reflects the idea that deep knowing does not shout. It whispers through silence, through repetition, through the quiet recognition of patterns we've carried for years.

You Know invites the viewer to pause and reflect:

What do I believe about myself — and which of those beliefs still belong to me?

Title: Inner Voice (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



Inner Voice explores the layered and sometimes chaotic nature of the internal dialogue we carry within. The painting is a visual field of contrasts: bold blocks of black and ochre are softened by cloudy whites and intricate scribbles in grey and graphite tones. These marks resemble thoughts mid-formation — repetitive, tangled, unresolved — yet moving toward clarity.

The structured rectangles suggest boundaries or frameworks, while the freer, gestural lines speak of emotion, instinct, and subconscious voice. There's a quiet tension in the composition — between what we show and what we truly hear when we stop and listen.

This piece reflects the truth that the inner voice is rarely linear or loud. It is layered, intuitive, sometimes obscured — but always present, waiting to be trusted.

Title: Sacred Conversations (2025)
Size: 50 x 70 cm
Technique: Acrylic and mixed media on canvas



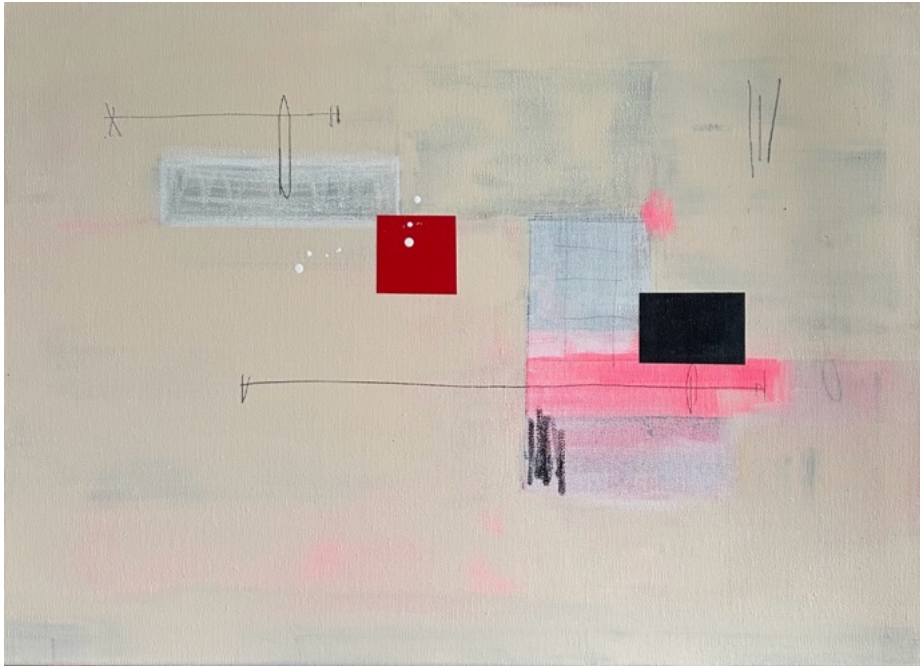
There are conversations we never speak out loud.
Soft, unformed thoughts...
Deep pulses of knowing.

Sacred Conversations holds space for those silent, internal exchanges — moments where beliefs rise gently to the surface, without logic or language. The work invites the viewer to pause, to listen inwardly, to witness the quiet interaction between thought and truth.

Every shape, every layer, every color in this piece is part of an inner dialogue: a memory surfacing, a question forming, a truth gently landing. The bold neon marks contrast with the muted pinks and subtle whites, like certainty appearing inside soft uncertainty.

This painting does not demand answers — it welcomes presence.
It is an offering. A still space where your own sacred conversations can begin.

Title: Empowered (2025)
Size: 50 x 70 cm
Technique: Acrylic and mixed media on canvas



Empowered explores the quiet but decisive shift that happens when we begin to reclaim our beliefs — when we start choosing which inner truths to keep, and which to release. It is a painting about agency, clarity, and the strength that comes from inner alignment.

The composition is minimal, yet full of intent: bold blocks of red and black interrupt soft, neutral space. Lines stretch across the canvas like pathways or thresholds — suggestions of movement, decision, or direction. The light grey tones and transparent layers evoke vulnerability, while the sharp geometric elements speak of precision and presence.

This piece is about stepping into yourself.
About knowing you get to choose what defines you.
About the quiet, powerful belief that you are allowed to take up space — inwardly and outwardly.

Title: Trust Within (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



Trust Within is a quiet exploration of the kind of belief that doesn't shout — the belief that lives deep inside us, steady and still. It's about the moments when we choose to trust ourselves, even when things feel uncertain.

This work is built on layers of muted pinks and earthy tones, disrupted and grounded by bold blocks of white and red. The lines — some intentional, others barely there — mirror the push and pull between vulnerability and resilience.

As with many of my paintings, this piece holds space for an inner dialogue.

It asks:

What do I trust about myself?

What feels unshakable — even when the outside shifts?

Trust Within is not about perfect confidence.

It's about the quiet return to center.

It's about knowing there is something in you that remains — even when everything else moves.

Title: Becoming (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



Becoming is a reflection on the quiet, ongoing process of growing into who we truly are. It speaks to the unfolding of identity — not as a final destination, but as a continuous, layered experience shaped by the beliefs we carry and the ones we choose to release.

Soft tones and grounded forms create a sense of quiet movement, while the marks and lines suggest the subtle shifts we feel internally. Some areas are structured and intentional; others appear blurred, tentative, in transition — just like the process of personal evolution itself.

This piece is about permission.

Permission to change.

To unlearn.

To soften what no longer serves, and strengthen what does.

In Becoming, nothing is fixed — and that is its power.

It invites the viewer to meet themselves not in who they were, but in who they are still becoming.

Title: Inner Dialogue (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



We all carry silent conversations within us — thoughts shaped by the beliefs we've inherited, absorbed, or built ourselves.

"Inner Dialogue" explores the layers of these belief systems: the rigid ones we hold onto, the soft ones that shift, and the quiet truths that emerge when we listen closely.

Title: Inner Resilience (2025)
Size: 60 x 60 cm
Technique: Acrylic and mixed media on canvas



Inner Resilience is a visual meditation on personal strength and the quiet power we hold within ourselves. Through soft, layered tones and minimal yet deliberate gestures, the work reflects the moments in life when we are tested—and the quiet, steady force that carries us through.

The subtle earthy hues create a sense of calm, while the sudden touch of luminous yellow represents hope, clarity, and the spark that reminds us to keep moving forward. The thin, unwavering line suggests endurance and stability, a thread that holds us together even in challenging times.

This piece is a positive affirmation—a gentle yet powerful reminder to believe in yourself, to trust the process, and to honor the resilience that resides at your core.