

A POWERFUL ART COLLECTION

A Visual Journey of Peace & Renewal

TRAUMA TO TRIUMPH



BY BETTY GREER



Introduction

This art eBook is for anyone who is on—or has been through—their own journey of self-discovery, healing, or personal growth. You may be seeking moments of calm, clarity, or inspiration — or simply a way to pause and reflect on where you’ve been and where you’re heading. The artwork in my **Trauma to Triumph** collection isn’t here to instruct or analyse; it’s here to offer space. Space to think, to feel, and to recognise something of your own story within someone else’s.

Before I ever began painting, I had already walked through my own process of healing from a traumatic past. Art didn’t fix me, and it isn’t meant to fix you. What it does offer is a way to express experiences that are difficult to put into words — the shift from surviving to rebuilding, from carrying emotional weight to letting it go, and eventually, finding a life that feels calm and honest.

After retiring from a long and stressful career in finance, I taught myself to paint. I discovered that figurative art allowed me to communicate my journey: the years of navigating childhood trauma, the insight that comes with time, and the peace I now experience living in Türkiye after moving from Scotland. When my mother passed last year, I felt a release from a burden that had been with me for decades. That shift opened the door to creating this collection.

Trauma to Triumph reflects this path — not as therapy, but as expression.

My hope is that these paintings encourage you to pause, notice your own thoughts and feelings, and perhaps recognise a part of yourself in the images or stories. If even one piece speaks to you or helps you connect more deeply with your own experiences, then this work has done what I hoped it would.

For each painting, I share the life experience that inspired it and what I hoped to communicate through the artwork. But your interpretation is yours alone. If you see something different, that's exactly how it's meant to be.

How To Use This Book

This book is designed to be experienced slowly. Each painting represents a moment, an experience, or a shift in my own journey, and you may find that certain pieces resonate more with you than others. There is no right or wrong way to approach this — simply move through it in whatever way feels natural to you.

1. Go at your own pace

You can read the book from start to finish, or you can open it at any painting that draws your attention. Let your curiosity guide you.

2. Take a moment with each artwork

Before reading the story behind the piece, pause for a few seconds and look at the image. Notice what stands out to you — a colour, a feeling, a sense of movement, or something you can't quite put your finger on yet.

3. Read the inspiration and intention

For each painting, I've shared the life experiences that inspired the piece and what I hoped it would express. These reflections offer context, but they are not the "correct" interpretation. You may see something completely different — and that perspective is just as valid.

4. Use the optional journalling prompts

I've included gentle journalling prompts after each artwork. Journalling is something that helped me gain clarity in the past and continues to support me today whenever I need to gain perspective, space to think or reflect.



These prompts are not therapeutic instructions — they are simple invitations to explore your own thoughts and feelings if something resonates with you.

You may wish to keep a journal or notebook nearby as you read, so you can write down anything that comes up. There's no pressure to respond to every prompt; they're there if you want them.

5. Pause if something speaks to you

If an image, phrase, or idea brings up a memory or feeling, let yourself sit with it. Even a brief pause can be grounding.

6. Return to the artwork over time

Your perspective may shift as you do. You might notice different details or connect with pieces in new ways the next time you look.

7. Allow this to be a gentle space

This book isn't a programme or a guide. It's simply a space to reflect, notice, and connect with your own experiences through art. Take from it whatever feels meaningful — and leave the rest.

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01

The Power Within

Oil on Canvas • 2025 • 40 x 50 cm



The Story Within The Painting

The *Power Within* is the first piece in my **Trauma to Triumph** collection. In this painting, light becomes a symbol of inner strength. Emerging from rich, warm colours, the woman's face is illuminated to reflect the power she carries within. Her expression is calm, assured and serene - a testament to how she has triumphed over challenges and grown by overcoming them.

Her hair flows outward in sweeping, dynamic motion - not moved by wind, but by the force of her inner strength. Each strand seems to rise and spiral with the unseen energy she carries, suggesting that her power doesn't just live within her - it radiates beyond her, shaping the world around her.

This painting celebrates the courage and resilience that lie within us, honouring the power we carry inside to rise above our struggles and move forward.

Artist's Inspiration

When I created this painting, I was thinking about the inner strength I've had to dig deep and find throughout my life — the kind you need when everything feels heavier than you can carry. It's this inner power that helped me move forward during some very difficult emotional and physical experiences.

I wanted to paint a woman glowing from the inside out because that's how resilience has always felt to me: not loud, not dramatic, but something that lives within you and rises when it's needed. There have been many times when I've shown up with a smile for others, even on days when I felt fragile inside, and that inspired the radiance of her face and the energy that flows outward from her.

Our inner light isn't just something we rely on privately — it can quietly uplift others too. The Power Within reflects the part of me that refuses to dim, no matter what challenges come my way. It's always there when I need it, even if no one else can see it.



A Moment For Reflection

Take a moment to think about a time in your life when you surprised yourself with your own strength.

- What challenge were you facing?
- Where did that strength come from?
- How did it feel — quiet, steady, fierce, gentle?
- Is there a part of you today that still carries that same light?

Let your thoughts rise in their own time, without judgement.



Journalling Prompt

When you think about your own inner light, what moments in your life come to mind where you had to draw on strength others couldn't see?

Write about one of those moments — what happened, how it felt, and what it showed you about yourself.

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