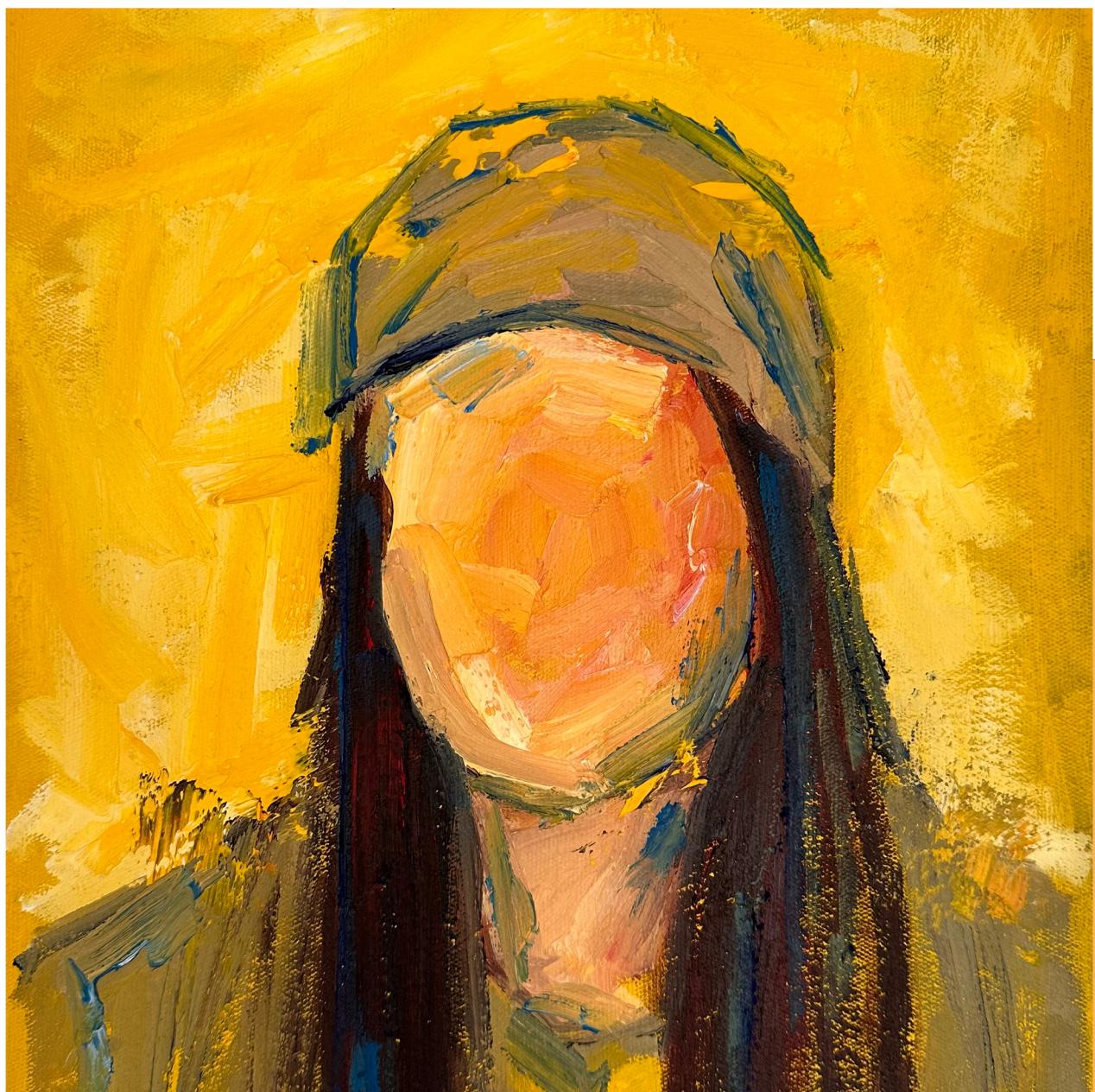


Eléa Miroumand



Artist Biography

Elahe Niroumand (born in 1987) is an Iranian artist working in the field of conceptual painting, with a focus on light, nature, and the exploration of the human inner world. Her works are often created in the heart of nature and reflect a blend of emotion, intuition, and human meaning.

She has been seriously pursuing painting for over nine years and began her artistic journey as a self-taught artist.

Before fully dedicating herself to the world of art, Elahe worked for ten years as a nurse and head nurse in the cardiac intensive care unit – an experience that deeply shaped the humanistic and spiritual perspective present in her paintings. In 2022, she made the conscious decision to leave her nursing profession to focus entirely on her art and personal creative path.

In her work, she strives to express the inner light of human beings, their connection to nature, and the deeper meanings of life through colors and forms.

~~Artist Statement~~

I am Elahe Nirooumand – for me, painting is not merely art; it is a path back to the self.

Since childhood, I found peace in colors and crafts, but the environment I grew up in left little space for this passion to flourish. Life took me toward nursing, where I spent ten years serving the bodies and souls of others – a noble profession, yet far from the voice that kept crying out from within me.

During those years, I longed for the simplest moments – walking in the rain, reading by the window, wandering under the sun. These small joys became distant dreams.

But those longings gently pulled me back toward my inner light – a light that had been dimmed for too long.

In 2019, at the peak of an emotional crisis, I collapsed. Yet it was precisely there that a seed of awakening was planted.

From the depths of solitude and deep study on humanity, the meaning of life, art, and existence, I found myself again. I realized I was born to create – To portray the inner world I had carried for so long – a world that was once dark and brown, but gradually became luminous through insight, experience, and awakening.

In 2022, I made the bold decision to leave my job and dedicate my life entirely to art.

Since then, nature has become my closest companion. I create my paintings in the heart of nature – where sunlight touches leaves, tree bark, and the face of the world.

That light is a reflection of the light within us.

A light that only needs to be seen, felt, and awakened.

☀️ My artworks are a journey to find that light – the one that exists even in our darkest hours, patiently waiting to be discovered.

The vivid and radiant colors in my paintings have become my language – a way to speak directly to the human heart.

Each painting is an intimate conversation –

A reminder that even in chaos, light can be seen, life can be reclaimed, and clarity can be restored.

Ultimately, my goal is not just to paint –

It is to remind you of this truth:

There is light within you. A light powerful enough to change the world.

A Moment of Beginning



Oil on canvas

30×40 cm

2022

From the series: *Light in Nature*

My very first plein air painting began with this piece.

With fear and anxiety, I took my canvas and paints and went into nature at six in the morning – a time when no one was around. I wandered, searching for a subject, but nothing caught my attention. I sat down, looked up, and suddenly, light pouring from behind a branch caught my eye.

My gaze was drawn to the brilliance of the leaves, glowing as the sunlight danced through them. That moment stirred something in my heart, and I knew I had to paint it.

Sun

from the Light in Nature series

Oil on canvas
40x40 cm
2023



It was winter. The sky was gray, the light dim, and inspiration far away. Soft rain was falling, and I had nothing but a warm coffee and a backpack full of paint. I went into nature anyway, searching for a moment. Then, for just ten minutes, the clouds parted. The sun broke through and flooded the world with light.

In that brief window, I painted this piece—amazed at how a single moment of light could transform everything: the landscape, the silence, the soul.

Yellow Dnace

Oil on canvas

50×100 cm

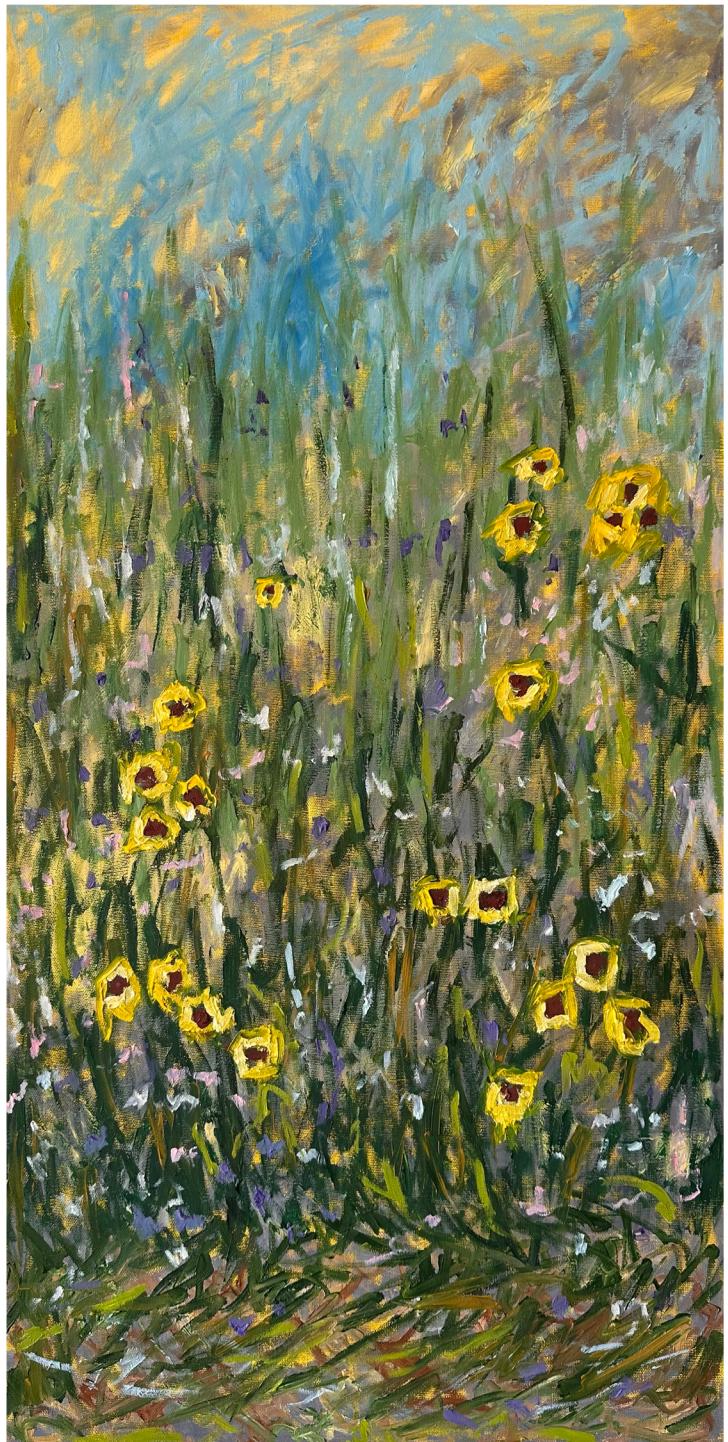
2025

From the “Light in Nature”

Series

Yellow flowers, like tiny lanterns, rise from the meadow – simple yet powerful. Without concern for the passing of time, they turn toward the light, offering all of their being to life.

This piece captures a moment in the dialogue between light and nature, where colors dance with the wind and life quietly goes on.



Untitled

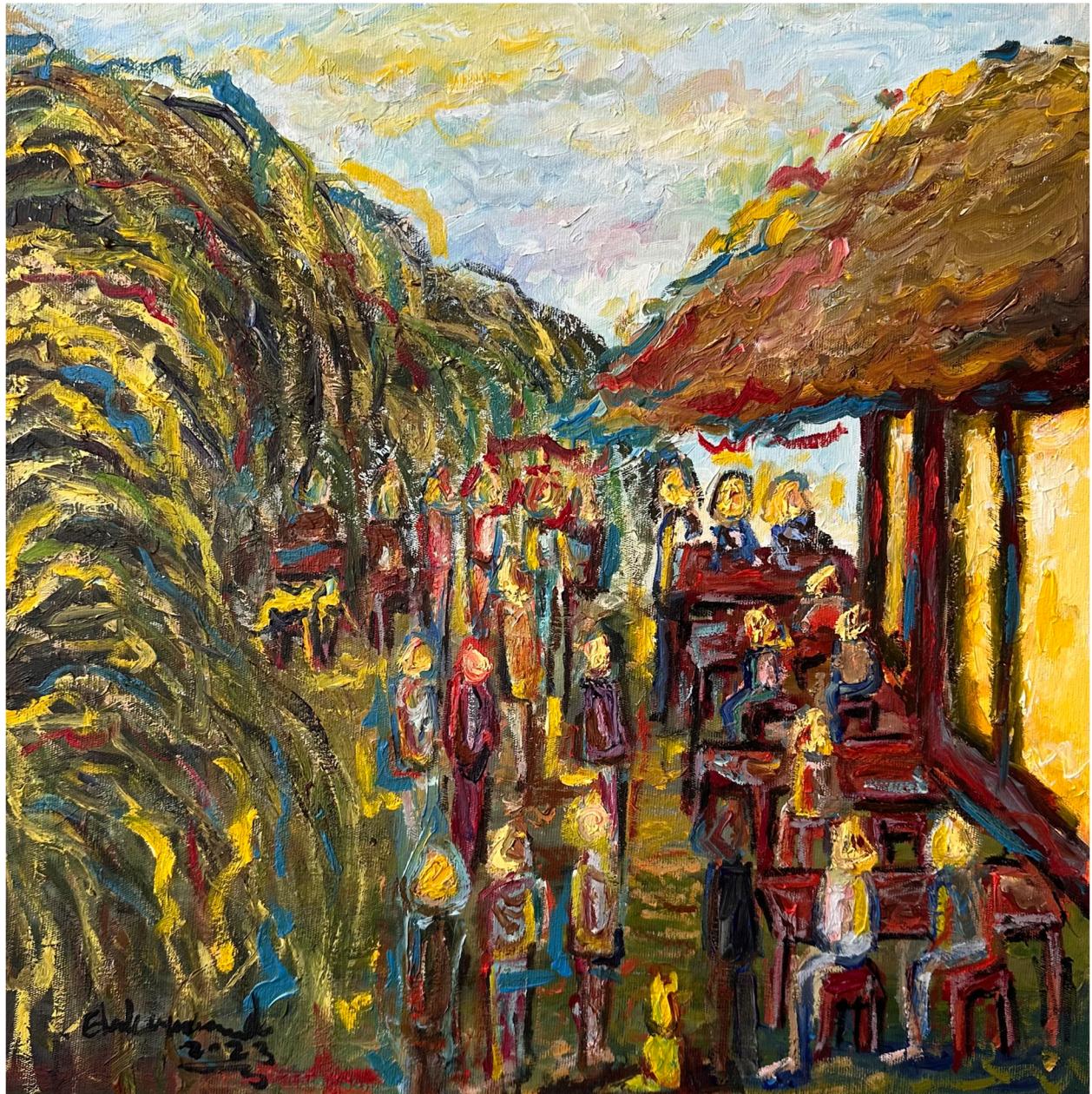
From the "Light in Cafés" Series

In this café, people did not simply come for a cup of coffee or their favorite drink; they were drawn to the tranquility that filled the space.

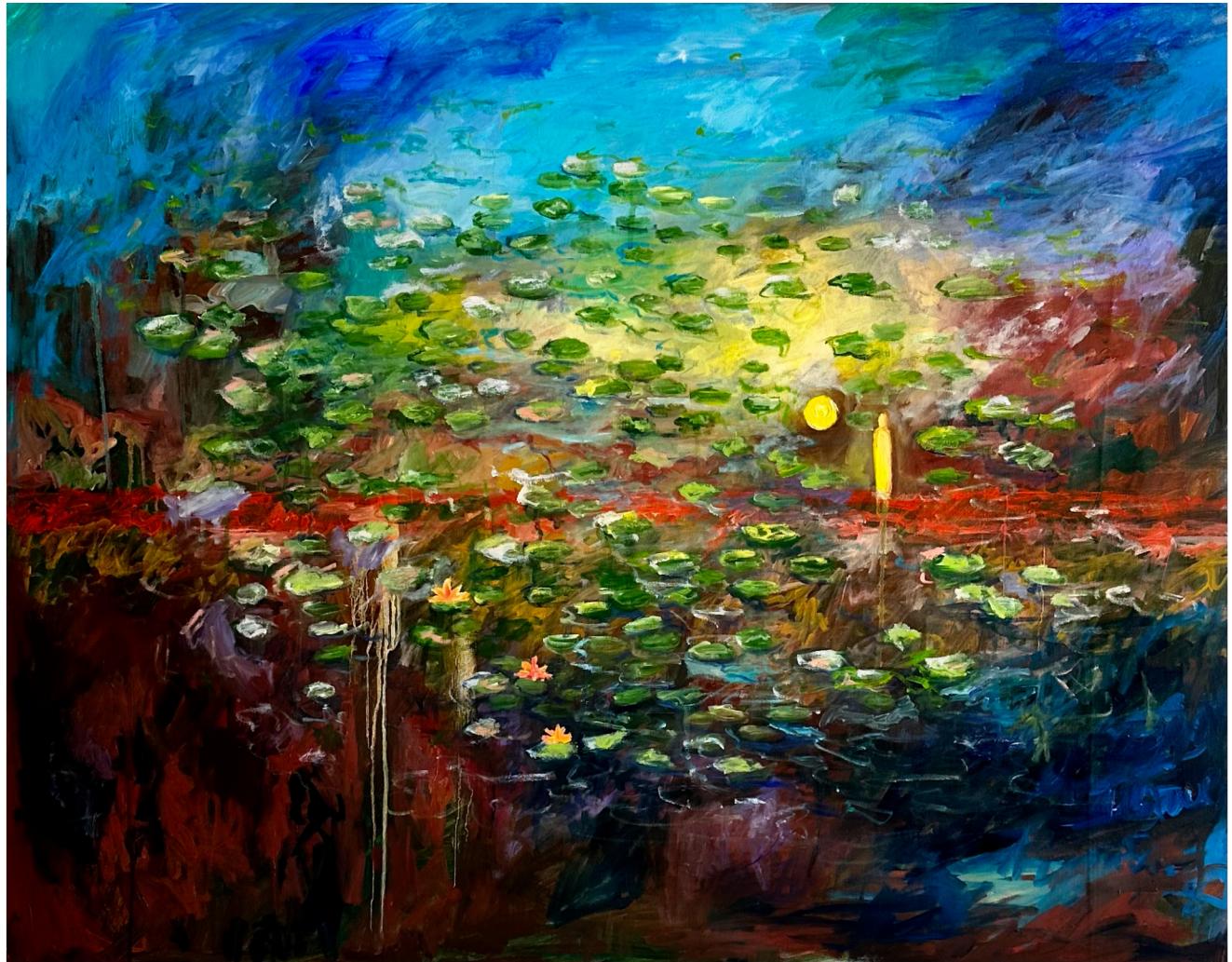
A café in the heart of the bustling city, yet holding an unusual and profound calm – a calm that flowed from the heart of its owner, unnoticed by most.

It was one of the most well-known cafés in the city, and it became the inspiration for this painting.

Oil on canvas 40x40 cm 2024



Night



Oil on canvas

80x60 cm

2025

From the series *Connection from the Swamp*

In the silence of the night, I close my eyes in a desert. Yet, like the bright and hopeful sun, I open them – and from me, amidst the turmoil of the swamp, blue lotuses bloom.

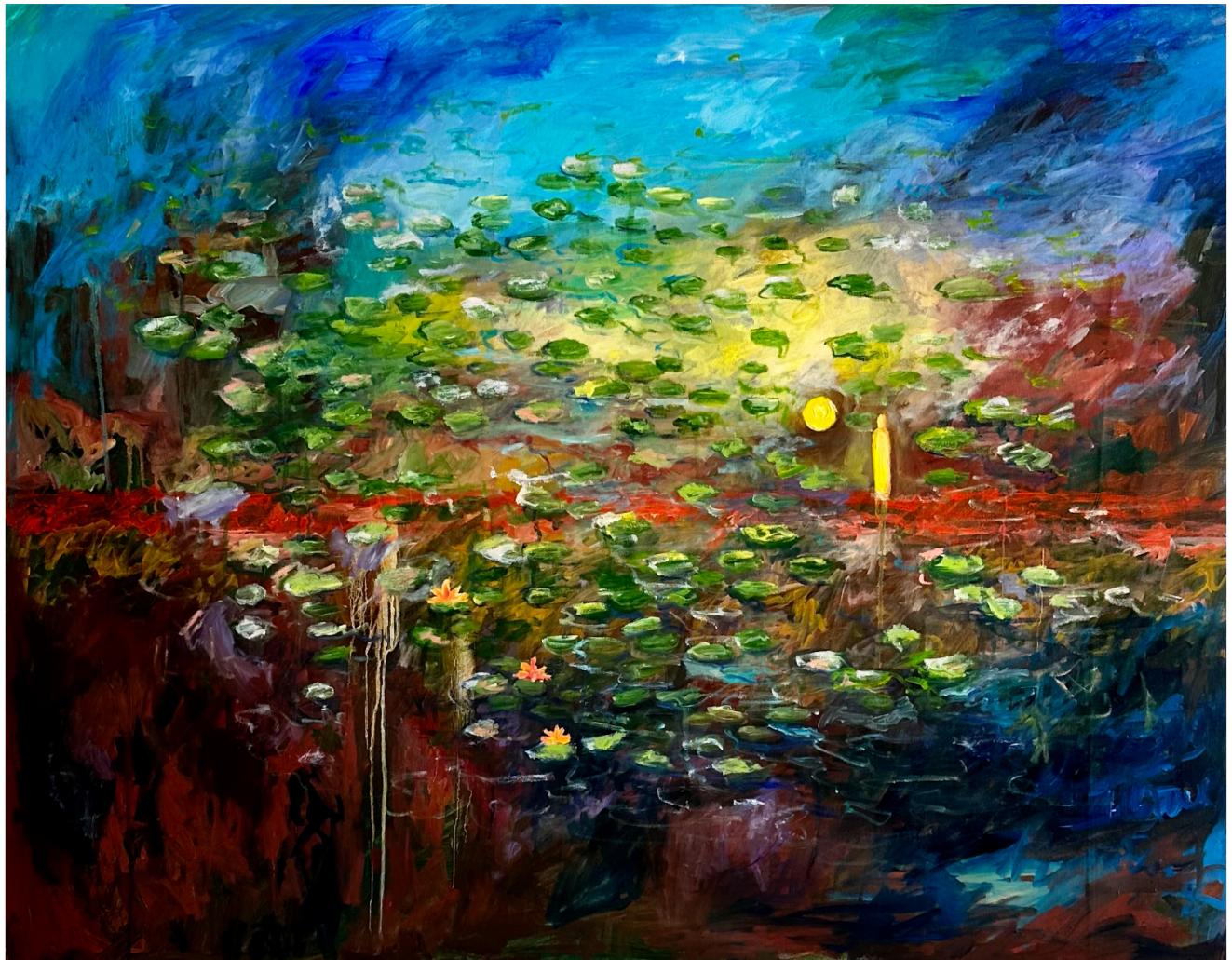
Golden Meadow

From the series Connection from the Swamp

Amid the meadow and silence, under the golden sunlight, I rediscovered the feeling of happiness.

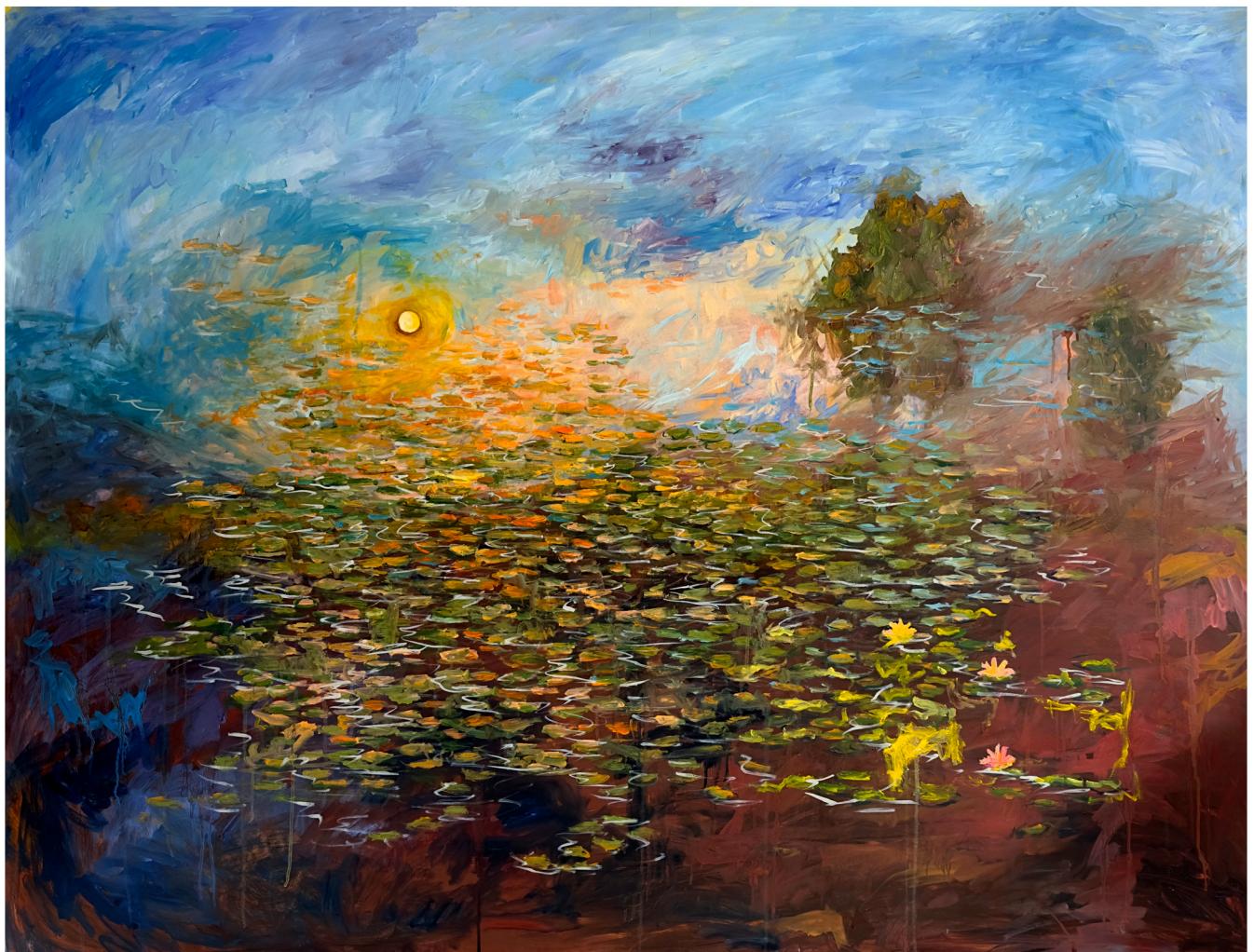
But suddenly, I was thrown back into the present – and that fleeting joy I transformed into blue lotuses blooms, amidst the swamp of life.

Oil on canvas 150x100 cm 2025



Sun's Awakening

Oil on canvas 150×100 cm 2025



From the series Connection from the Swamp

Looking at the sun, I am reminded that it doesn't light the world, but awakens it – even in this turbulent, swamp-like existence, where hope blooms like blue lotuses.

Swamp



Oil on canvas
50x70 cm
2025

This painting, and the new collection it belongs to, reflect my perspective after a shift in the way I see the world. It's a combination of nature and the swamp – where the lower layers show mountains and plains, and the upper layers depict the swamp. Through this work, I wanted to express my feelings about today's world: we shine like the sun amid all our worries; in the dullness and disbelief of these times, we still carry a light within us that never fades. Like the flames of the sun, we nurt..

Life



Oil on canvas

100×70 cm

2024

I have always been drawn to the swamp – the muddy, stagnant waters often seen as lifeless and dirty. But within their darkness, the lotus is born. In my hometown, a small pool was recently transformed to resemble a swamp and filled with water lilies. This scene moved me deeply. I took my oil paints, stood by its edge, and poured my gratitude and wonder into this canvas. This piece is not just about nature – it is about hope growing from forgotten places, beauty born from decay, and light that emerges from the unseen.

Exhibitions

Elahe Niroumand has participated in several solo and group exhibitions in Iran and internationally, including:

- Solo exhibition "In Search of Light", Pallet Gallery, Gonbad-e Kavus - Spring 2025
- Group exhibition "Fantasy", Music Museum Gallery, Tehran - 2024
- Online group exhibition (AFA), France - 2024
- Group exhibition "My Color", Azadi Tower Café-Gallery, Tehran - 2023

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