

INFINITE FREQUENCIES

NABIL HELOU



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Nabil Helou

Solo Exhibition

Opening Thursday, October 08, 2026

6 PM – 8 PM

Kalim Bechara Art Gallery

Noor Gardens 1 Building, Omar Daouk Street, Downtown, Lebanon

Gallery Opening Hours

Monday 11 AM – 7 PM

Tuesday 11 AM – 7 PM

Wednesday 11 AM – 7 PM

Thursday 11 AM – 7 PM

Friday 11 AM – 7 PM

Saturday 10 AM – 2 PM

Sunday CLOSED

For further information, contact:

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Nabil Helou (b. 1969) is a Lebanese sculptor whose practice explores the relationship between form, movement, material, and space. Living and working in Lebanon, he has developed a career spanning more than three decades, characterized by continuous experimentation with volume and void, the essence of what he considers the fourth dimension.

He earned a Master's degree in Visual Arts from the Lebanese Academy of Fine Arts (ALBA) in 1995 and specialized in Sculpture and Virtual Sculpture at ENSAC in France in 1997–1998. He later taught sculpture at ALBA, where he mentored a new generation of artists.

Throughout his career, Helou has exhibited extensively in Lebanon and internationally, representing Lebanon across Europe, Asia, North America, and the Middle East. Also, his artistic journey has been distinguished by numerous awards, medals, and trophies. His international sculptural engagements include participation in sculpture symposiums in China, Morocco, Canada, Syria, Iraq, Oman, and Egypt.

Helou's work transforms solid materials into dynamic forms, creating an ongoing dialogue between material and imagination, movement and balance, volume and void, and sculpture and space. Through this exploration, he investigates ways in which physical matter can transcend its material boundaries and suggest another sense of movement, dimensions, and infinity.



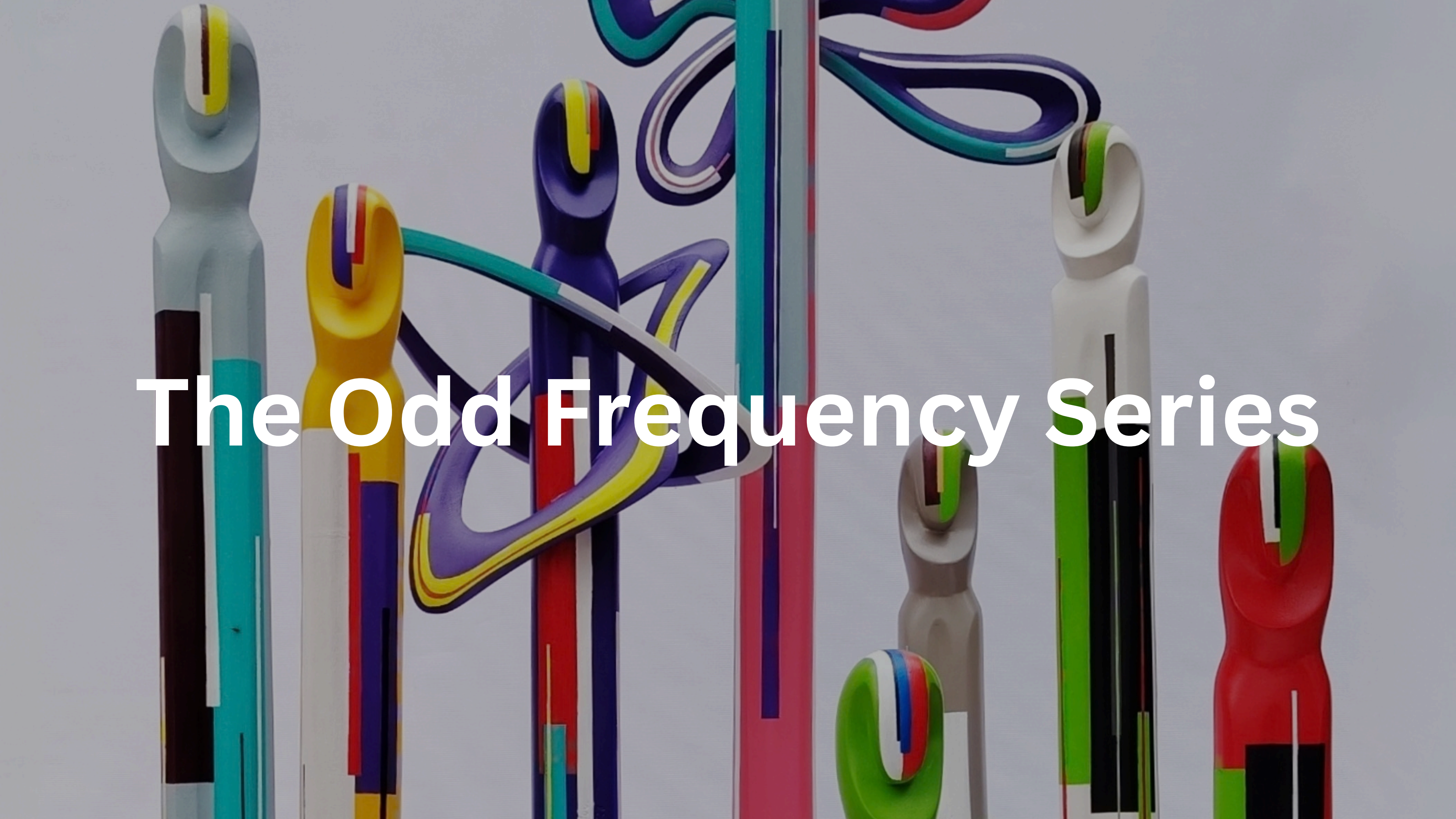
INFINITE FREQUENCIES

Nabil Helou's sculptures occupy the threshold where matter begins to suggest something beyond itself. Rooted in an early encounter with nature, organic forms, and the vastness of the cosmos, his practice transforms stone into a field of movement, frequency, and latent energy.

At the heart of Nabil's artistic philosophy is his "Triple H": Heart, Head, and Hands, three interconnected forces through which a sculpture comes into being. The Heart responds to passion, emotion, and intuition; the Head gives form to imagination and thought; and the Hands translate this inner vision through an intimate dialogue with the resistance, texture, and character of each material. Sculpture emerges from this encounter, not imposed upon the stone, but revealed through it.

Working primarily in marble, Nabil explores the dynamic relationship between mass and void, gravity and suspension, stillness and movement. His ongoing exploration of Infinity and Odd Frequency extends the sculptural experience beyond physical form, proposing sculpture as a visible trace of invisible forces and an expression of energies that exist beyond what the eye can immediately perceive.

For Nabil, stone becomes more than material: it becomes vibration made tangible, silence given form, and space charged with presence. Through the transformation of matter, his sculptures invite the viewer to move beyond the physical object and enter a realm where form, energy, imagination, and infinity converge.

The background image is an abstract sculpture titled 'The Odd Frequency Series'. It features several vertical, stylized figures in various colors: light blue, yellow, purple, white, and red. Each figure has a unique, rounded head and a body with internal color patterns. Some figures are connected by loops of the same color, creating a sense of movement and rhythm. The overall composition is dynamic and colorful, set against a plain white background.

The Odd Frequency Series



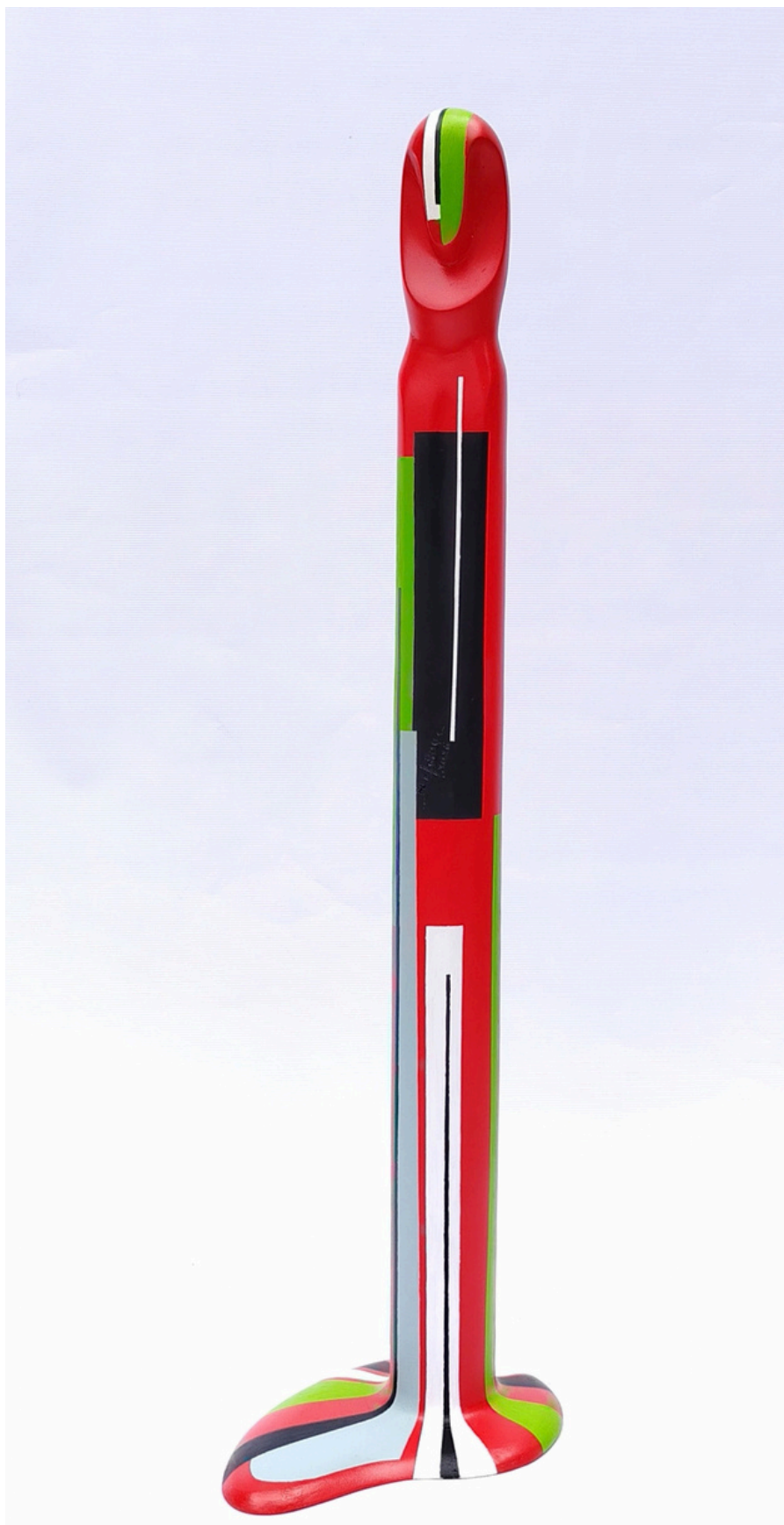
The Deep Red Odd

2026

Painted Fiberglass

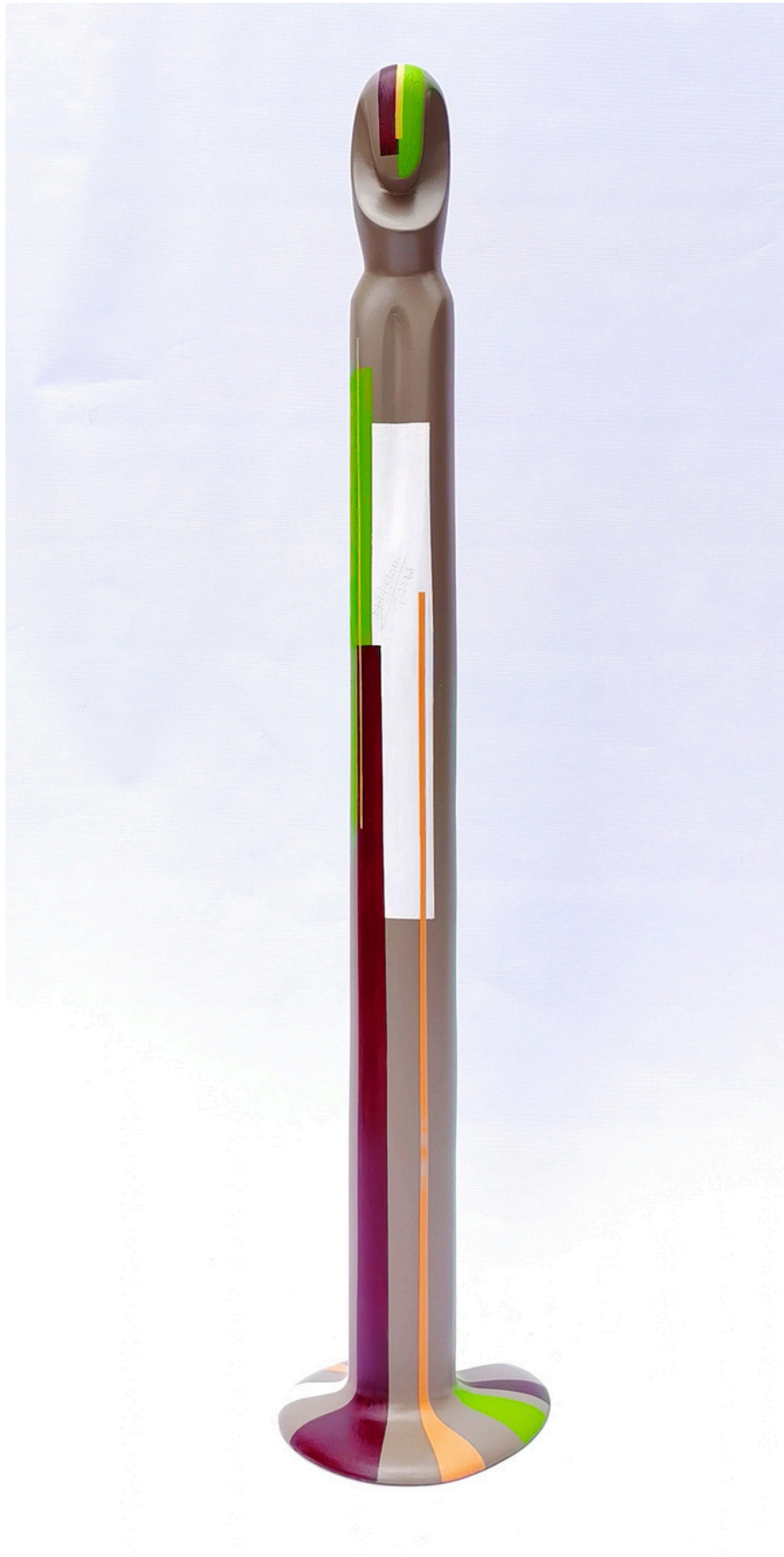
58 cm

USD 2,000



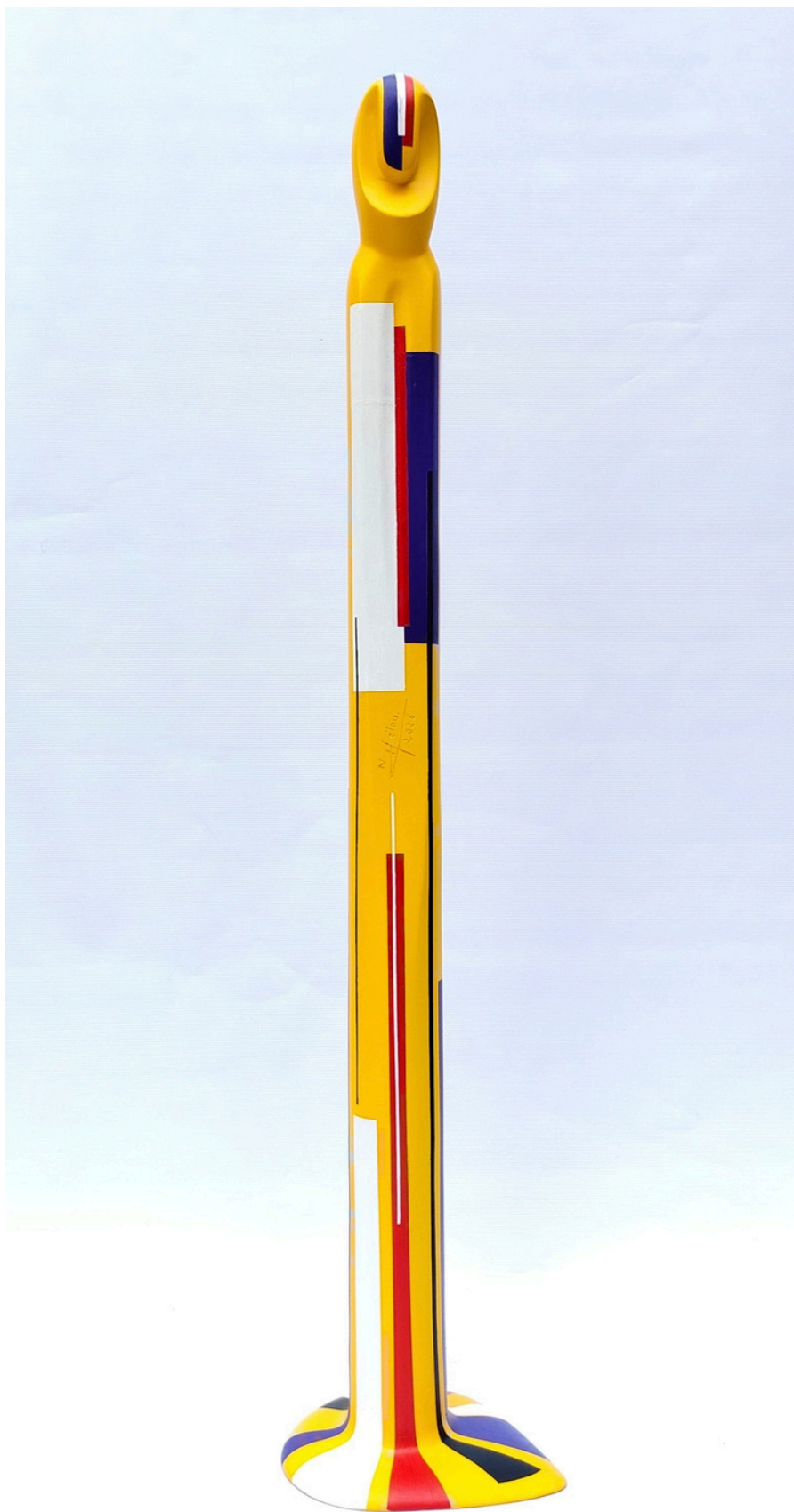
The Red Odd
2026
Painted Fiberglass
122 cm

USD 3,500



The Greige Odd
2026
Painted Fiberglass
133 cm

USD 3,750



The Yellow Odd
2026
Painted Fiberglass
153 cm

USD 4,000



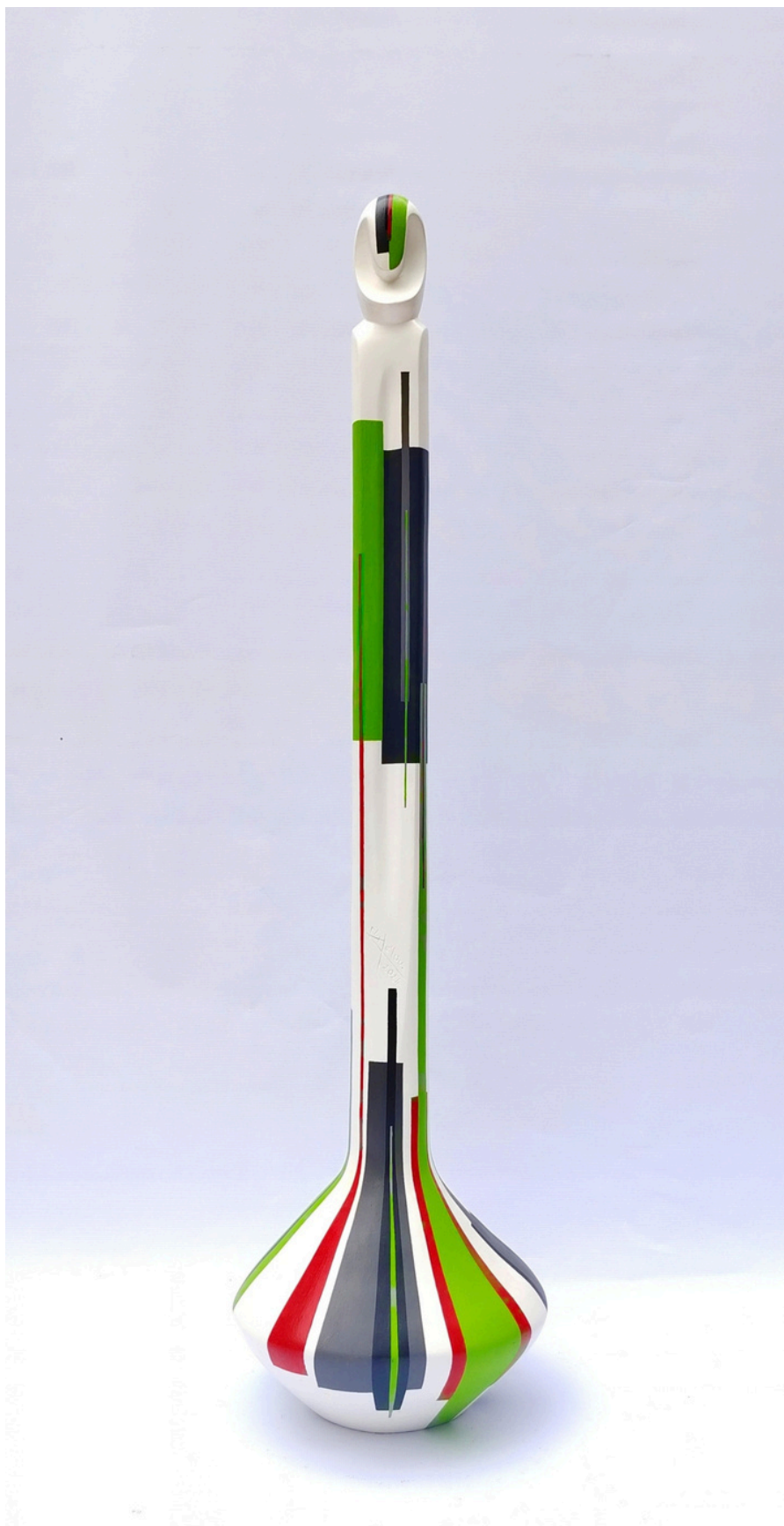
The Green Angel

2026

Painted Fiberglass and wood

103 cm

USD 4,000



The White Waterdrop

2024

Painted Fiberglass

161 cm

USD 6,500



The Grey Blue Waterdrop

2026

Painted Fiberglass

161 cm

USD 6,500



The White Couple Mural

2024

Painted Fiberglass

134x85x30 cm

USD 7,500



The Purple Blue Angel

2026

Painted Fiberglass and wood

169 cm

USD 7,500



Single Yellow

2025

Painted Fiberglass

245x62x50 cm

USD 9,000



Single Greige

2024

Painted Fiberglass

227x58x35 cm

USD 9,000



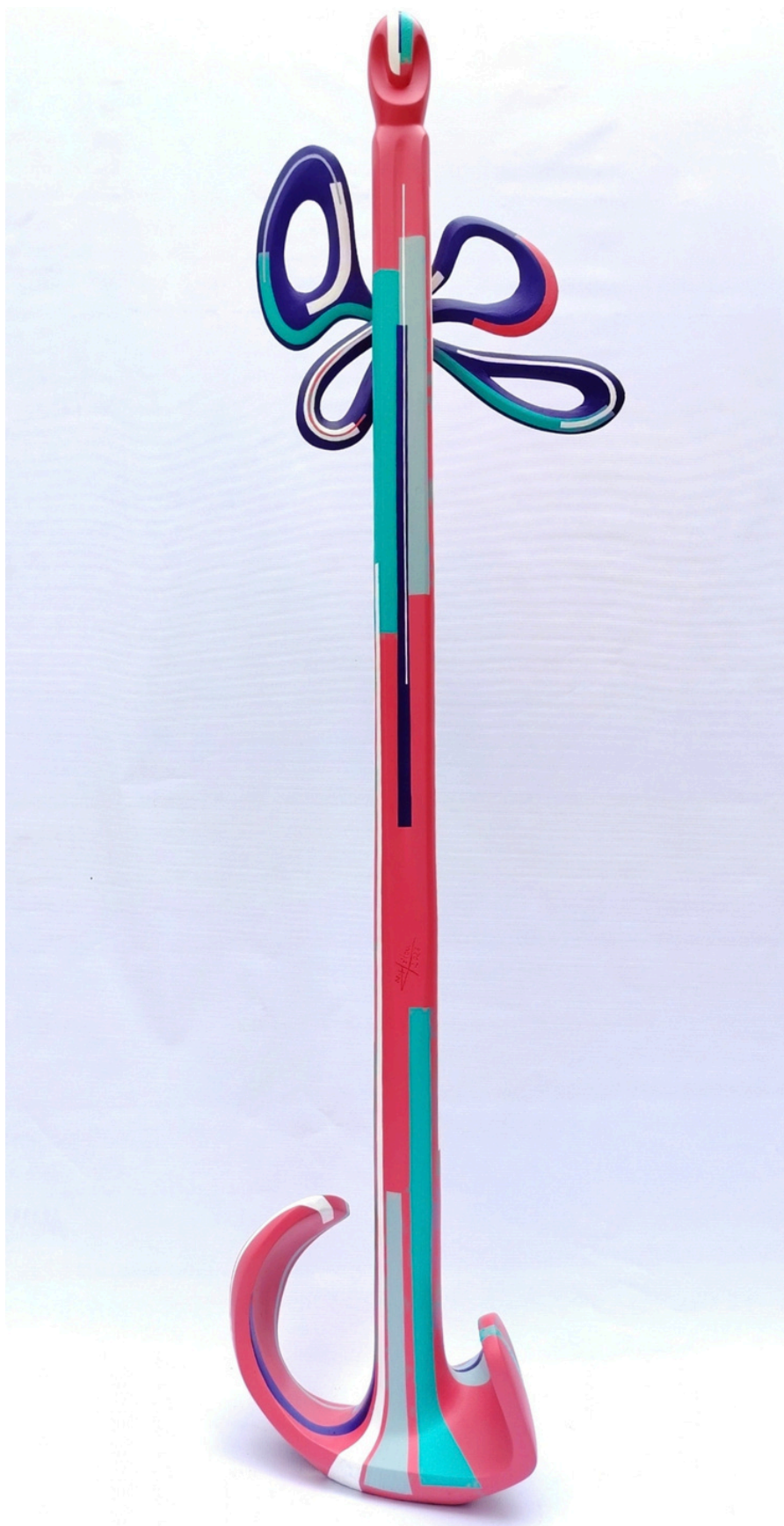
Single Purple Red

2024

Painted Fiberglass

235x55x40 cm

USD 9,000



The Pink Angel

2026

Painted Fiberglass and wood

235 cm

USD 9,000



The White Couple

2024

Painted Fiberglass

202x70x70 cm

USD 16,000



Set of Three Leaves

2025

Painted Fiberglass

Green 252x50x45 cm

Blue 214x48x44 cm

Purple Red 154x54x30 cm

USD 20,500



The Infinity Series



The Wormhole

2026

Nero Marquina marble on a black-patinated iron base

33x40x14,5 cm

USD 9,000



The Phoenix - From War to Art Series

2025

Lebanese cedar wood on basalt base

38x35x18 cm

USD 10,000



The Merkaba

2026

Bianco P marble on basalt base

40x30x29 cm

USD 10,500



The Mantra

2026

Makrana marble on a patinated iron base

59x27x20 cm

USD 11,500



Gaia

2025

Rosso Ducale marble on a black patinated iron base

55x24x20 cm

USD 12,000



The Soul Contract

2026

Verde Guatemala marble on a basalt base

63x19x16 cm

USD 13,000



The Milky Way

2024

Nero Marquina marble on Black Sahara Oro base

85x24x24 cm

USD 14,000



Andromeda

2025

Travertino Silver on a black patina iron base

26x75x20 cm

USD 15,000



The Dancing Swan

2025

Travertino Classico marble on Noir de Belgique base

100x27x24 cm

USD 15,000



Echoes of the Galactic Field

2025

Basalt stone

66x52x30 cm

USD 18,000



The Blue Moon

2026

Bianco P marble on Basalt base

84x57x30 cm

USD 20,000



Cosmic Field - From War to Art Series

2025

Lebanese cedar wood on black patina iron base

38x75x23 cm

USD 25,000

THANK YOU