

Exhibit Catalog

The Waning Year

August 9, 2019 to January 8, 2020

The Second of Two Multidisciplinary Arts Shows Exploring the Transformative Power of Attuning to Nature's Seasons



LIFE FORCE ARTS FOUNDATION

1609 W. Belmont, Chicago • 773-327-7224 • LifeForceArts.org

The Waning Year

OPENING RECEPTION

Friday, August 9, 2019, 7:30 - 10 PM

Free Admission to Exhibit & Opening Reception

Open Gallery Hours

**Thursdays & Fridays, 1:30 - 6:30 PM
and By Appointment**

LifeForceArts.org

773-327-7224

FEATURED ARTISTS IN *The Waning Year*

Steven Blaine Adams
Sharon Bechtold
Christopher Bednash
Mary Burton
Sally Cooper
Judy Demchuk
Kurt Fondriest
Ladan Ghajar
Sofia Girlando
Dorothy Graden
John Henderson

Pat Heydlauff
Kat Kidwell
Colleen Koziara
Jessica Kronika
Tanzen Lilly
Lorraine Moretti
Lisa Nomikos
Diana Rudaitis
Sujata Tibrewala
Corinne Viner

The Waning Year

The Second of Two Multidisciplinary Arts Shows Exploring the Transformative Power of Attuning to Nature's Seasons

Explore the transformative power of attuning to nature's seasons as Life Force Arts Foundation presents the art exhibit and multidisciplinary arts show ***The Waning Year***, running from August 9, 2019 - January 8, 2020 at Life Force Arts Foundation, 1609 W. Belmont, Chicago IL 60657.

Opening Reception is Friday, August 9, 2019 from 7:30 - 10 PM. Gallery hours are Thursdays and Fridays from 1:30 - 6:30 PM, and by appointment. Admission is free to the exhibit and Opening Reception. Workshops, Healing Performances and other events related to the theme will be held as part of the show. For more information, please contact Joan Forest Mage, Artistic Director, 773-327-7224, joan@LifeForceArts.org.

The Waning Year is the second of two exhibits in 2019 at Life Force Arts Foundation that explore the meaning and transformative potential of attuning to nature's seasons. The exhibits are based in the Life Force Arts Method (LFAM), a powerful spiritual tool for building positive relationships from one's inner world to the outer world.

The word "waxing" means getting larger; the word "waning" means getting smaller. Each year, the waxing half of the year is from December 21 - June 20, when the days grow longer; and the waning half of the year is from June 20 - December 21, when the days grow shorter. (These dates refer to the Northern Hemisphere).

By attuning ourselves to the changes in nature happening as the year waxes and wanes, we become more in tune with our bodies, minds and emotions, and to our connection with all life. Throughout history and in every culture, artists, teachers, healers and community builders have worked with the seasons to help their communities live in harmony with self, society, nature and the spirit realm.

In ***The Waning Year*** exhibit the viewer is surrounded by images of nature from Summer into Fall and Midwinter, covering the Wheel of the Year Festivals Harvest (Lughnassadh), Fall Equinox, Samhain and Midwinter.

The exhibit features a wide variety of media including painting, photography, sculpture, mixed media and installation. Life Force Arts Foundation Artistic Director Joan Forest Mage says, "It's fascinating to see the interpretations that artists have about the theme. At LFAF, our art exhibits create sacred space in which performances, concerts, poetry readings, workshops, lectures become healing rituals, infused with transformative power to heal and enlighten."

This exhibit is curated by LFAF Artistic Director Joan Forest Mage and LFAF Associate Artistic Director Steven Blaine Adams.

Art from ***The Waning Year***
Featured in **Life Force Arts Ensemble (LFAE)**
Performances and Healing Arts Intensives

*Life Force Arts Foundation's Resident Performing Company,
Life Force Arts Ensemble (LFAE), Uses
Live Music, Dance, Sound Healing, Storytelling, Poetry and Visual Art
To Create Healing Rituals Infused With
Transformative Power to Heal and Enlighten*

Please Join Us For Our
SERIES OF FOUR LFAE PERFORMANCES
Based in the Beautiful Artwork in
The Waning Year
Exhibit

In each performance, we select Featured Artwork from the exhibit and interpret it with improvisational dance and vocal and instrumental music as powerful energy work. See the lists below for the Featured Artwork for each performance.

In addition to our performances, LFAE offers Healing Arts Intensives, an in-depth group experience for three to twelve participants guided by a Facilitator and built around a Life Force Arts Ensemble (LFAE) performance. Each participant focuses on a personal Transformational Goal that they want to see fulfilled by the end of the Intensive.

We engage in both observing and making visual art, writing, dance, theater, music, storytelling and other artistic expression to achieve the "aha" moment of change each participant desires: healing, learning, self-discovery, professional development, transition or evolution.

Upcoming LFAE Performances

Featured Artwork for the LFAE Performance “Fire Rooster” Saturday, August 31, 2019 • 7:30pm - 9:30pm

- *Fire Rooster* © Lisa Nomikos
- *Harvest Sunflowers Dancing in the Day* © Jessica Kronika
- *Lammas* © Corinne Viner
- *Mystical Reality* © Ladan Ghajar
- *Desert Medicine Trilogy* © Sally Cooper
- *Starla Nova* © Sally Cooper
- *Hermiric Breakthrough: We’re Closer Than We Think* © Christopher Bednash

Featured Artwork for the LFAE Performance “The Goddess Dissents” Wednesday, September 25, 2019 • 7:30pm - 9:30pm

- *Blodeuwedd* © Sharon Bechtold
- *Persephone Dissents* © Corinne Viner
- *The Faeries’ Looking Mask* © Sofia Girlando
- *Seasons Under Midnight Sky* © Kurt Fondriest
- *Fall Begins: Lillies and Leaves on the Water* © Jessica Kronika
- *Earthy Depths* © Sujata Tibrewala

Featured Artwork for the Samhain LFAE Performance Wednesday, October 30, 2019 • 7:30pm - 9:30pm

- *Samhain - Skeletal Goddess* © Colleen Koziara
- *Mask of the Dark Moon Goddess* © Lorraine Moretti
- *Who Me?* © Diana Rudaitis
- *Catch The Moolight* © Kat Kidwell
- *Harvest Altar* © Tanzen Lilly
- *Dreamtime* © Judy Demchuk
- *Remnants* © Dorothy Graden

Featured Artwork for the Midwinter LFAE Performance Saturday, December 7, 2019 • 7:30pm - 9:30pm

- *Midwinter Tale 1- 10* © Mary Burton
- *Transcending Series* © Pat Heydlauff
- *Lone Wolf* © Lisa Nomikos
- *Candle Flame Mandala* © Steven Blaine Adams

Featured Artwork for the Midwinter LFAE Performance

Steven Blaine Adams

facebook.com/stevenblaine.adams/photos



*Candle Flame
Mandala
(2019)*

Acrylic and
Watercolor on
Canvas Board

13 x 13 Framed

\$300

Candle Flame Mandala

I chose the candle and flame in a mandala to inspire meditation and journeying. We use candles to symbolize the spirit of an individual life, like birthday candles which celebrate life's journey, or when we light a candle for someone to aid in their healing or to send them positive energy. We pay tribute to a life that has passed by keeping a candle burning in remembrance to signify that their memory lives on. A candle is a symbol of the illumination of the spirit, purification, cleansing, the passion of the soul awakening, transmutation, magic and alchemy. My hope in creating this piece is that meditation will awaken your spirit and encourage your soul's pathway in the journey of life.

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Sharon Bechtold

www.sharonbechtold.com



Blodeuwedd
(2019)

Pyrography &
Colored Pencil
on Birch

12 x 24

\$888

Prints
Available

Blodeuwedd

The Many Meanings of Blodeuwedd by Joan Forest Mage

Blodeuwedd is a figure from Celtic mythology mentioned in the Mabinogi. Arianrhod, the goddess of the sky, is tricked into getting pregnant by her brother, Gwydion. She refuses to give the son she bears a name, or give him arms, two of the three things necessary to become king. The third necessity to become king is a wife, and Arianrhod pronounces a destiny for her son that he cannot marry a mortal woman.

Arianrhod is tricked into giving her son a name (Llew) and arms. Then Gwydion creates a woman from flowers, naming her Blodeuwedd or "flower face", to be Llew's wife, circumventing Arianrhod's control. But Blodeuwedd meets the handsome Gronw, and for the first time, realizes she has her own desires. Blodeuwedd and Gronw try to kill Llew, but instead he turns into an eagle. Gwydion then turns Llew back into a man, and Llew kills Gronw. Gwydion then changes Blodeuwedd into an owl, to live forever in the night.

Sharon Bechtold

www.sharonbechtold.com

*The Many Meanings of **Blodeuwedd*** continued...

There are many ways to interpret this tale: as simply a story of desire and revenge, or a cautionary tale to warn women to be docile and obedient lest they be punished.

Alternately, it reflects the change of the early Celtic matriarchal culture to a patriarchal culture. In this interpretation, Arianrhod is a woman who still claims the right that women had to allow or withhold their sons' place in the society, represented by the giving of the son's name, arms and permission to marry. But Arianrhod is tricked into giving a name and arms, and the men create a non-human wife for Llew, taking away women's rights. Despite all this, Blodeuwedd finds her own will. She begins as the flora (flowers) and ends as the fauna (owl): she represents the world of nature, which is never really tamed.

Blodeuwedd's story also harkens back to the custom in many ancient cultures that, as Winter Cymraes explains, "In order to be a king, one had to marry the land...Often, this marriage was symbolic and accomplished by the practice of the Great Rite between the proposed king and a priestess of the Goddess. The commission of this act would ensure the king's love for the land and a lifelong desire to defend her as he would his wife."

It can also be seen as a metaphor for the change of seasons, much like the Persephone myth of the Greeks. In Celtic mythology, two mighty rulers fight for supremacy as the Wheel of the Year turns each season. At the Winter Solstice the Oak King conquers the Holly King, and then reigns during the Waxing Year, when the days are growing longer, until Midsummer. Once the Summer Solstice arrives, and the days grow shorter, the Holly King returns to do battle with the Oak King, and defeats him. In this metaphor, Blodeuwedd represents Spring in all its flowering beauty. She marries the Sun, Llew, representing the Oak King of the Waxing Year. Then Blodeuwedd meets Gronw, representing the Holly King/Waning Year, and they conspire to kill Llew (the Waxing Year. Blodeuwedd is turned into an Owl, representing the night (dark half of the year.)

As with Persephone, Blodeuwedd starts out in the sunlit flowering meadow, and ends up as a being whose domain is the darkness.

Whichever interpretation we look at, Blodeuwedd is a model of a woman who sought and achieved her own sovereignty. For more information, see these excellent articles on Blodeuwedd by Judith Shaw and Winter Cymraes.

Featured Artwork for the LFAE Performance "Fire Rooster"

Christopher Bednash

christopherjosephbednash.net



*Hermiric Breakthrough:
We're Closer Than We Think
(2019)*

Mixed Media

9 x 13 x 10

\$324

Featured Artwork for the LFAE Performance "Fire Rooster"

Christopher Bednash

christopherjosephbednash.net

Hermiric Breakthrough: We're Closer Than We Think

Waning light of a late summer dusk, one last swing of her hammer
Got the thinnest spot of the wall

Never sure if she believed those stories, of the other Chicagos
But here we are, face to face, suddenly we meet

Turns out in their Chicago the shifting is a bit quicker
By the grace of Hermiris, imagined god of imagination,

Cooperation with all life, making magic

An empty lot transforms into an orchard, forgotten spaces become gardens and habitats

Or other places of growth, art, romance, and joy

The other one is shocked too, but says it is part of the process

Recall how how far we have come, how close we are, how much we all still have to do

Hermiris, herald of Aquarius, offers you a plum, asking us to remember we are all one

So remember to choose wisely our story

Featured Artwork for the Midwinter LFAE Performance

Mary Burton

marybearart.com



Midwinter Tale
(2019)

Ten 8.5 x 5.5
Pencil on Paper
Drawings

31 x 21 Framed

\$250 for All Ten

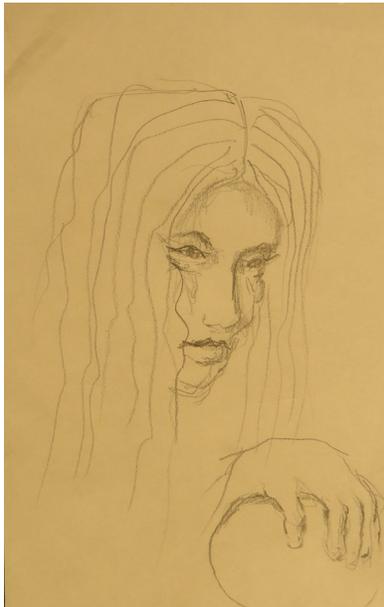
Drawings
Available
Separately
for \$35 Each

Midwinter Tale

This is a series of images that came over several days this midsummer July depicting a story or journey that takes place during midwinter. The images appear to follow a queen or goddess figure at the darkest time of the year while she reaches out for someone in the underworld who could be her ancestor or a daughter. She is connected with the sun and the time when light starts to come back into the world. A crown figures prominently in the drawings, representing the wheel of the year which the goddess or an angel directs. This story does not have a detailed narrative and welcomes each viewer to compose their own narrative.

Mary Burton

marybearart.com



Midwinter Tale (1)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



Midwinter Tale (2)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



Midwinter Tale (3)
(2019)
Pencil on Paper
8.5 x 5.5
\$35

Midwinter Tale (4)
(2019)
Pencil on Paper
8.5 x 5.5
\$35

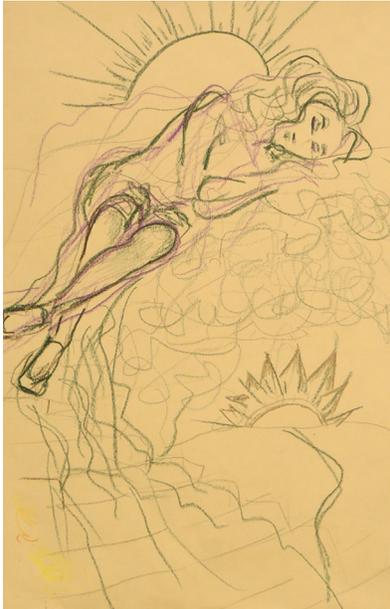


Midwinter Tale (5)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



Mary Burton

marybearart.com



Midwinter Tale (6)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



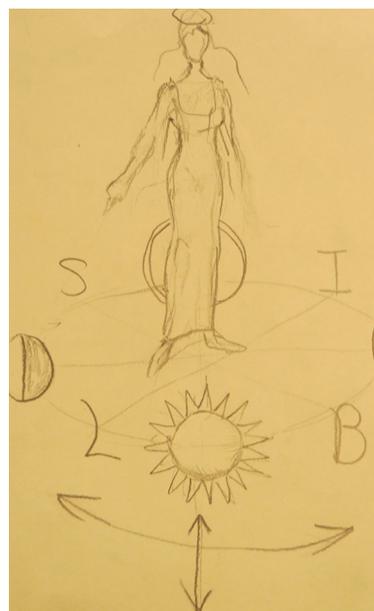
Midwinter Tale (7)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



Midwinter Tale (8)
(2019)
Pencil on Paper
8.5 x 5.5
\$35



Midwinter Tale (9)
(2019)
Pencil on Paper
8.5 x 5.5
\$35

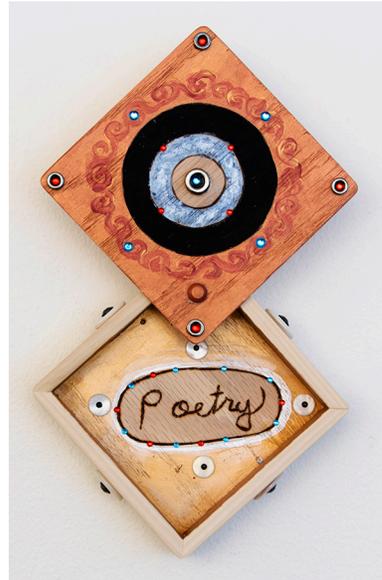


Midwinter Tale (10)
(2019)
Pencil on Paper
8.5 x 5.5
\$35

Sally Cooper



Desert Medicine Trilogy 3 - Arrow
(2018)
Mixed Media
18 x 5 framed
\$120



Desert Medicine Trilogy 1 - Target
(2018)
Mixed Media
12 x 12
\$120



Desert Medicine Trilogy 2 - Poetry Box
(2018)
Mixed Media
4.5 x 4.5 x 1.5
\$120

Sally Cooper

Desert Medicine Trilogy: 1 - Target, 2 - Poetry Box, 3 - Arrow

Special thanks to Sharon Bechtold & Steven Blaine Adams for their inspiration & assistance.

In late 2018, Sharon Bechtold presented an artistic workshop at Life Force Arts Center inspired by her poem, "Desert Medicine". (The poem was also the Main Text of Life Force Arts Ensemble's Desert Medicine performance.) During the workshop, we created mandalas and boxes that reflected our interpretations of Sharon's work.

As I am a visually impaired person, Sharon and Steven Blaine Adams offered their assistance in making my intentions come into fruition. This is what happens when spirits work together to achieve a shared goal.

After studying for several years with Steven Blaine Adams, I now incorporate elements of jewelry design into my artwork by using crystals, semi-precious stones, and metals. The stones, colors, and chakras have a very profound influence on my work. Special thanks to Steve for all his advice and support.

Starla Nova

While learning to paint impasto and taking Life Force Arts Foundation's Healing Arts Intensive "Communal Garden," I discovered that I developed a unique new style of visual artwork.

My goal for this Intensive was realizing that change is wonderful and exciting and that there is no reason to be anxious about the unknown. When a star explodes, there are many smaller worlds left behind that need nurturing and reshaping.

The braille markers in the piece are color tags, identifying the colors of the sections of the painting. They are used by people who are visually impaired to identify the color of their clothing when it is in the closet. I added the braille color tags for my friends who are visually impaired so they can better observe the painting.

Special thanks to Lorraine Moretti for her inspiring poem "Communal Garden," which was the Main Text of Life Force Arts Ensemble's Communal Garden of Earth performance and for the Healing Arts Intensive "Communal Garden."

Featured Artwork for the LFAE Performance "Fire Rooster"

Sally Cooper



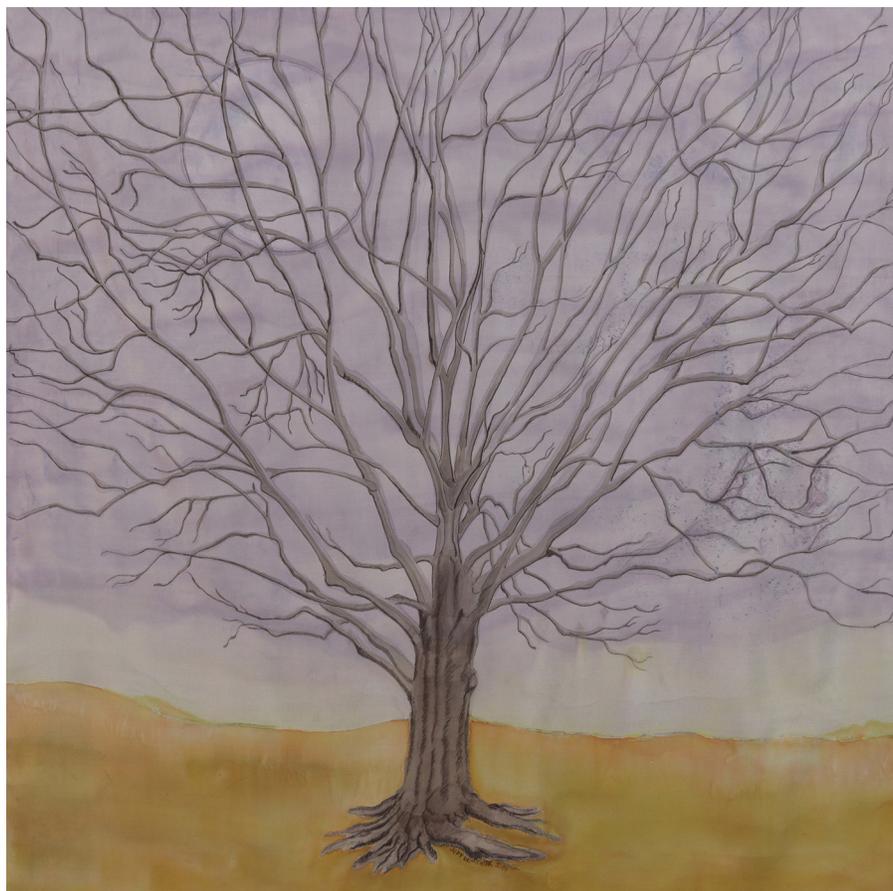
Starla Nova
(2019)

Mixed Media

12 x 12

\$350

Judy Demchuk



Dreamtime
(2019)

Textile Paint
on Silk

35.5 x 37.5

\$400

Dreamtime

In *Dreamtime* the tree has shed its leaves to go dormant for the winter even though the ground in Mississippi is still warm. The tree is solitary just as a person is solitary when he/she turns inward for reflection.

Dawn is a time when the world is still quiet. This is often a time for a sacred ritual or morning dreams.

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Kurt Fondriest

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>



*Seasons Under
Midnight Sky*
(2019)

Color Pencils,
Pastels & Paint
on Paper

20 x 26 Framed

\$450

Seasons Under Midnight Sky

The seasons are a reflection of our outer physical world. The spiritual and the physical connects us to this ever-changing environment. This piece tells a story of time passing on a universal level. Rhythm and motion is the configuration that we see as the changing of seasons.

Featured Artwork for the LFAE Performance "Fire Rooster"

Ladan Ghajar

[https://www.facebook.com/ladan.ghajar?mc_cid=1304852afc&mc_eid=\[UNIQID\]](https://www.facebook.com/ladan.ghajar?mc_cid=1304852afc&mc_eid=[UNIQID])



Mystical Reality
(2010)

Oil on Canvas

30 x 30

\$1500

Sofia Girlando



*The Fairies'
Looking Mask*
(2019)

Mixed Media

16 x 11

\$80

The Fairies' Looking Mask

This piece was inspired by the captivating colors of lush green and bright sun-dipped accents of late summer to early fall. We see the transition in the seasons: warm, but also inviting of cooler days and longer nights. This mask conveys many meanings: nature's mysteries of life; whether we are hiding or looking for something. I focused a blue dot on the third eye for its color significance to water and air, symbolic of being in tune with oneself and with the natural world. This piece could be a wonderful part of a decorative display, or as a timeless accessory to a fairy costume.

Featured Artwork for the Samhain LFAE Performance

Dorothy Graden

www.dorothygraden.com



Remnants
(2017)

Giclee Print

23 x 19
Framed

\$95

Remnants

By the end of October we see the remains of the plants that brought us joy all summer. They start to say their “farewells” as we begin to see their skeletal structures and shadows of their lives.

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>

*The Little
Green Guy
(2019)*

Dyed Butternut

11 x 4 x 2

\$100



*Aussie Alien
(2019)*

Dyed Butternut

7x 3.5 x 2.5

\$100

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



*Northwest Native
American Whale
(2019)*

Painted Basswood

10 x 10.5 x 4

\$350

*Just Another
Object
(2019)*

Dyed Butternut

12 x 2.75 x 2.75

\$150



John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Chevy Eagle
(2019)

Mahogany

4.5 x 12.5 x 3.5

\$300



*African Fertility
Goddess*
(2019)

Unknown Wood

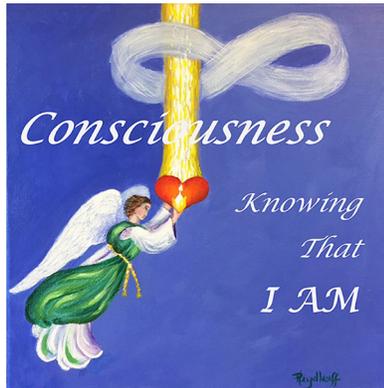
8 x 2.5 x 1.75

\$150

Featured Artwork for the Midwinter LFAE Performance

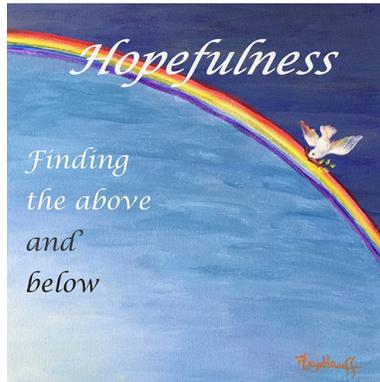
Pat Heydlauff

www.spiritualartwork.net



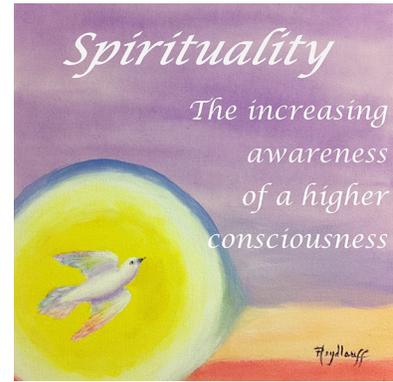
Transcending Series:
Consciousness
(2018)

Giclee Print
12 x 12
\$95



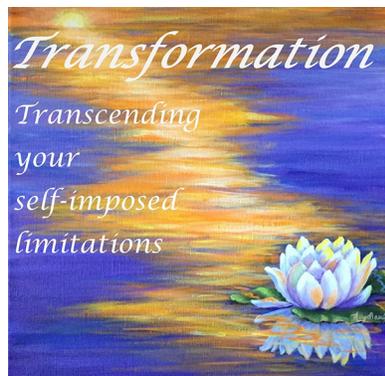
Transcending Series:
Hopefulness
(2018)

Giclee Print
12 x 12
\$95



Transcending Series:
Spirituality
(2018)

Giclee Print
12 x 12
\$95



Transcending Series:
Transformation
(2018)

Giclee Print
12 x 12
\$95



Transcending Series:
Wisdom
(2018)

Giclee Print
12 x 12
\$95

Pat Heydlauff

www.spiritualartwork.net

Transcending Series:

Hopefulness, Spirituality, Wisdom, Transformation, Consciousness

Transcending, the artwork I've submitted is a five-piece giclee series of acrylic originals on gallery wrapped canvases. *Transcendingt* reflects the seasons of spiritual life and the flow of consciousness much like the seasons of a year, at times waxing and at other times waning.

The spiritual transformation of a human begins with the waxing stage which is *Hopefulness*, *Spirituality* an awakening of human potential, *Wisdom* a seeking and deepening of a mystical experience leading to the waning cycle of life with *Transformation* and discovering *Consciousness*, the I AM. As in nature and the universe, the human also has cycles of waxing and waning with a beginning of the new season and completion of the cycle with a time of rest and reflection. And then it all begins again.

As the human journey waxes and wanes traveling on our path, our life journey has a progression just as the seasons of nature. The more in tune we become with our bodies and spiritual self the more in tune with nature and all connections whether above and below, within and without or human and nature. This inner journey took me first to creative writing and then painting which became the physical expression of my spiritual being. My paintings are designed to take the viewer on a visual journey within, through color, shape, design, vibration and symbols which are an ever-present representation of universal energy.

In a world of cement cities, noise pollution, electronic bombardment and isolated environments, it is difficult to hear our small quiet voice within and find peace. My passion is for my artwork to open up a world of possibilities the viewer may have never considered before and find peace within.

Featured Artwork for the Samhain LFAE Performance

Kat Kidwell

www.katkidwell.com



Catch the Moonlight
(2019)

Watercolor

17 x 21 Framed

\$170

Catch the Moonlight

Catch the Moonlight shows a cat reaching into a pond at night in a city cemetery in an attempt to catch the moonlight. The cat shows curiosity and willpower in a dark time. I was thinking about Samhain, and the image came to me. The city I had in mind is Boston, but not a specific cemetery.

Featured Artwork for the Samhain LFAE Performance

Colleen Koziara

www.mysticalwillow.com



Samhain - Skeletal Goddess
(2017)

Print on Paper

21 x 27 Framed

\$130

Colleen Koziara

www.mysticalwillow.com

Samhain - Skeletal Goddess

We dance with the death.

We always dance with death.

Death is our most intimate dance partner.

Originally created as a piece for sale to help fund the medical expenses of a friend who suffered a major heart attack, then a stroke and finally a quadruple bypass at the age of 50.

The day after a perfectly normal healthy day.

Wings spread wide,

Owl on her hand,

the Goddess greets us to carry us on what may, or may not,
be our greatest adventure.

Maybe she is beautiful and young with flowing hair and smooth supple flesh.

Maybe she is a woman in her prime the symbol of strength and power and fecundity.

Maybe she is a Crone, her skin wrinkled and leathery, the wisdom of all the ages in her eyes.

Maybe the owl is a fledgling,
maybe not.

But beneath all the possibilities there still lies the skeleton.

The bones.

The death. The last remnants of our existence.

And one day we all will leave,
and nothing but our bones will be left behind to show that we ever walked this earth.

Or maybe not.

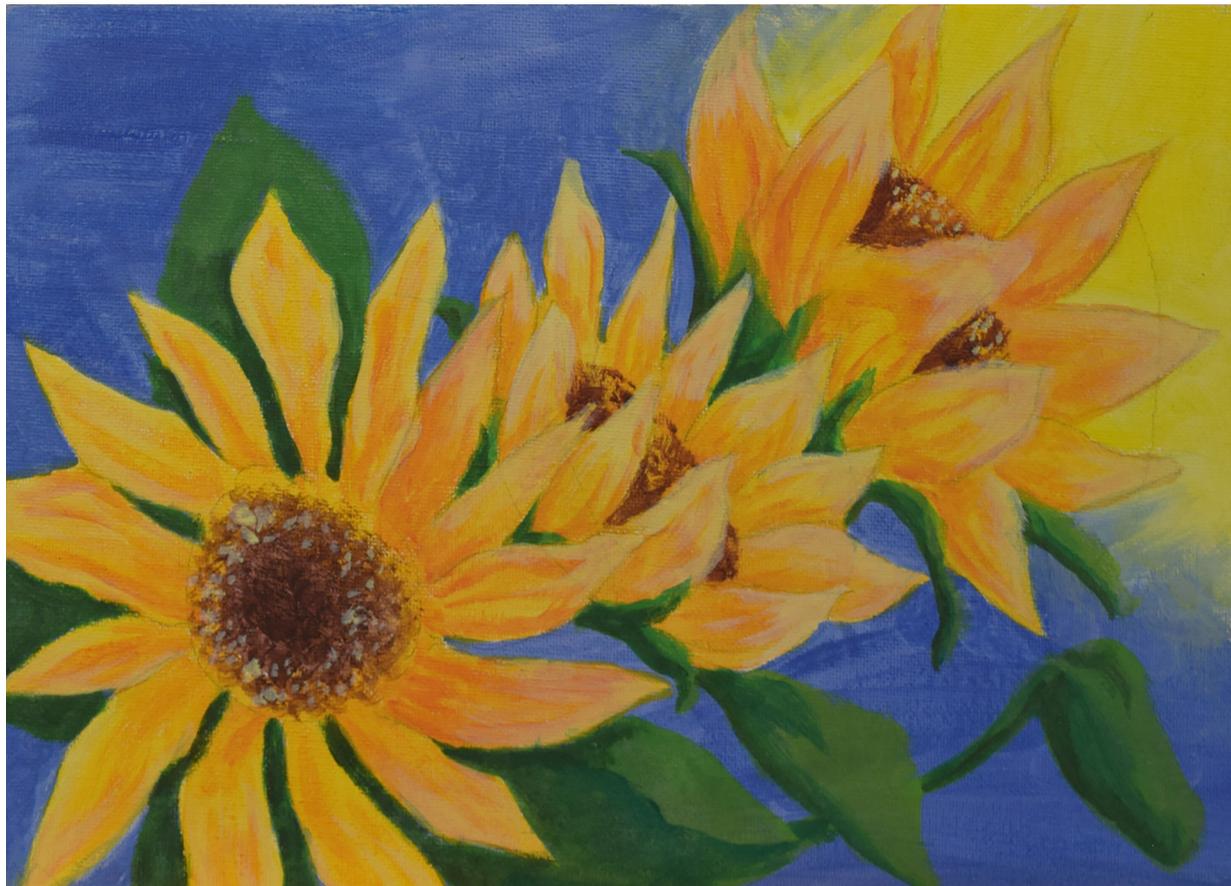
May the knowledge of our skeleton within lead us to live a life that leaves
more than just our bones as our legacy

Featured Artwork for the LFAE Performance "Fire Rooster"

Jessica Kronika

www.flyngypsyarts.com

<https://flyngypsyarts.wordpress.com>



*Harvest
Sunflowers
Dancing in
the Day
(2018)*

Acrylic on
Canvas

13 x 10.5
Framed

\$200

Harvest Sunflowers Dancing in the Day

At the latter end of the summer, the sunflowers crowd each other, rising high above the ground reaching up to drink the last richness of the sun before the cycle turns cool. They dance in the wind and tempt squirrels, raccoons, birds and humans with their plentiful seeds. Within each tiny sunflower seed lies the dna code of its lineage to rise in the spring like an oxygen producing phoenix, ready to again rise to the sky and dance where the ghost of last year's flowers lingers. It is this lively spirit that invigorated me and led to the painting, *Harvest Sunflowers Dancing in the Day*.

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Jessica Kronika

www.flyngypsyarts.com

<https://flyngypsyarts.wordpress.com>



*Fall Begins:
Lilies and Leaves
on the Water*
(2018)

Oil on Canvas

10 x 8

\$400

Fall Begins: Lilies and Leaves on the Water

In the crisp air of Fall, when the wind plays with my hair and tosses leaves about, I feel at home in the world as I am no other time of year.

This is my season, when I was born. Always the colors of the woodland and the deep reflective waters of our Midwestern wetlands stir my soul.

With this inspiration, I painted *Fall Begins: Lilies and Leaves on the Water*, using oil paints on stretched canvas. Within its deep blue waters, subdued greens and fiery oranges live the passions of the season. My hope is that the spirit is healed by these strong contrasts and the rich scene of all of nature's amazing beauty.

Featured Artwork for the Samhain LFAE Performance

Tanzen Lilly

www.tanzenlilly.wixsite.com



Harvest Altar
(2019)

Acrylic on
Canvas

36 x 36

\$300

Harvest Altar

Harvest Altar depicts an altar laid out with a carved pumpkin, ripe fruits, fresh bread, photographs, candles, and incense; set in preparation for Samhain. The composition of this painting compliments its Waxing Year counterpart *May Day*.

Lorraine Moretti



*Mask of the Dark
Moon Goddess
(2019)*

Mixed Media

24 x 16

\$400

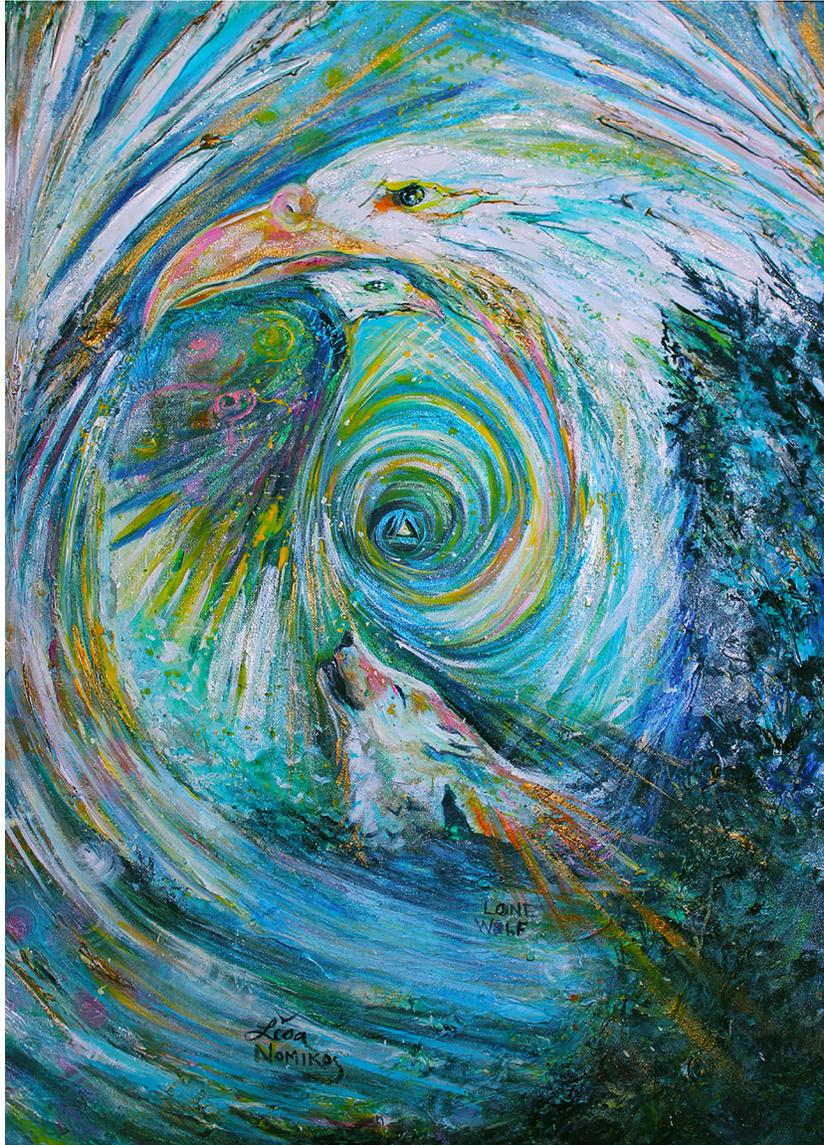
Mask of the Dark Moon Goddess

The waning, or decreasing, moon represents the Crone Goddess who is acquainted with the night, decay and death. She encompasses duality and holds dark and light, life and death, and destruction and creation at the same time. Some of her names are: Hecate, Kali, Nyx, Lilith, and Medusa. She is honored at Samhain and her gifts are transformation, clairvoyance, protection, peaceful endings, and spiritual healing.

Featured Artwork for the Midwinter LFAE Performance

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy



Lone Wolf
(2019)

Acrylic on Canvas

24 x 36

\$3000

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy

Lone Wolf

Lone Wolf is a painting of the inner winter, of feeling alone. Longing to be a part of something. We can clearly see the little wolf surrounded by the wolf spirit. Can she see her joyful wolf, protective eagles, turtle, and owl guides, plus a multitude of hidden spirits and the Divine surrounding her as she lifts her lonely face to the sky?

Lone Wolf

by Lisa Nomikos

Little Wolf, Little Wolf can't you see?
The Spirit of the Universe is looking at thee.
Alone one, Alone one, lonely you may be, but
Look around you.
Look around you.
SEE.

Within All is a longing,
A yearning,
A needing to Be
More
Than what we can see.

A lone wolf, alone you may be
Standing, Seeking, Listening
With Deaf ears in the dark,
Wanting to be heard.
Look up.

Raise your heart.
Raise your light.
Dim the Dark.
See Great Eagles
Surrounding Thee,
Great Wolf, Turtles
and Guides,
Birds Fly
Surrounding
Protecting.
SEE.
See the Great Divine
Around Thee.

Lone Wolf,
Don't you see?
You're Never Alone.
Never. Never
Not Even
When Things seem
Dimmed In the
Night.

Lone Wolf,
Raise your Heart
Raise your Eyes
Feel the
Warmth,
Feel the
Light
Brightening
Tonight.

Featured Artwork for the LFAE Performance "Fire Rooster"

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy



Fire Rooster
(2019)

Acrylic on
Canvas Board

15 x 15
Framed

\$333

Fire Rooster

Deep within hides the rooster spirit, dancing, swaying with inner strength, courage and confidence. Look deeper into her yin yang spirit and see the hidden faces: the joyous light dancer, the blooming lotus, the deep inner sadness, the fiery inner being for all to see.

Featured Artwork for the Samhain LFAE Performance

Diana Rudaitis

<https://www.facebook.com/100014796286793>



Who Me?
(2019)

Acrylic on
Canvas

11x14
Framed

\$75

Who Me?

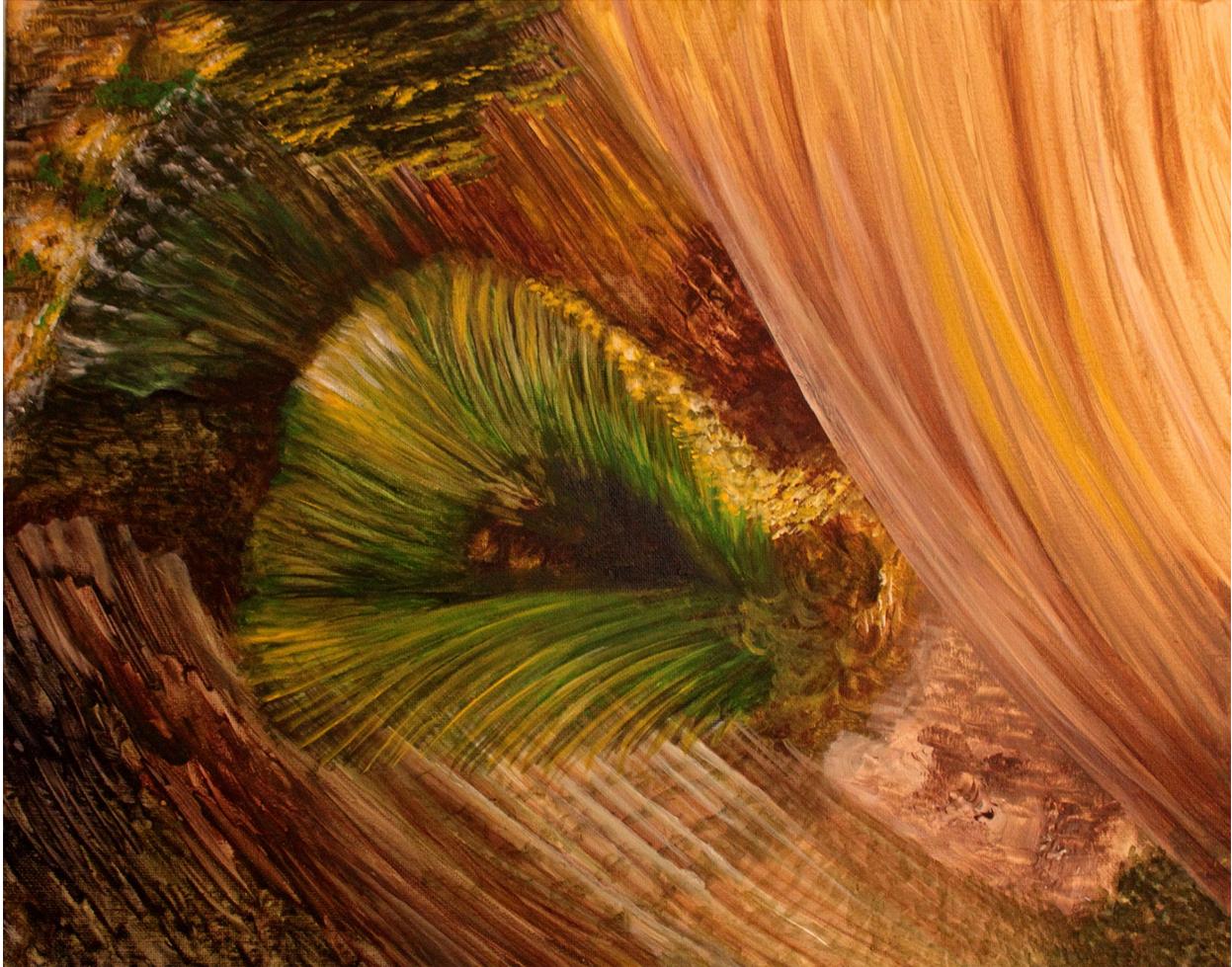
Since the earliest times, the owl has been seen as a bird of darkness, mystery and the occult; ever the companion of the gods and goddesses, like Athena.

This little screech owl heralds the approach of late fall and early winter and the festivals of Halloween and Samhain.

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Sujata Tibrewala

www.pratibimba.info



Earthy Depths
(2011)

Acrylic on
Canvas

16 x 20

\$600

Earthy Depths

In search of infinity between the blades of grass, particles of earth
below my feet...

Featured Artwork for the LFAE Performance "Fire Rooster"

Corinne Viner

www.pillowfort.io/SirPaintsALot



Lammas
(2019)

Oil on Canvas

26 x 38 Framed

\$789

Featured Artwork for the LFAE Performance "Fire Rooster"

Corinne Viner

www.pillowfort.io/SirPaintsALot

Lammas

Lammas is a poignant period where each day feels like a fleeting dream, gone too fast. The plants have mellowed from their bright exuberant foliage into greens in tones of gold, brown, and deep forest. This is the color of getting things done and of the slow inexorable pace toward harvest. The inverted triangle shape represents how all beings under the sun open their arms toward the light and warmth as the source of life. The lowermost point is in darkness as a reminder of how the cold and dark is coming again and must be prepared for. The figure at the center is us as our deep selves who may bring change into the world or redress the wrongs in the world. They wear your face.

Day to dusk
And back,
Only shorter now
So ephemeral is a warm summer day

What is normal
Burning is
And icy cold
Warmth is not the natural state of the universe

And Yet Spring
Will return
In green glory
And they restore the balance of the extraordinary.

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Corinne Viner

www.pillowfort.io/SirPaintsALot



Persephone's Dissent
(2019)

Oil on Canvas

26 x 38 Framed

\$789

Featured Artwork for the LFAE Performance "The Goddess Dissents"

Corinne Viner

www.pillowfort.io/SirPaintsALot

Persephone's Dissent

Persephone's Dissent is a look at Persephone's descent into the underworld represented by early winter. She stands looking out into the deep night wearing a dress meant for warm summer nights. Abstracted birch trees bare of leaves block her path, and snow is beginning to fall. This piece was painted in one sitting alla prima by layering in greens, purples, and yellows and then covered with black, grey, and white. The top layer has been covered to create the central figure and scrapped away to form the trees to mimic necessity.

I have always been fascinated by the myth of Persephone and how her cyclical nature represents the seasons of life and the body. Most of us experience seasonal changes as the day grows shorter and the flowers go away and can so relate to this myth personally. Depending on the myth, Persephone does or does not choose her own fate. In eating the pomegranate seeds she departs from her mother's wishes for her, and that has enormous consequences that she must bear. Persephone's story is one of how to thrive in uncertain and changing circumstances.

Biographies

STEVEN BLAINE ADAMS

[facebook.com/stevenblaine.adams/photos](https://www.facebook.com/stevenblaine.adams/photos)

Steven Blaine Adams is an artist and designer who works with natural materials like stones and crystals to create artwork and jewelry with symbolic and spiritual resonance. He is LFAF's Associate Artistic Director and also its store designer. The son of an astrologer and Tarot reader, Steven has been doing readings professionally for over 30 years, combining the wisdom of Tarot with the healing properties of stones. He attributes meditation, art, ritual and spiritual connection as instrumental catalysts in his path towards healing.

SHARON BECHTOLD

sharonbechtold.com

Sharon Bechtold is the creator of the Cattitude Shamanic Oracle System, including the artwork and text of the *Cattitude Oracle Deck*. She is also the designer of the Feline Filigree © line of Cat inspired handcrafted jewelry. She is a full time artist, writer, bard, and shamanic practitioner.

Sharon studied shamanism through Life Force Arts Shamanic Training, holds the Bardic Grade from the Order of Bards, Ovates, and Druids, and is well versed in elemental energy work. She is a professional award winning pyrographer who has published over a dozen books on pyrography. She has been a columnist and writer for numerous international print magazines and founded the largest and most comprehensive international online art school dedicated to pyrography. She holds the status of Illinois State Artisan and is represented by museums, galleries and collections throughout the world.

CHRISTOPHER BEDNASH

christopherjosephbednash.net

"I am an interdisciplinary artist who nurtures notions of a more peaceful, just, and ecologically wise world through education, outreach, and creative projects. My media and methods vary by the project, ranging from drawing and painting, to mixed media and digital arts, also incorporating performance, installation, community organizing, research, and education into my artistic practice."

"At the root, I am interested in expanding certain intersections between art, activism, and (non-doctrinal) spirituality-- and specifically to create spaces where we are better able to imagine what a more beautiful community/world can be like. When I say 'spirituality,' I mean it in a very broad sense. I have no wish to push beliefs (or non-beliefs) on others, simply to help us to place the struggles and tragedies of our past and present into larger narratives, bigger pictures where meaning and beauty remain and transformation is always possible.

MARY BURTON

marybearart.com

Mary Burton (B.A., SUNY Albany; M.F.A., School of the Art Institute of Chicago) the child of diverse parents (Northern European and Russian Jewish) grew up on a farm in upstate New York where she was blessed to be immersed in the beauty of nature and life forms. Observations of light and dark, trees, the seasons and natural phenomena as well as an ongoing quest for meaning inspired explorations of form and line in drawing, printmaking, painting, videography and video image processing. She has exhibited with the Chicago Artists Month, School of the Art Institute BareWalls, School of the Art Institute Fellowship Exhibition and others. A lifelong searcher and student of mysticism and spiritual sciences, her studies include comparative religion, mysticism, symbolism, yoga philosophy, spiritual astrology at the Temple of Kriya Yoga, A Course in Miracles at Unity Church in Chicago, music studies at Old Town School of Folk Music and New Tuners music theater workshop under John Sparks, as well as working for the Urantia Foundation (publisher of *The Urantia Book*). Mary is a graduate of the Life Force Arts Shamanic Training program. Mary's family has been in what is now the U.S. since the 1600's. Her ancestor, Mary Bliss Parsons, was accused and acquitted twice for witchcraft in Cambridge and Boston, Massachusetts.

SALLY COOPER

Sally Cooper has a background in dance, sculpture and poetry. She is a Chicago native who has been legally blind since birth. "I never let being blind stop me from exploring my dreams. Where there's a Will there's a Way."

Sally often creates her work with the help of fellow artists who assist her with the technical aspects of art that are difficult for someone who is visually impaired. "Since my hand-eye coordination is not what it used to be, it is great to collaborate with artists who envision the same concepts as I do. It's real connection."

JUDY DEMCHUK

Judy Demchuk is an award-winning artist from Chicago, now residing in Hattiesburg, Mississippi. Her creativity was nurtured by her parents who were gifted in the arts. She excelled in her professional life in both corporate and graphic arts careers, but chose to pursue her inner drive to create art in the traditional arenas. While she incorporates the influence of her Japanese American heritage into her art, her flare for diversity drives the assortment of mediums and materials she uses in her creations, including silk paintings, numerous silk scarves series, and drawings. A graduate of various schools and art institutions, she explores unusual methods in which she can express her concepts freely. Judy holds a B.F.A. in graphic design and a B.S. in computer science with a second major in psychology. Judy's illustrations have been published nationally and her paintings exhibited in galleries throughout the Midwest.

KURT FONDRIEST

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>

Kurt Fondriest is an expressive arts therapist at Misericordia home in Chicago, where he has worked for almost 30 years. He is an ordained nondenominational minister and certified pastoral counselor, holding a PhD in Holistic Ministries. His work is based on his life with a chronic pain condition called fibromyalgia. Dr. Kurt sees life as a ministry, a way of expressing one's spiritual connection to others. One of the greatest gifts our creator gives us is the power to love unconditionally; it is through this gift we find ourselves and our work. Let us always remember to not keep the gift of unconditional love but to share this divine blessing with all.

LADAN GHAJAR

[https://www.facebook.com/ladan.ghajar?mc_cid=1304852afc&mc_eid=\[UNIQID\]](https://www.facebook.com/ladan.ghajar?mc_cid=1304852afc&mc_eid=[UNIQID])

Ladan Ghajar was raised in Tehran, Iran, in an artistic family. In 1985 she moved to Chicago. Her curiosity and desire to find herself and her true purpose in life, motivated her to dig into many different subjects during college. Initially, Ladan tried to express her feelings and thoughts through her writing and poetry, but her calling for art began in 1998, through a powerful and introspective dream which transformed her world, and changed her life forever to become an explorer of the surreal realm of beauty of forms, colors and shapes.

In 2000, she traveled to her home country and began taking art lessons with well-known Iranian artists for one year before returning to the U.S. In 2006, she received the honor of Presidential Merit Scholarship from the School of the Art Institute of Chicago, where she graduated in visual art. She later began working as a professional artist, conveying powerful messages and voices through paintings, drawings, writing, and poetry. She never stopped following the vision she received in her dream, an immense awakening of her identity.

Her artwork has been shown nationally and internationally, including exhibitions at The School of Art Institute of Chicago, Chicago's Cultural Center, Northeastern University of Chicago, and many other galleries around Chicago. She's also had solo and group exhibitions in Tehran, Iran, at the Atbin Gallery and Kamaledin Behzad Gallery, Tehran, Iran; the Gora Gallery in Montreal, Canada and other galleries.

Art is the vessel that enabled Ladan to portray what she saw in her dream in relation to the unity and beauty of nature and human existence. Influences on her art were the ideas of Andre Breton, Wassily Kandinsky and the work of Dali, Chagall, Miro, Rothko and Matta; psychologist Carl Jung and philosopher Friedrich Nietzsche, who helped her to understand the root of our dysfunctional society. Ladan's recent body of work is now involving the historical invasions of symbolism in the form of narrative perspective of our ancestors.

Ladan's art seeks to encourage people to raise questions about the world we live in and challenge the status quo, and our perception of reality. Her Eastern and Western cultures give her a unique outlook and inspirations for life and her artwork. She believes that the most powerful art is one that can speak to all human beings, despite our differences and where we come from.

SOFIA GIRLANDO

Art is inherently a part of my life. I grew up around creative people who inspired my ambitions and passion for the arts. I've created in a number of different artistic mediums. My art expresses an emotion or internal struggle that I have, that we all do. I'm thrilled to be exhibiting at LF AF again! I enjoy being part of the Life Force Arts community. The classes and gatherings are a platform to better understand my own artistic abilities and expand mentally and spiritually with others.

DOROTHY GRADEN

www.dorothygraden.com

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. For over 25 years, Dorothy has traveled through the American West to photograph and draw prehistoric rock art. These rock art images were incised, pecked, abraded and painted on cave and canyon walls and boulders. Rock Art has been found on every continent except Antarctica. Some sites are 30,000 years old. Many of these sites hold spiritual powers, and many are shamanic.

Dorothy has presented her field work on rock art at the Russian Academy of Science in Moscow and at University College Cork, Ireland. Her photographs have been published in the Theosophical Society's journal, Quest. She presents, lectures and exhibits her drawings and ceramic sculptures throughout the Midwest. She draws with great admiration, respect and humility for the ancients who inspire her work.

JOHN HENDERSON

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>

John Henderson is a retired firefighter. He comes from Pascagoula, Mississippi where he learned whittling by watching his grandfather and father. According to family legend, he is part Cherokee, descended from members of the tribe who escaped to the Smoky Mountains when the rest of the tribe was sent on forced march to Oklahoma on the Trail of Tears.

John says: I say that I study ancient art. What I mean is that I look at a lot of pictures in books, watch Discovery and History channels and browse online. When I find an image I like, I design my images in the style I have chosen, not to copy anything, but to create a piece of art that is in origin of style. Some pieces, especially Egyptian, cannot vary too much from the original, for them to be recognizable as the intended subject. North West Native American styles allow much more artistic interpretation. I do not claim them to be Native American Art; instead, they demonstrate my appreciation of this art. I have also done work in ancient Celtic, Greek, and African styles as well as some Central and South American styles. Abstract shapes and designs pop into my mind often. I grab a pencil and pad and start doodling. At times, images come to me faster than I can sketch, and from one will come another. I see these images in three dimensions, and sometimes have to make two or three sketches to put on paper what my mind sees. It's somewhat like a being a writer: you have to put it on paper as soon as possible, so you don't forget the details.

PAT HEYDLAUFF

www.spiritualartwork.net

Pat says: Painting for me is the physical expression of my spiritual being. It is the positive 'flow' that starts in my heart and travels to my hands...and continues onto a two-dimensional canvas projecting three-dimensional energy. I endeavor to convey a vital energy through color and design.

I discovered my love for painting in 1993 as I was transitioning out of a stress filled career and exploring my creative side. Through painting, I noticed my life was becoming balanced, and filled with harmony instead of stress. Painting allowed me to discover my spiritual nature and peace within, and led me to paint in a stream of consciousness flowing with energy.

In our world today of cement cities, sound pollution and isolated environments, my art allows the viewer to escape into a peaceful place. I incorporate my studies of Feng Shui into my art, drawing a visual road map to a life of less clutter, less stress, and more harmony. This is spiritual art, meant to take the viewer on a personal journey, holding up a world of possibilities that the viewer may have never considered before. It is calming and colorful, and often reminiscent of a gentler time and place. With lush color and tranquil movement, it's designed to evoke a sense of joy in the viewer.

Heydlauff has exhibited at a variety of galleries and shows, among them the Saatchi Gallery of London in their online gallery; the Juanita K. Hammons Performing Arts Center, Springfield, MO; the Jupiter Town Hall Gallery of Art; the Friends of the Arts, Juno Beach, FL; the Eissey Theater Gallery, Palm Beach Gardens FL and Life Force Arts Center, Chicago; the City Hall of Branson, MO. Heydlauff, a Florida resident, is the author of two books, *Feng Shui So Easy a Child Can Do It* and *Selling Your Home with a Competitive Edge*. She's a noted leadership and productivity speaker at civic, philanthropic and corporate events, and consults with businesses, organizations and individuals on how to create engaging workplace environments to unleash the flow of focus and personal environments to increase prosperity.

KAT KIDWELL

www.katkidwell.com

Kat Kidwell moved to Chicago from Connecticut in 2008 to study audio engineering at Columbia College. Her main medium is music, which shows its influence in her visual art. She prefers surrealism and enjoys anthropomorphic art. Kidwell plays punkish psychedelic folk-rock guitar and enjoys jamming with her friends in rock opera bands and a jazz orchestra, as well as being a member of Life Force Arts Ensemble, the performing company of Life Force Arts Foundation. Kidwell has exhibited drawings, paintings, and macramé crafts in several LFAF shows. She has been a student in Life Force Arts Shamanic Training program where she recently completed Level 3 (Shamanic Healers Practicum). She is also an Autistic self-advocate and activist.

COLLEEN KOZIARA

www.mysticalwillow.com

Colleen says: I grew up in nature with a love for the stories in myths, legends and songs. The area was peaceful, gentle and beautiful. Woods, fields, wildflowers, and views of the lake from rosy sunrise to golden sunset. What most amazed me were the intricacies of nature, like the sight of a setting sunbeam, shining through the branches of a tree, illuminating a delicate spider web and transforming that web to a magical world formed of liquid silver. I lived my most formative years immersed in these images and I came to see a personality in nature. It is the years I spent seeing this "secret" face and magic of nature and the stories that it told, that filled me with a desire to make art.

I create images which portray the spirit and humanity of nature and thereby the nature of humanity and spirit. With my work I intend to capture a moment of magic. That moment where the infinite and the finite merge and it is possible to see the magic once again in all things. I strive to make each of my works a window. I think my best works give the viewer a feeling of this deeper magic being mirrored within themselves.

Colleen Koziara attended the American Academy of Art in Chicago, and currently splits her time working with our Elders and the Arts. Colleen gives workshops and seminars on a variety of topics; Body Art; Custom Tattoo Designs; Visionary Art; Commissioned pieces manifest from the visions and dreams of her clients. Colleen has illustrated more than 20 books and has been presenting, writing and providing art for Circle Sanctuary since 2002. She is an award winning designer of programming for seniors, and author of *Taking Flight! A Senior Whole Life Wellness Handbook* for seniors and caregivers.

Colleen has been an active member of the Pagan community for almost 30 years, is an Ovate member of OBOD, and a Reiki Master. Her work pulls its symbolism, hidden images, flow and color patterns from her experiences and studies. Colleen describes each of her works as "Doorways to the Center", through which she hopes the viewer will travel to seek that which is hidden deeper within the image, and possibly on their visual journey, find doorways of their own to mysteries hidden deeper within themselves. Her pieces give voice to the connection between the natural world and the magical realms, helping to reaffirm the magic within that we all knew so well as children.

JESSICA KRONIKA

www.flyngypsyarts.com

My art stems from a dialogue between my spiritual connection to the world of nature and the concepts of goddess mythology. I practice a non-denominational variety of private pagan spirituality, heavily influenced by the ways of meditation, multiple cultural connections to the empowering female divinity and a sense of finding the sacred within Nature. My artistic style incorporates elements of realism and surrealism, in concept, approach and rendering. I utilize many media, striving for the best tools to depict the images I see within. I hold a Bachelor of Fine Arts degree in printmaking and installation, as well as an Associate of Fine Arts degree in painting and drawing. My works draw on the tangible and spectacular aspects of nature, incorporating study en plein air of my subjects as well as research into the lesser known elements of the lives of mythic women, and historical depictions for inspiration.

TANZEN LILLY

www.tanzenlilly.wixsite.com

Tanzen Lilly graduated from the School of the Art Institute of Chicago (SAIC) in 2013 with a BFA. She is originally from Brooklyn, NY, and currently lives in Chicago. Tanzen works in a variety of mediums including oil and acrylic painting. The subject matter of her work is often based on photographs, memories, and dreams.

LORRAINE MORETTI

Lorraine Moretti received her M.A. in Inter-Arts from Columbia College in Chicago with a thesis of performance poetry. She participated in the Jack Kerouac School of Disembodied Poetics Summer Writing Program in Boulder, Colorado, and has read her writing at many venues over the years. Lorraine taught classroom, art and E.S.L. in the Chicago Public Schools and for the Archdiocese. She is a graduate of the Life Force Arts Shamanic Training Program under Joan Forest Mage and has exhibited her visual art in several of Life Force Arts Foundation's exhibits. Lorraine, AKA Lolo, Gypsy Beatnik Priestess of Poetry often holds poetry workshops at LFAF that utilize Tarot, Full Moon and Willow energies to create healing art. She is a member of Life Force Arts Ensemble, LFAF's performing company which bases their work in the Life Force Arts Method.

LISA NOMIKOS

www.GatheringVisions.com • www.etsy.com/shop/LearntobeHappy

It's never too late to live your truth to create the reality you desire. DREAM BIG. I graduated from Ray Vogue School of Design, Chicago for Illustration and worked for a number of years as a full time graphic designer, until deciding to raise a family and freelance. My love for art was forgotten in the hustle and bustle of living. Creatively I decorated my home with faux painting, occasional paintings for people, home decorating and house staging for friends, but I rarely drew or painted for fun. In 2011 two friends encouraged me to share the slowly growing art gallery decorating my walls - telling me it was selfish not to share. Overcoming the fear, I took small steps to move forward into the unknown.

Since before college images had gathered in my head, waiting to be released. Surreal worlds coming to my consciousness during sleep, daydreaming, yoga and living. My art is energy art reflecting positive and uplifting inner visions. Subject matters range from flower pots, animals, swirls, butterflies and fairies to spiritual subjects of angels and Christian and Hindu saints. In the landscape of my mind spin worlds unseen by the human eye. Multicolor leaves capturing sparkling prisms of light after a rain storm; birds with wings spread wide splashing sun showers in a shallow puddle on the side of a dusty road; petite white petals snowing slowly to the ground below—my goal is to spread light and joy in the images I draw and paint.

I love the world of abstract as well and create intuitive energy portraits of people, animals, guides, saints and angels on a number of surfaces like paper, canvas and drums. I have co-created with my business partner Lisa Gniady a number of meditation tools including: a 45-card *Soul Reflection Inspirational Oracle Card Deck*, *Clarity of Life Cards*, *Believe-In Affirmation Cards*, *Lemurian Code Activation Cards* and my newest co-creation the *Inner Child Meditation Cards* with intuitive life coach, Sonia Prado and Lisa Gniady.

DIANA RUDAITIS

<https://www.facebook.com/100014796286793>

Diana Rudaitis was born in Chicago in 1947 and has lived there all her life. She started drawing and painting when she was a small girl and when she was 11 years old, she won a scholarship for young students at the Art Institute of Chicago. She later took various art classes but is mainly a self-taught artist. She has worked in pastel chalks and watercolor pencils, but now paints in acrylics, oil pastels and uses paper and sequins in her work.

Diana recently started painting seriously after retiring for 28 years of service as a Chicago Police Officer, and paints under the name “Danusha” to honor her grandmother who came from Poland. Diana likes to paint human and animal portraits in bright, bold colors and textures, with whimsy and humor. She also paints fantasy and visionary works.

SUJATA TIBREWALA

www.pratibimba.info

Sujata Tibrewala is a self-taught artist who in 2009 gave up her electrical engineering career for her first love, art, and now uses her knowledge of science to spread art and issues close to her heart. Born in India, Sujata had successful solo exhibits and conducted many art workshops, some of which resulted in student exhibitions. Sujata moved to the U.S. in 2010 and currently resides in San Jose, CA. Her works are on display at many galleries including Regional Commission of Arts, St Louis and Marine Foundation, California. Her noted exhibitions include Life Force Arts Foundation, Chicago IL; Gateway gallery, St Louis MO; Lalit Kala Academy; and Jawahar Kala Kendra, Jaipur, India. Sujata is an artist member of many artistic organizations including the St. Louis Artists’ Guild, Women’s Caucus for the Arts, and Art Concoctions. Starting from her school days, Sujata won many awards, and her art has received rave reviews in leading print and electronic media of India and USA.

CORINNE VINER

www.pillowfort.io/SirPaintsALot

Corinne Viner is a self-taught artist from Sparks, Nevada who currently lives and paints in Madison, Wisconsin. She is much too ADD to settle on one art style and instead usually has three or four works in progress at any one time. Her broad focus is in finding the hidden or subtle beauty in people and nature and drawing it out.

About Life Force Arts Foundation

Life Force Arts Foundation (LFAF) creates spiritual transformation through the arts based in the Life Force Arts Method, a modern version of universal wisdom teachings that value true self and creative community. LFAF presents visual, literary and performing art exhibits and events that awaken human potential, deepen mystical experience and create spiritual transformation. Life Force Arts Foundation operates Life Force Arts Ensemble, a company of dancers, singers, musicians, actors, storytellers, writers and visual artists; and maintains its own facility, Life Force Arts Center.

Life Force Arts Foundation is celebrating its 31st year of operation and was founded in 1988 as a nonprofit, tax exempt 501 (c) 3 organization to present the modern dance and performance work of Joan Forest Mage. The organization grew to support the broader exploration of art and spirituality, opening our own Center in Chicago in 2008.

Life Force Arts Foundation presents an average of 15 events each month, including performances, workshops, lectures and ceremonies: a total of over 1000 life-transforming events featuring 250 presenters in the last 11 years alone.

The Waning Year is our 38TH JURIED ART EXHIBIT. Our shows are based on themes related to the connection of art and spiritual practice, and run from 3 - 5 months each. Our Art Gallery has featured the work of over 175 artists from throughout the U.S. and the world, including Canada, Costa Rica, England, Egypt, France, Guatemala, Ireland and South Africa.

Acknowledgements

Life Force Arts Center would like to thank all the Artists, Staff and Volunteers who put in so much work to create this show, especially Steven Blaine Adams, Vincent Banks, Christopher Bednash, Jesus Diaz, Megan Doherty, Seamus Fislser, Estrellita Kissis, Lin Ewing, Sofia Girlando, John Henderson, Kat Kidwell, Joan Forest Mage, Lisa Nomikos and Ricardo Rueda.

Many thanks to Steven Blaine Adams for the cover art.

Many, many thanks to our Donors, whose generosity makes LFAF possible!

Life Force Arts Foundation has over fifteen events a month focusing on the connection of the arts and spiritual practice. Please check our calendar & sign up for our e-mail list.

Visit PANTHEON,
our online journal of Spiritual Art

Like us on Facebook

Follow us on Twitter

Waning Year Catalog

Design: Lisa Nomikos

Editor: Joan Forest Mage