

Exhibit Catalog

Passion & Vision: The Skills of Youth

February 3 to June 27, 2018



Transforming the Night, ©2015 Lisa Nomikos

LIFE FORCE ARTS CENTER

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

Passion & Vision: The Skills of Youth

OPENING RECEPTION

Saturday, February 3, 2018, 7 – 10 PM

Free Admission to Exhibit & Opening Reception

Open Gallery Hours

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

LifeForceArts.org

773-327-7224

FEATURED ARTISTS IN

Passion & Vision: The Skills of Youth

Steven Blaine Adams
Anna Applegate
Sharon Bechtold
Christopher Bednash
Mary Burton
Sally Cooper
Judy Demchuk
Kurt Fondriest
Dorothy Graden
John Henderson
Pat Heydlauff

Kamion
Colleen Koziara
Jessica Kronika
Janine Peltier Macris
Lisa Nomikos
Robert Pogatetz
Diana Rudaitis
Szmeralda Shanel
Jessica Thompson
Sujata Tibrewala

Passion & Vision: The Skills of Youth

Explore the youthful skills of having a vision and the passion to manifest it as Life Force Arts presents the art exhibit and multi-arts show ***Passion & Vision: The Skills of Youth***, running [February 3 - June 27, 2018](#) at Life Force Arts Center, 1609 W. Belmont, Chicago IL 60657. OPENING RECEPTION is Saturday, February 3, 2018 from 7-10 PM. Gallery Hours are Tuesdays and Thursdays 1:30-6:30 PM, and by appointment. Admission is FREE to the exhibit and Opening Reception. Workshops, 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.

Passion & Vision: The Skills of Youth is the first of two exhibits at Life Force Arts Center in 2018 that explore universal wisdom teachings about Youth and Maturity. They are based in the Life Force Arts Method (LFAM), a powerful psychological and spiritual tool for building positive relationships from one's inner world to the outer world.

Passion & Vision: The Skills of Youth explores universal wisdom teachings that speak of the two Skills of Youth: having a vision for one's life, and having the passion to carry it out. The Skills of Youth are knowing what you think and feel (the Artist) and standing up for what you think and feel (the Warrior). The Artist receives and expresses a vision about life; the Warrior stands up with passion to manifest their vision. In this exhibit, participating artists have the opportunity to express their personal passion and vision, to express their deepest self as a creator. What is your passion in life? What drives you, what inspires you? What causes do you fight for through your art? What do you want to say to the world? What vision do you want to manifest?

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

Life Force Arts Center (LFAC) explores the connection of the arts, healing and spiritual practice based in the Life Force Arts Method, a modern version of perennial wisdom teachings that value love, true self and creative community. LFAC presents visual, literary and performing art exhibits, events and publications that awaken human potential, deepen mystical experience and create spiritual transformation.

Steven Blaine Adams

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



*Oceanic
Healing Dish
(2018)*

Starfish, Stone,
Shell, Coral,
Drift Wood

10 x 12 x 8

\$200

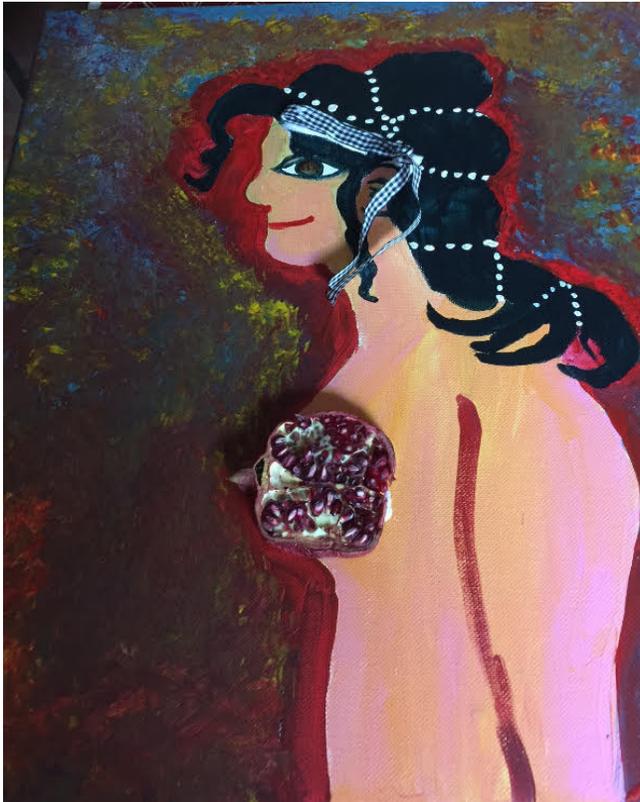
Oceanic Healing Dish

My passion is to connect the viewer with nature. I chose to make a natural piece using shells, coral, and objects from the sea because I first began my artistic endeavors when I was in my teens, combing the beaches for rocks and shells and beautiful items to work with. I spent a greater part of my youth doing this because I didn't have the money to buy other materials at that time.

A healing dish is an important tool for an altar. It can be used with essential oils or blessed water, or it can even be used with fire or incense. It can also be used to hold sacred items or jewelry. There's nothing more stunning than the beauty of nature.

Anna Applegate

amoretmortem.wordpress.com



Enthousiasmos

The myth of the goddess Persephone's transition from Kore ("girl") to Queen of the Underworld is one that has always resonated with me spiritually. Instead of seeing Her as a hapless kidnapping victim, I see Her initiation as one that She freely chose, and She had a vision of evolving and claiming Her power. Desire served as the catalyst of enkindling the awareness of Deity Within, which is what the original Greek word *enthousiasmos* meant—the source of our word "enthusiasm" today.

Each of us carries that youthful spark of Divine Awareness within us, no matter how old we are—it's as incorruptible as Persephone's innocence.

Enthousiasmos (2017)

Acrylic on Canvas with Mixed Media
Elements (Cotton, Sliced Pomegranate)

16 x 20

\$220

Sharon Bechtold

sharonbechtold.com



Cats live life on their own terms. They make the rules because their life is their own game. No one is required to approve of them. No one is expected to join. The game is played by Cat and Spirit and the world is their game board.

As a shamanic practitioner, Cats have touched my life both in physical reality and in the Otherworld. Cats have been the loving and true messengers of the One, guiding me, inspiring me, and supporting me when I would never have accepted support from another. They have shown true alignment with Self by their example. They are my passion.

To share Cat's message, I created the Cattitude Shamanic Oracle System, including the artwork and text of the *Cattitude Oracle Deck*, as well as the Feline Filigree © line of Cat inspired handcrafted jewelry.

Gentle Curiosity (2018)

Pyrography on Birch

9 x 12

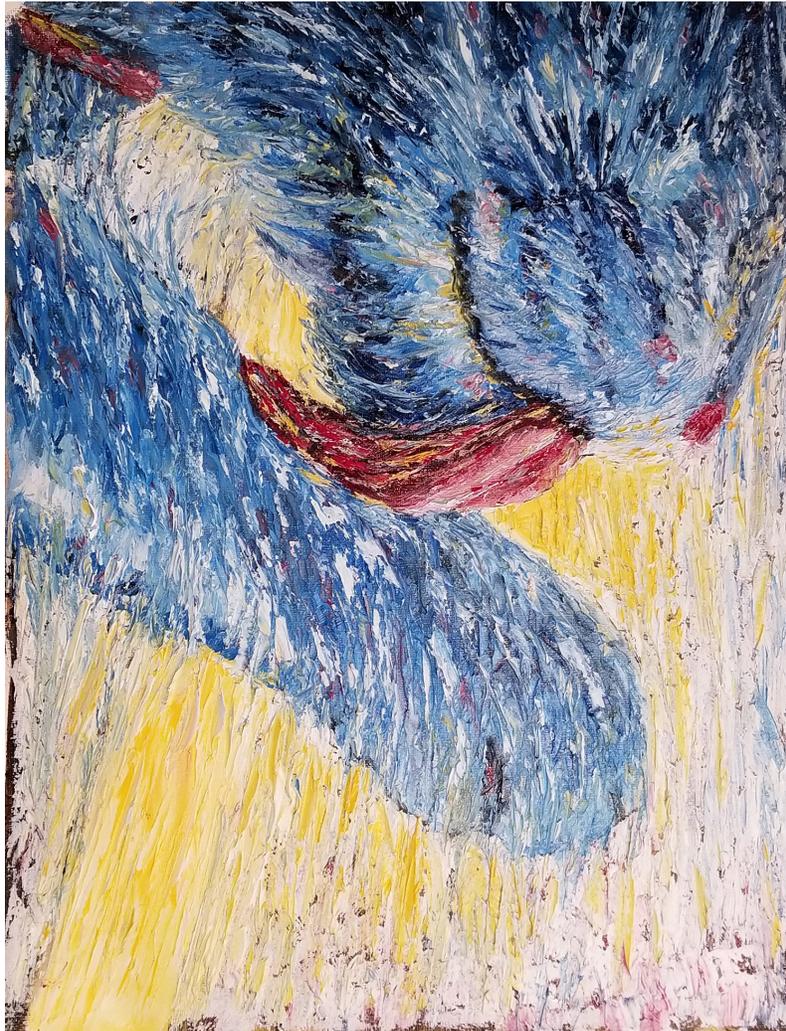
\$230

Gentle Curiosity

Curiosity never killed anything but restriction. Genuine curiosity tempers itself with caution and gentleness. It does not prejudge but instead examines and explores with honesty and an open mind.

Sharon Bechtold

sharonbechtold.com



Soothing the Feline Self (2017)

Oil on Canvas

11 x 14

\$326

Soothing the Feline Self

It's not vanity. Taking the time to groom not only shows respect for the self but allows for a bit of "time out" to ease stress. The rhythm of tongue strokes showers the being with the soothing warmth of inner sunshine.

Christopher Bednash

christopherjosephbednash.net

Hermiris Arrives in the Spacetime of Our Earth

(2017-2018)

Acrylic on Canvas

12 x 9

\$432



Hermiris Arrives in the Spacetime of Our Earth

Hermiris, an imaginary god of the imagination, enters our reality on a Chicago sidewalk. Conceived as the fictitious son of Greek messenger gods, Iris and Hermes, Hermiris comes to this Earth as a herald of the unfolding Age of Aquarius. In the old stories, Hermes, god of shepherds, travelers, thresholds, hinges, eloquence, and exchange, and Iris, bridge between heaven and Earth as goddess of the rainbow, were never said to have had any children together.

Yet Hermiris had to imagine himself into the story, for these are perilous times for this world. With the hubris of arrogant institutions and greed-blinded individuals initiating another era of mass extinction upon Earth, the family of the universe is one where most everyone is now worried about how the Earthlings are managing the transition into the new age. Hermiris is here to remind us that the gifts of Aquarius—free flow of information and ideas, openness, friendship, sister-brotherhood, gender equality, group goals, freedom, eccentricity — are

exactly the gifts we need to guide the planetary transformations away from ecocidal corporate kleptocracy and toward sustainable cultures based upon listening and respect. Hermiris posits that what we imagine greatly influences our realities, with stories being the building blocks of dreaming up worlds. Hermiris calls us to imagine beautiful, multi-layered stories, imagine compassion and justice, for the good of all life and future generations, imagine as if our lives depend upon it, because they do.

Mary Burton

marybearart.com



Focusing

A young couple holds the same piece of fruit which draws their attention. A heart frames them and there are fiery bushes in the background. The skill here is focus on a possible shared future or an intimate connection. Perhaps a modern Adam and Eve—wise Eve knows it all will be OK, while Adam is hesitant but ready to go along.

Focusing (2018)

Pencil, Pen & Prismacolor
Marker on Paper

11 x 14 original

14 x 17 framed

\$80

Sally Cooper & Robert Pogatetz

Robertpogatetz.com



Babylonian Braille: A Study of the Chakras (2017)

Mixed Media on Canvas

8 x 10 original

12 x 14 framed

\$400

Sally Cooper & Robert Pogatetz

Robertpogatetz.com

Babylonian Braille: A Study of the Chakras

Robert and I decided to collaborate on an original piece of art that expressed how ancient people, children, and people with various communication issues, such as blindness, hearing impairment and other disabilities can effectively and successfully communicate.

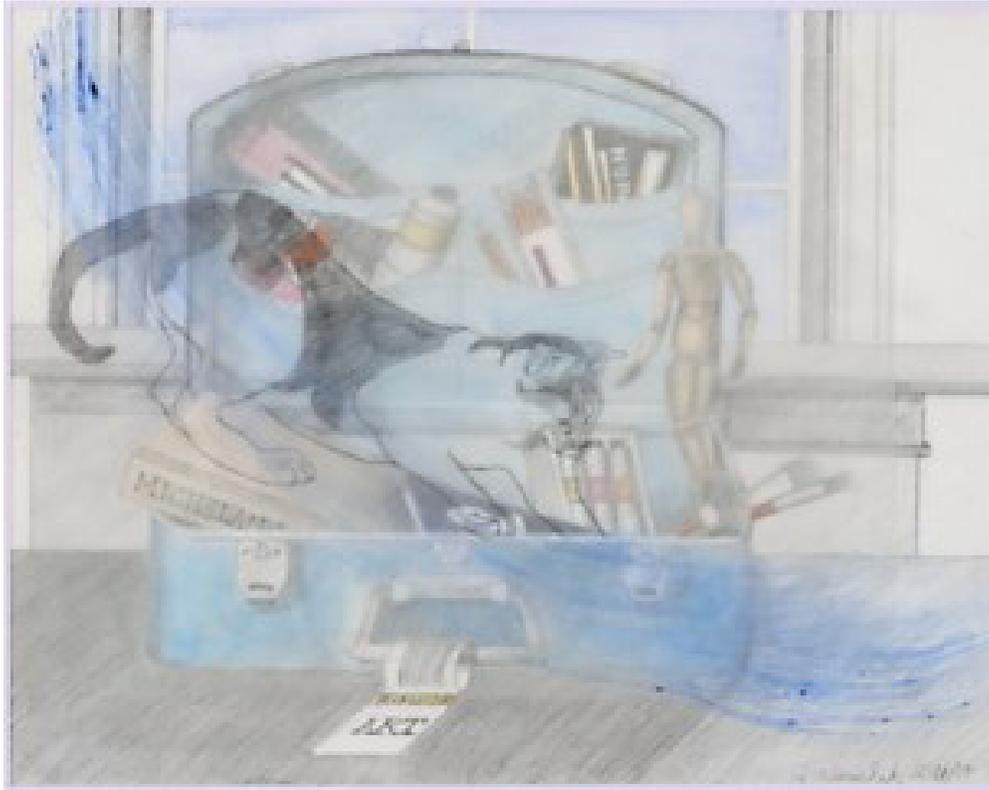
Being blind myself, I communicate intuitively. (I see with my heart instead of my eyes.) We thought it would be appropriate to submit this piece as it reflects the upcoming show: "THE SKILLS of YOUTH". We thought of ancient times before there was a written language.

For example, a cave person, a child or a person with any type of disability needs to communicate in a different way: such as, using tactile items to signify a river, a tribe or a concept. Of course, they didn't have smart phones and computers in those days.

And how children from any time period automatically and intuitively possess an acute intrinsic sense of playfulness, joy and wonder in their interpretations of people, other children, and animals, as well as the places and locales they inhabit and experience as sensitive, fresh explorers to the new world around them.

Feel free to touch this piece and experience what we did.

Judy Demchuk



One Way Ticket (2017)

Multimedia, Graphite
and Watercolor on Paper,
Watercolor on Acetate

11 x 14 original

16 x 20 framed

\$300

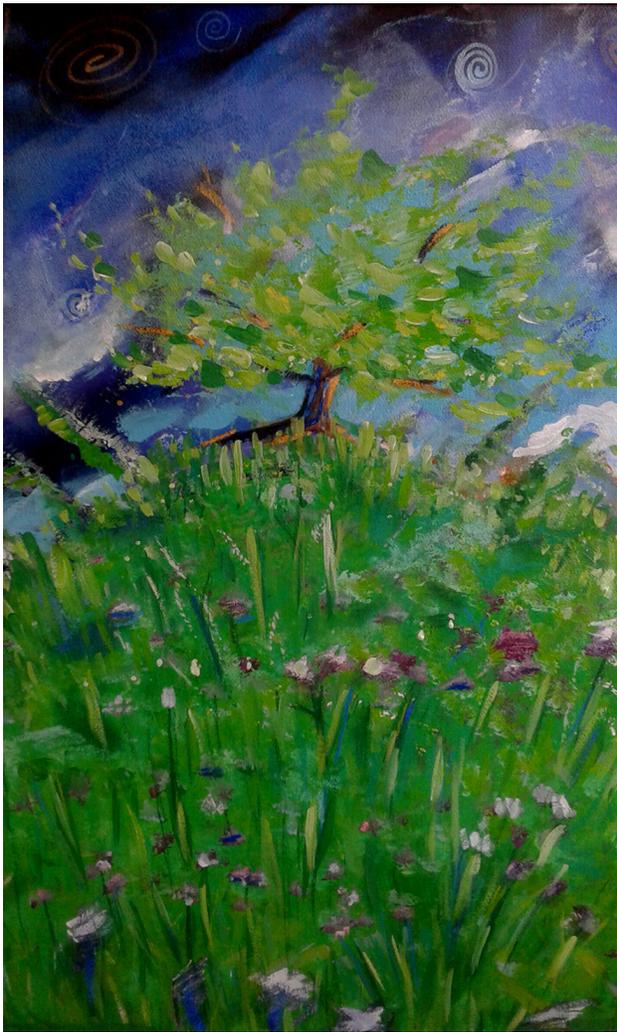
One Way Ticket

One Way Ticket is my decision to remain on the artist's path. This is not necessarily an easy path. I simplified my life to remain on this path. However, despite the challenges I know that I'm meant to create art. The cat is spirit's reminder to play as I create ahhtrt. My kitten, Ireland, was

the inspiration for this. My drawing needed some animation. She jumped into the still life that I set up. The cat also represents mystery as far as what's ahead. The blue brush stroke represents breath. Our breath connects us to spirit just as art connects us to spirit.

Kurt Fondriest

[facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/](https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/)



In the Valley of My Creator

In the valley of my creator is a piece about spiritual and physical awareness. This painting has a playfulness expressed in it by the use of color, the placement of the holy tree at the top of the hill which can almost be seen as the childhood game called Simon says. In this Valley is where I found my spiritual self transitioning into my physical self. I'm being called upon. I must leave this place of innocence and beauty to go into the world that I know now. This is the place I had to leave to experience this earthly physical existence. The tree on Hill is a symbol I use quite often in my visual work and poetry. It could be called God or whatever name you have for our creator. There is a feeling of a nurturing guidance or spiritual insight the painting expresses through the child like feeling of laying down amongst the grass and flowers looking upwards to the figurative tree in play on a summer day.

In the Valley of My Creator (1998)

Pastel & Acrylic on Rag Paper

22 x 27 original

25 x 31 framed

\$2500

Dorothy Graden

dorothygraden.com



Empowered (2016)

Giclee Print

15 x 10 original

23 x 19 framed

\$90

Dorothy Graden

dorothygraden.com

Empowered

This work gives me strength to continue pursuing my expression of bringing prehistoric rock art images to people of today. I have been hiking in remote areas in our western states for many years photographing ancient rock art. When I see an image on a stone wall that is 11,000 years old it literally takes my breath away. Sometimes I fall down on my knees I am so overwhelmed. How did these people live? Why did they choose this place to make their art? Who did it? What was their spiritual belief system? They were connected to the ground, the water, the sky and the spirits in special ways. They saw themselves as part of the natural world and their lives were filled with knowledge of the seen and unseen. They could look out at the desert land and know where to find food and water, they had spirit guides who watched over them and helped them survive.

Their sacred sites were chosen very carefully. They not only had to find an area that was physically safe and plentiful, but they had to make sure the spirits were comfortable and honored as well. They watched the stars as they were connected to the universe and its magic as well.

My vision is to bring this knowledge and magic to those I know and meet. These places have touched my soul and I want to share the mystery of the lives of these ancient people. When I am at a site all my senses are alive. I'm seeing and hearing the same sounds as the ancestors, smelling the same plants, seeing the same vibrant colors of the mesas and the deep blue sky and listening for the sounds of the grinding stones and the voices of playful children. Through my art I attempt to bring the viewers into this sacredness. I want them to feel the power.

By pulling my own paper and letting the images emerge, I honor the artists who used shapes and texture of the rocks to create their sacred works.

The title of this work is *Empowered*. Images that I see on the stone often show strength. This image is connecting with powerful spirit guides, reaching up and taking in spiritual strength. The eyes reflect the stars and the universe, and energy of spirit guides abound from above and within.

John Henderson

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



Baby Dragon (2017)

Dyed Butternut

4 x 3.5 x 14

\$775

John Henderson

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



Happy Orca (2017)

Butternut

11.75 x 3.5 x 17

\$650

John Henderson

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



Rock Hugger (2018)

Butternut

8 x 3 x 7

\$250

John Henderson

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



Hey Good Lookin' (2017)

Butternut

15 x 3.5 x 5

\$300

Pat Heydlauff

www.spiritualartwork.net



Destiny (2017)

Giclee on Canvas

16 x 20

\$295

Destiny

Destiny reflects the joy-filled promise of things to come, the excitement of a new birth and the arrival of the future.

Upon arriving on planet earth, we are all spiritual beings having a human experience. We are here to fulfill our human destiny. As an infant we forget everything yet it is our destiny to remember who we are, a spiritual being, and why we are here: some of us to teach, others to learn, some to heal, others to be healed and yet others to lead. A number of us do all of the above through our artwork. 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.

Kamion

lovejoybliss.me



AVATAR (2016)

Acrylic & Ink on Wood

16 x 65

\$10,000



AVATAR

Birtherd forth into the creation sustaining the passion and vision for their manifestation at all cost. No matter the length of their incarnation, they must ever resonate with the skills honed of Youth. Stepping beyond the threshold of nothingness and doubt, they bring radiance and hope for souls seeking refuge. Their blood is freely poured forth in action, sacrifice and price for the deep mysteries revealed to the tribe for healing and wisdom.

Colleen Koziara

mysticalwillow.com



Willow's Grove

This piece is from 1999, about the time I began using a willow tree turning into a woman image for my art business. Prior to that the image I used was just a willow tree.

This image in particular was inspired by a fantasy novel, *Magic Kingdom For Sale - Sold*. The sylph pictured is ancient beyond reckoning, but her mother is far more ancient and wild still. Willow, the name of the sylph, does not eat, but instead returns each Full Moon to this moonlit grove where her mother and father made her, to transform into her tree and take the nourishment she needs to exist. If she doesn't make it, she will die.

There is much more to the story, many parallels that for all these years have really spoken to me about the unbreakable connection between spirit and nature, and those humans who walk with both. Also, about having the courage to find the partner/friend that if needs be, will help you, no matter how far, back to your clearing, and no matter how monstrous you become with your transformation incomplete, will still love you and find you beautiful, aide you on your journey and lovingly and patiently await your return when you must be apart.

Willow's Grove (1999)

Watercolor on 140 lb
Arches Paper

11.5 x 13.5 original

15 x 17 framed

\$1000

Colleen Koziara

mysticalwillow.com



Melusine (2016)

Graphitint & Ink on
Bristol Paper

11.5 x 13.5 original

14 x 17 framed

\$400

Melusine

Melsuine, a mermaid, is the birth of emotion. Coming up from the depths, the globes/bubbles are all the emotions we feel rising to the surface to be expressed. The mermaid in us all, the part of us comfortable swimming into the depth of our emotions is there to successfully guide them all to expression. Without her, your watery warrior, your emotions remain deep within and do not get manifested (expressed) in the larger world.

Colleen Koziara

mysticalwillow.com



From Many - One, From One - All
(2018)

Golden Liquid Transparent
Acrylics on Canvas

11 x 14

\$400

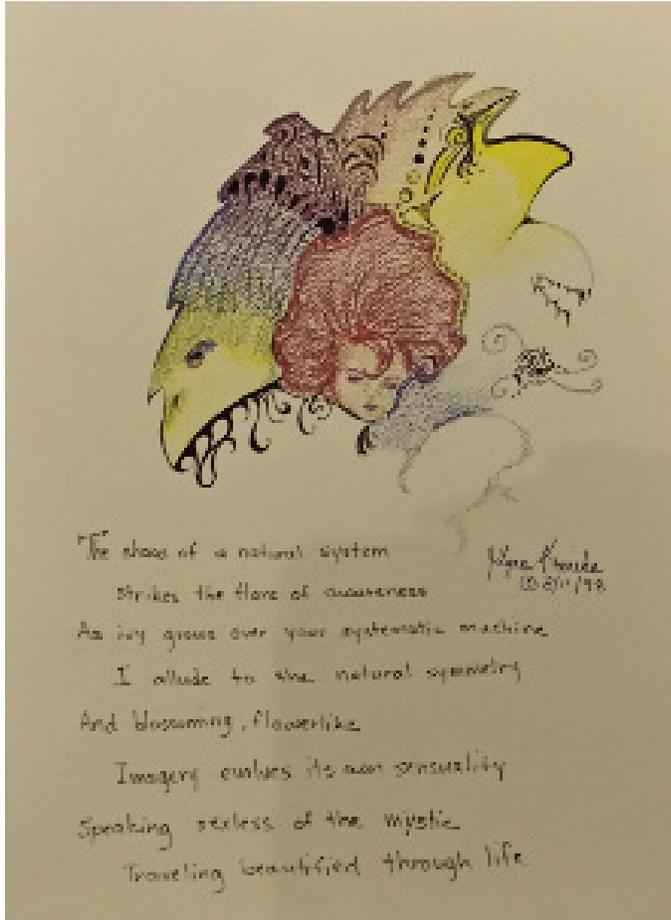
My passion is art, and the connection of the spirit in nature and the nature of spirit.

From Many – One, From One – All

This piece was begun at one of the painting classes I taught at LFAC. It was inspired by a tarot card from the Osho deck. She is willow, the tree I am associated with. She manifests being. All being, all elements and all chakras are connected in her. Earth, Sea and Sky connect within her/through her.

Jessica Kronika

amoretmortem.wordpress.com



Chaos of a Natural System (1998)

Colored Pencil & Ink, Poetry

12 x 16 framed

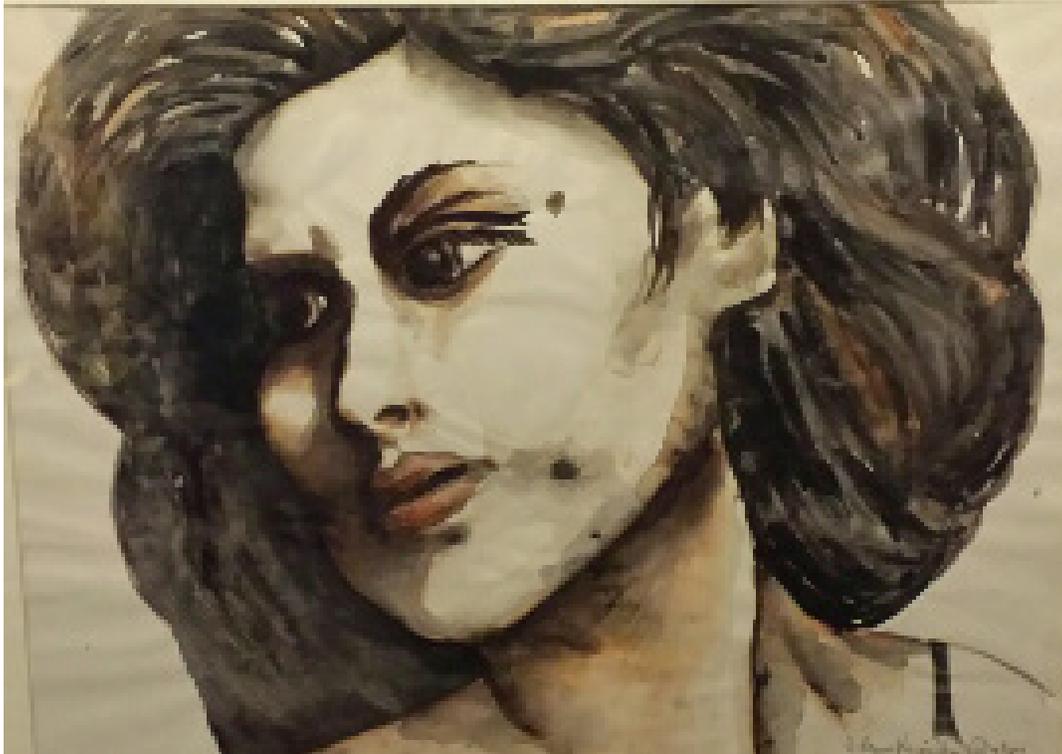
\$150

Chaos of a Natural System

The piece *Chaos of a Natural System* was created in colored pencil and ink, with original poetry. The forms of the image, part of a style I call “Narrative Realism,” come from a loose doodle developed first into abstract forms, then definable elements and color with value. The flow of the ink marks and the forms revealed inspired the poem. These works were created in the two years following my very first solo exhibit. The relevance they have to the larger body of my work is more obvious now that I am teaching students of my own. It is a joy and a gift to be able to share this creative passion and my artistic vision with a new group of youth.

Jessica Kronika

amoretmortem.wordpress.com



*Twin Peaks:
Laura's Cousin*
(1997)

Watercolor on Paper

14 x 11 original

22 x 18 framed

\$250

Twin Peaks: Laura's Cousin

I created the watercolor *Twin Peaks: Laura's Cousin* after watching the original TV series, *Twin Peaks*, on videotape with my neighbor. We shared the lower level of a tiny 4 flat in Bourbonnais. It was during that year, 1997, when I first created a dedicated studio space and practice. As a work, at the peak of my own youthful passion, this image tested my skills with the medium, watercolor, and the subject, portrait, pulled from a still image on the tube of an older TV set. My passion for art led me to a great deal of experimentation with materials this time.

Janine Peltier Macris



These two pieces dedicate themselves to the general prompt calling for the depiction of the spirit of youth as passion and vision. They are expressive of the colors and feelings that come through in the pondering, blind visions, and confusion and lack of direction in youth. In both pieces there is a sense of that direction—fluid, broken, cyclical—and the colors of direction—stark, blended—that inspire one to keep moving in one's mining and reflection of youth's vision.

Allusion (2004)

Acrylic on Canvas

14 x 18

\$300

Allusion

This piece is a self-portrait reminiscent of a longing to explore. Its sweeping strokes and lack of clear facial features speak to the motion and unclear nature of exploration, particularly in one's youth. During this time one moves to mold and create the type of person one dreams to be, which is also seen in this piece in the vibrant and bright colors. The body language speaks to the open and vulnerable nature of exploring. And its title was born out of the education one receives through literature and the varying characters one crosses when reading literature. One of the goals of reading is to relate to a character, no matter how physically different this character may seem from the reader. There is a somewhat faceless relationship forged through the many allusions inspired through reading and this piece is reflective of my faceless relationship with many characters, including myself, as I learn about human nature and its various stories, and explore the brightness the world has to offer.

Janine Peltier Macris



Stupidity (2017)

Acrylic & Cardboard on Vinyl

11 x 14

\$180

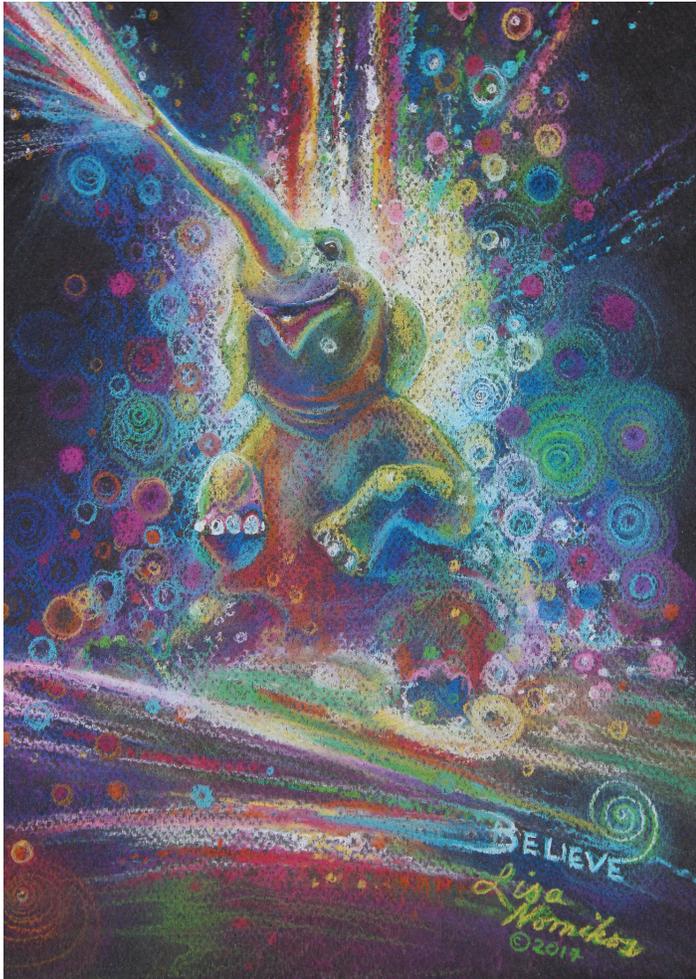
Stupidity

The passion and vision in this piece relies on the romance of literally and metaphorically breaking apart and puzzling back patterns in one's love and life. It is a physical manifestation of the idea that you can do something in your life that you can reflect on over and over again but it can never be heard the same way or puzzled back the same way again no matter how hard you try to make the pieces fit or the song to sound the same. Life moves only in one direction like a record, and each moment is indelible. Sometimes in reflection one only hears the words they want to hear and they become somewhat trapped, and in this trap create a vision for their life and their future choice's, but it will never work the same way, and hence the overlying puzzle glued to the record has an

almost mirror like quality to it. The record has also been painted as a landscape of one's history, and the puzzle a reflection of how the patterns in this landscape are always a little broken, even shattered. There are metaphorical nodes in the puzzle of the different troubles that come in youth, even the shattering of what one sees themselves to be, and that it can be a struggle to try to piece love and life back together, but in either case there is color and cycles that make the story; hence, the Van Morrison record. This piece speaks to how important it is to consider, ponder, reflect in order to understand how and why the patterns of one's life keep cropping up and how one must visualize how to piece them together to make sense out of one's life.

Lisa Nomikos

www.GatheringVisions.com



Believe (2017)

Chalk Pastel on Paper

9 x 12 original

16.5 x 19.5 framed

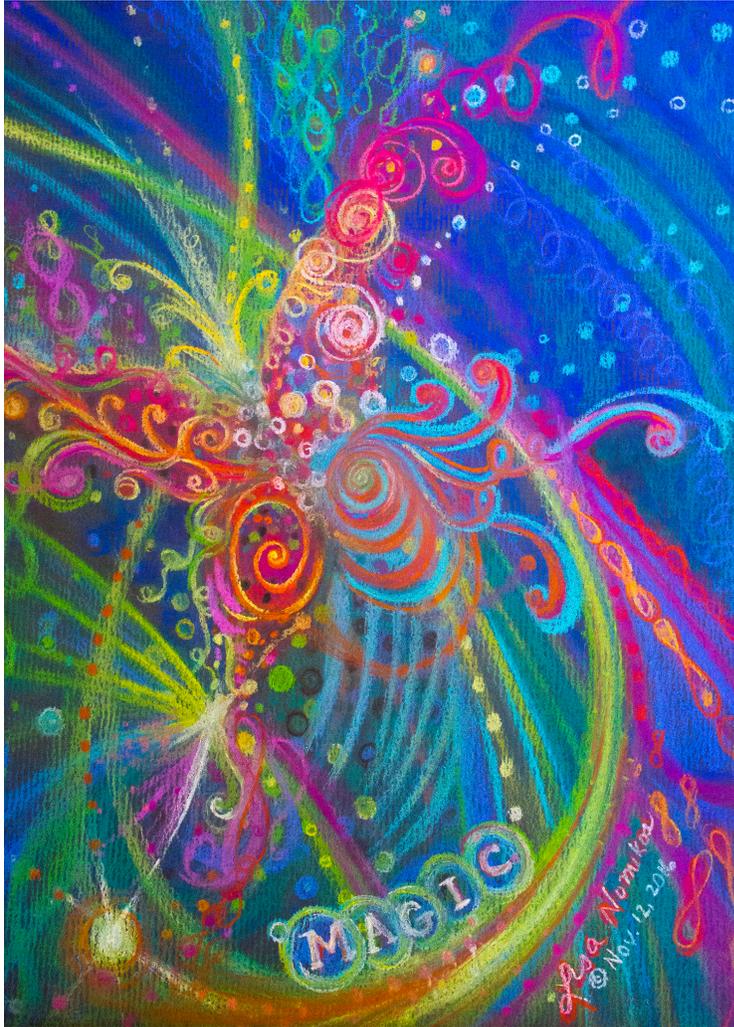
\$300

Believe

My artistic goal is to create uplifting, transforming art from my inner visions. The *Believe* Elephant is based upon my daughter's inner vision - a dream she shared with me. Inspired, I felt compelled to create this happy elephant sitting in a puddle of water, shooting rainbows out of his nose while a waterfall of colored water cascades over his head. With the innocence of youth, he's fully immersed in the moment, present, full of life and joy. The *Believe* elephant reminds us to "Believe" in ourselves as "perfect" just the way we are. See the magic bubbles dancing around his form, and the colored water shooting from his nose? Hear the music vibrating from the water spraying onto and out of the elephant? This image reminds us to return to the innocent joy of youth. Be present, express your inner greatness and know you are wonderful and divine.

Lisa Nomikos

www.GatheringVisions.com



Magic

Within the mind colors swirl, animals take shape, the unseen takes form. *Magic* shows the inner childhood daydream as colored lights, dots and swirls develop into a magical butterfly. Like a child, the magic lines shift and flow through space and time, becoming a butterfly, then the swirling starts again. The butterfly begins to unravel to create something new. This daydream vision represents the shifting, changing dreams of youth and how everything around the form changes what image (the child) will become.

Magic (2016)

Chalk Pastel on Paper

9 x 12 original

22.5 x 26.5 framed

\$300

Lisa Nomikos

www.GatheringVisions.com



Transforming the Night
(2015)

Chalk Pastel on Paper

12 x 18 original

21 x 27 framed

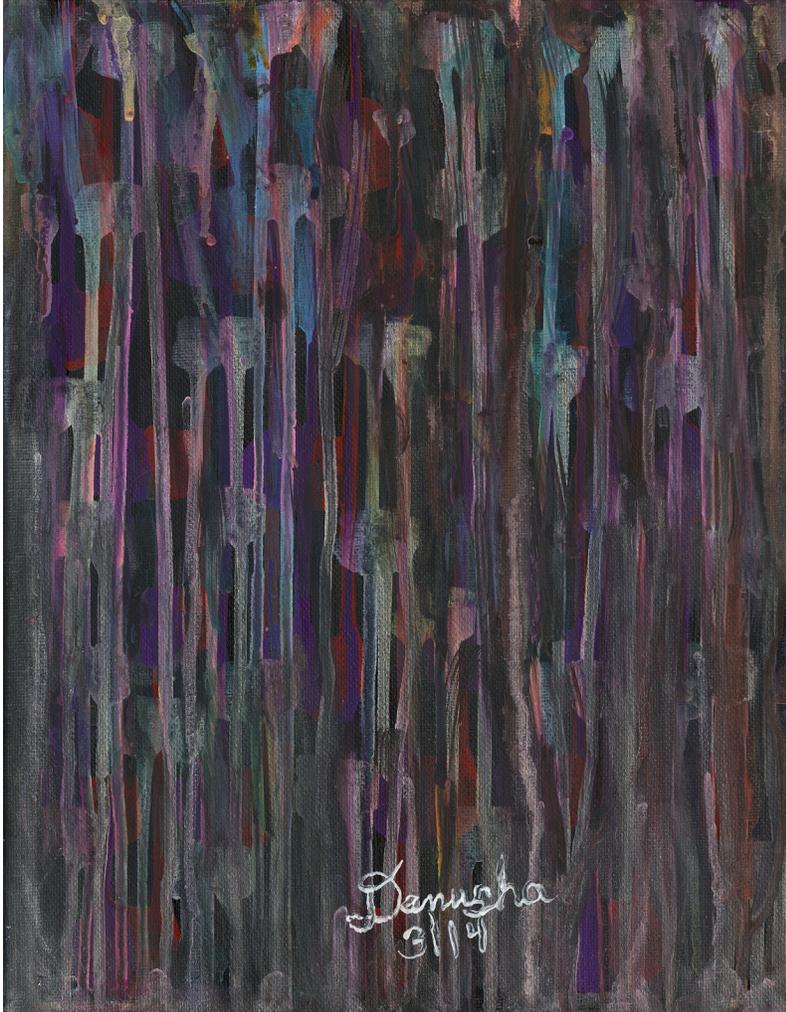
\$400

Transforming the Night

Transforming the Night means that the darkness is dispelled with the endless possibilities represented by the orbs of universes on the butterfly fairy's wings as she flies through space and time. As a child I was always asked "what do you want to be when you grow up?" This dream of my future filled my mind with ALL that I could be.... never as a child did I have the limiting thoughts of teenage and adult years. As a child I imagined everything and anything I could be, LIMITLESS. It is a skill that many adults and even children need to remember.

Diana Rudaitis

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



Encounters (2014)

Acrylic on Canvas

11 x 14

\$90

Encounters

Each day, we must encounter and have relationships with family, friends and strangers as we deal with life's events. This is a particular skill set of the young as they learn about themselves and others and begin to develop important social skills for life. I used different washes of watercolor to bring out the individuals as they encounter others.

Diana Rudaitis

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



Summer Wolf

My passion in painting is to paint animals in natural settings. Wolves are my favorite wild animal to paint. I am mesmerized by their beauty, courage, loyalty, and fierce independence. Nature has designed them as perfect and intelligent predators, keeping the balance of nature in check. But wolves are loyal to the pack and the alpha male and female mate for life. They even choose a “nanny” wolf to teach the pups how to “be wolves”.

It is interesting to contrast the way wolves are viewed in Europe and by the First Americans. In Europe, wolves are viewed with suspicion and hatred, giving rise to the “werewolf” stories, whereas the Native Americans saw wolves as dangerous but noble spirits. Here our wolf playfully and joyously has a romp in a stream.

Summer Wolf (2013)

Acrylic on Canvas

16 x 20

\$150

Diana Rudaitis

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



Midnight in the Garden of Earthly Delights (2012)

Acrylic on Canvas

16 x 20

\$150

Midnight in the Garden of Earthly Delights

My passion in painting is to paint animals in natural settings. My favorite domestic animal is the cat. I have had and known and loved many cats. I am endlessly amused by their beauty, aloofness, fun, mystery, and sense of entitlement. Someone said, "Even the smallest cat is a masterpiece." Here Midnight sits like a little king, basks in the sun, and surveys his beautiful kingdom.

Szmeralda Shanel

www.asacredart.com



Muse

The Muses of Greek mythology reigned over the arts & sciences and are said to be responsible for inspiring creative artists. Some say the Muses are three and some say nine but I know there are many more. This one here, she is a Muse, and she tells me she has never been to Greece. Her sacred tools are the spinning rings, they are instruments that sing inspiration, guidance and vision. This Muse needs no invocation. She is a flash, dark and bright, a laughing, burning spirit crowned in golden rays.

Muse (2017)

Mixed Media

14 x 10 x 7

\$233

Jessica Thompson

jonthompsonstudios.com



Inner World (2017)

Oil on Canvas

18 x 24

\$600

Inner World

In youth, we are each a fully integrated person. It is only as we get older that we realize that parts of ourselves have become fragmented.

This painting depicts the Underworld, a place deep within our subconscious minds. Here, we find our Inner Child, who is always protected by our Inner Demon or our Shadow Self. As children, these were all fully integrated as our selves. Now as adults, these parts of ourselves are violently suppressed and controlled. This painting invites you to examine the real relationship between the deepest parts of your subconscious.

Jessica Thompson

jmthompsonstudios.com



Time Measured in Dust (2015)

Oil on Canvas

20 x 16

\$700

Time Measured in Dust

Many children have memories of their past lives. Typically, a child with past life memories will begin talking about them around age 3 and will lose most or all of the memories by age 8. There are fascinating scientific studies of past life memories in children.

This painting portrays past life memory, with the ancient and modern worlds juxtaposed. The sandstorm represents the impermanence of the modern world, showing that this, too, will dissolve into the past.

Sujata Tibrewala

pratibimba.info



First Flight (2011)

Print on Paper

8 x 10 original

10 x 13 framed

\$40

First Flight

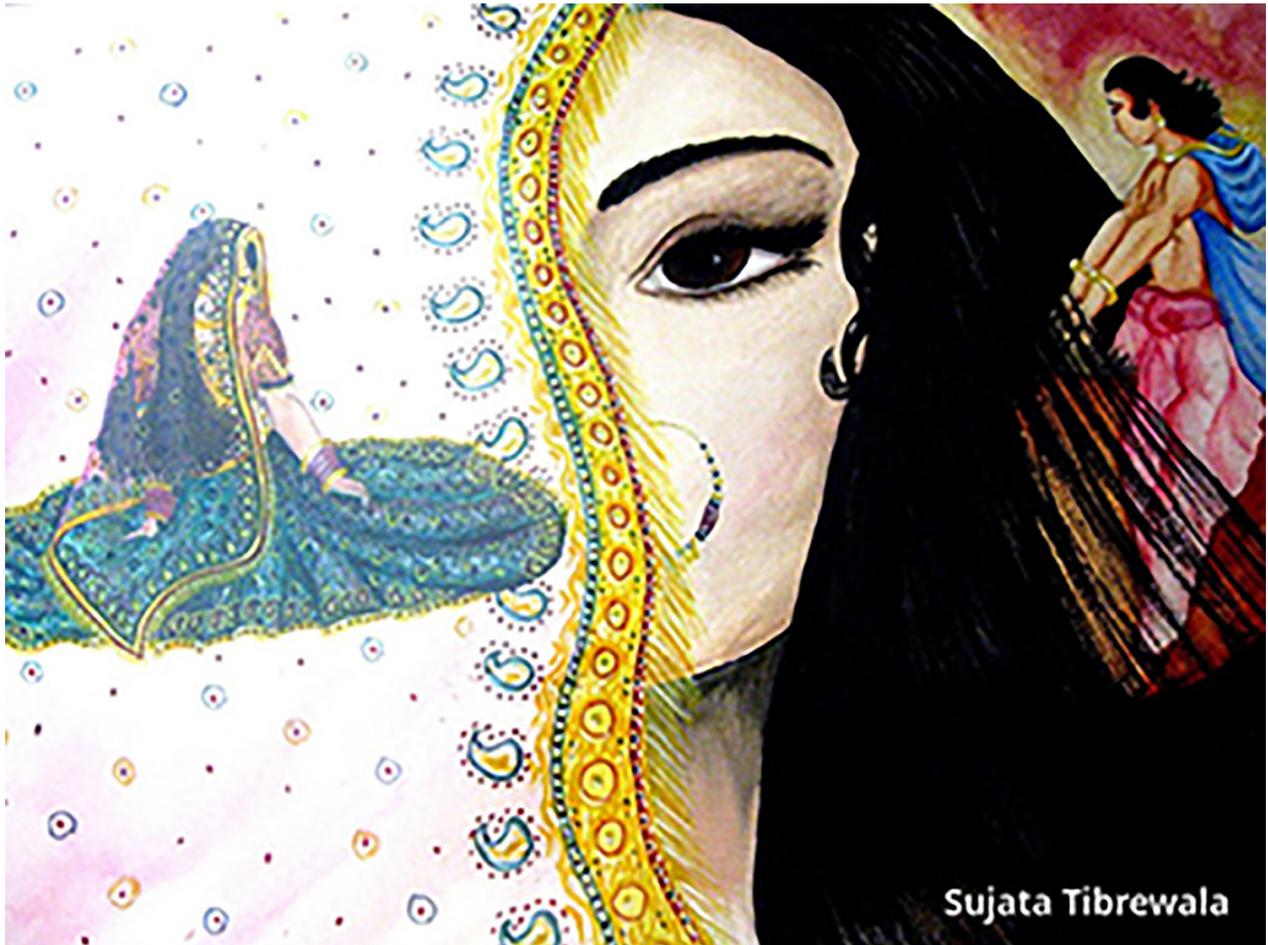
I was just hitting my one year mark. But I was not told that I was weak then. So I could climb a ladder to a window sill which was on the second floor, may be about 20 feet from the ground. I just sat there looking at the world, while there was a commotion around me from everyone to find me.

World history abounds with examples of women warriors, amazons, and even violent

women. The British empire under the rule of queens was the most aggressive empires of all times. The women in villages and farms do as much heavy work as men, and even more at times. So why do women in daily life feel they are not physically strong. Even a Lion if it does not use his muscles for a few days, becomes incapable of catching his own prey, as happens in the Zoos most of the times.

Sujata Tibrewala

pratibimba.info



Adolescent Dream (1997)

Print on Paper

8 x 10 original

10 x 13 framed

\$40

Adolescent Dream

A young Indian lady dreams of her prince charming who can touch her heart, above everything else. Her eyes are filled with expectations of her true love.

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 LFAC'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.

ANNA APPLGATE

amoretmortem.wordpress.com

Chicago native Anna Applegate is a Gardnerian witch, a Master Mason in Co-Freemasonry, and a legally ordained polytheistic Priestess in the worldwide Fellowship of Isis (FOI), an organization that honors the cultural and religious expressions of the Divine Feminine from all periods of human history. She stands at the crossroads of Art and Spirit often, infusing her paintings, sculptures, photographs, and rituals with the Numinosity that she finds lurking behind the veil of the mundane. Anna's polytheistic Pagan religious sensibility is the lens through which she interprets many worlds; she has been active in Chicago's Pagan community for 18 years, leading public rituals and teaching workshops on Kemetic Reconstructionist Polytheism and related subjects.

Anna holds an M.A. degree in English Literature from Loyola University Chicago. She writes for her daily bread (as an advertising copywriter) as well as for pleasure: her poetry appears in the Scarlet Imprint anthologies *Datura* (2010) and *Mandragora* (2012) and her essays and artwork devoted to the Egyptian Goddess Sekhmet appear in the anthology *Daughter of the Sun* (2015) by Bibliotheca Alexandrina. Anna serves as the Executive Editor of *Isis-Seshat*, a quarterly journal of the Fellowship of Isis. Anna is also an avid blogger and encourages everyone with a Will to be Wyrd to follow her blog: www.amoretmortem.wordpress.com. Her Etsy site, JackalMoonDesigns, is where she sells most of her Pagan art.

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 is currently the volunteer coordinator at Blind Service Association (BSA), which is a reading service for adults with visual challenges. "I've made many friends and absorbed a lot of information being around all of those books at BSA."

Sally collaborated with Robert Pogatetz on their artwork *Babylonian Braille: A Study of the Chakras*. Sally and Robert both love Art and Poetry and plan to put together a book of their works. "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

[facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/](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.

DOROTHY GRADEN

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

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 Eisey 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.

KAMION

Kamion has continually pursued experience of the "otherness" within creation amongst a diversity of people, tradition and locale. His artwork seeks to sustain a moment of communion with a specific mode of consciousness via meditation and trance states. These modes are induced via techniques learned from listening to resonant beings tell their life path tales. It is his intent that viewers may enter into a moment through the art, experiencing a direct interface to the extent of their own awareness and desire.

COLLEEN KOZIARA

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

flyngypsyarts.com

Jessica Kronika: 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 aire of my subjects as well as research into the lesser known elements of the lives of mythic women, and historical depictions for inspiration.

JANINE PELTIER MACRIS

Janine Peltier Macris has taught English and creative writing for grades K-12, working with Multiple Intelligences and guiding the depth and breadth of literature, writing and voice to all stages and ranges of thought, dialogue and story. She has an M.A. in Teaching Secondary English Education from National-Louis University, an M.A. in Fiction Writing from Columbia College, Chicago, and an M.A. in English Literature from DePaul University, Chicago. Janine says, "I have been pursuing art for many years; sometimes a predator, sometimes its prey. Oil and chalk pastels, acrylic paint, sharpie, and any material that shows potential as a canvas are my favorite go-tos. I continue to mine my subconscious for varying motifs. Between teaching, family, and writing, I continue to bring life through art to many symbols. I live in suburban Chicago with my husband and son."

LISA NOMIKOS

www.GatheringVisions.com

Lisa Nomikos says: It's never too late to live your truth to create the reality you desire. For a number of years the simple mantra "I love to draw" was forgotten in the hustle and bustle of living. Now, I create surreal 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--multi-color 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—"these are some of the drawings inspired by the world around me. My goal is to spread light and joy in the images I draw and paint."

Lisa Nomikos is a fine artist creating surreal, intuitive energy art reflecting positive and uplifting inner visions. She co-created and illustrated a 45-card "Soul Reflection Inspirational Oracle Cards" with her business partner, Lisa Gniady who channeled the cards. Their newest decks are a "Believe-In" series and "Clarity of Life" cards. Lisa also offers divinely inspired "Soul Vision Aura Portraits"[™], using watercolors, colored pencils and glitter glue to create abstract personalized images to visually show a person's energetic imprint in colors and shapes. She's an Illustrator and Graphic designer with 25+ years experience. Reiki 3 Master. Karuna Holy Fire Reiki Master.

ROBERT POGATETZ

Robertpogatetz.com

Inspired by urban city life, popular culture and spiritual mindfulness, Robert Pogatetz is a professional American painter who enjoys the immediacy of his experience and strives to interpret his sensitive impressions in an expressive manner through creating original works on canvas.

Robert's paintings include celebrity portraits, urban landscapes, and flowers-- all of which capture his passionate love for vivid color and emotional application of paint in rich buttery brush strokes. He is a nationally collected and published artwork includes a finger-painting of Marilyn Monroe in the London coffee table book Marilyn in Art.

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.

SZMERALDA SHANEL

www.asacredart.com

Rev. Szmeralda Shanel, M.A. is a visual, performance and ritual artist. She is a Registered Expressivte Arts Therapist and works with individuals and communities focusing on the healing aspects of the creative process. Szmeralda is a priestess with the Fellowship of Isis and the founder of the Iseum of Black Isis, a temple dedicated to Goddess Spirituality and Sacred arts.

JESSICA THOMPSON

jmthompsonstudios.com

Jessica Thompson says: I grew up in South Texas, where I studied art for many years under Ruth Ann Taylor. I went to college at Tulane University in New Orleans where I got a bachelor of arts, focusing on studio art. I have lived in the Chicago area for 8 years. While I still struggle to define my own style, one of the overarching themes of all my works is the interaction of light and shadow, particularly unconventional light, shine, and glow. Some of my favorite themes are the sanctity of nature, the sanctity within, and the struggle with darkness, difficulty, and doubt. I also like to paint abstract work, partly as personal therapy and partly as a pure study of composition, itself.

SUJATA TIBREWALA

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 Center, 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.

Acknowledgements

Life Force Arts Center would like to thank all the Artists, Staff & Volunteers who put in so much work to create this show, especially Steven Blaine Adams, Joe Bechtold, Sharon Bechtold, Chris Bednash, Mary Burton, Bill Endsley, Sofia Girlando, Kat Kidwell, Joan Forest Mage, Lisa Nomikos, Diana Rudaitis and Kristen Wray.

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

Life Force Arts Center 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.

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our online journal of Spiritual Art

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Passion & Vision: The Skills of Youth Exhibit Catalog

Design: Lisa Nomikos

Editor: Joan Forest Mage

About Life Force Arts Center

Life Force Arts Center (LFAC) explores the connection of the arts, healing and spiritual practice based in the Life Force Arts Method, a modern version of perennial wisdom teachings that value love and creativity. LFAC presents visual, literary and performing art exhibits, events and publications that awaken human potential, deepen mystical experience and create spiritual transformation.

Life Force Arts Center is celebrating its 30th 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 Center presents an average of 15 events each month, including performances, workshops, lectures and ceremonies: a total of over 1000 life-transforming events since we opened, featuring more than 250 presenters.

Passion & Vision: The Skills of Youth is our 35TH 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.