



*From Energy to
Iconography*

Exhibit Catalog

Art Exhibit—Performances—Events
June 14 to September 17, 2013

Life Force Arts Center, 1609 W Belmont, Chicago
LifeForceArts.org 773-327-7224

From Energy to Iconography

Opening Reception

June 14, 2013, 6:30 - 10 PM

Closing Reception

September 17, 2013, 7-9 PM

Free admission to exhibit &
Opening and Closing receptions

Gallery Hours

Monday & Thursday, 1:30 - 6:30 pm
& by appointment

info@LifeForceArts.org
773-327-7224

Artists Featured in *From Energy to Iconography*

Steven Blaine Adams	Shauna Aura Knight
Wendy Allen	Michelle Korte Leccia
Marcia Babler	Victoria Martin
Steve Baltrukonis	Kiel Milner
Fred Casselman	Karlene Mostek
Michelle Corpus	Sharyl Noday
Judy Demchuk	Britt Posmer
Gabriel Gebka	Fabiola Roquena
Dorothy Graden	Szmeralda Shanel
Polly Greathouse	Sujata Tibrewala
Rachel Jacobson	Jerry Tiscareno

About *From Energy to Iconography*

From Energy to Iconography explores the continuum of artistic expression from spirit as energy, to spirit embodied in the iconography of various religions. "Spirit" may be defined simply as energy: the realm of the non-physical and vibrational. For an artist who views life this way, the purpose of his or her art may be to create or depict positive energy, or to help the viewer shift negative energy into positive energy. For other artists, "Spirit" means expressing a specific religion or deity, including the teachings, history, legends and symbols that embody and represent that belief system. In addition to showing examples of both these perspectives, From Energy to Iconography will also explore the transformational energy within the symbols or the story of strongly iconographic art. Viewers of the exhibit will be fascinated by seeing how they are affected by the energy of a particular artwork, even when they have a greater or lesser understanding of its iconography.

Events for *From Energy to Iconography*

Saturday, June 15, 1:30 - 4:30 PM
Paint The Energy of Your Personal Icons
with Sujata Tibrewala

Thursday, June 27, 7:30 - 9 PM
Siria Family Channeling
with Sharyl Noday

Thursday, July 18, 7 - 10 PM
Wishing Wells Ritual Art Experience
with Michelle Korte Leccia

Tuesday, July 23, 7 - 8:30 PM
Color: The Mind-Body-Art Connection
with Sharron Ott

Tuesday, July 30, 7 - 9 PM
Art Meditation: *From Energy to Iconography*
with Joan Forest Mage

Thursday, August 8, 7 - 8:30 PM
Magical Awakening energy healing with Justin Prim

Thursday, August 15, 8 PM
Spiritual Journeys: Kat Kidwell & Gail Gallagher
in concert

Sunday, August 18, 7 PM
Icons into Song—Cathy McManamon in concert

Wednesday, August 21, 8 PM
Icon Performance—Joan Forest Mage & friends

Friday, September 6, 7 - 10 PM
Myth, Icons & Finding Your Personal Magic
with Shauna Aura Knight

Steven Blaine Adams

Eye of Horus with Lotus Offerings (2013)

15 x 19 framed

Acrylic on canvas

\$600

The Eye of Horus is a traditional Egyptian icon dealing with protection. This, along with the hieroglyphics of “Great Protection”, “eternity” and “life itself” invoke a sense of stability and purification. The lotus offerings continue the icon of purity in the body, speech, and mind.

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 store designer, and is on the curatorial committee for LFAC's art exhibits. The son of an Italian gypsy astrologer and Tarot reader, Steve has been doing readings professionally for over 30 years, combining the wisdom of Tarot with the healing properties of stones. Steve attributes meditation, art, ritual and spiritual connection as instrumental catalysts in his path towards healing.

Wendy Allen

Ganesh (2012)

26 x 38

Acrylic/Mixed Media

\$800

I painted Ganesh after visiting India several times for meditation retreats. There I was introduced to the idea that by intention, the Deity resides in the iconographic art work. It is important to really take this idea in. To reside means that the Divine actually lives in the art. The art therefore should be respected as the abode of the Divine. Ganesh is the Hindu Deity who is the God of wisdom and learning; he also is known for assisting one in over-coming obstacles. After painting Ganesh (who is heavily embellished with fabric, jewels, and ribbon, I took Him to the local Hindu temple where He was the center piece in a two week period of ceremony to Ganesh. After “being fed” through ritual and prayer, he literally glowed. The iconography of Ganesh is complex.:

- The huge elephantine ears point to listening more and talking less.
- Ganesh has only one tusk, with the other broken off. This symbolizes the importance of holding on only to the good and discarding the bad. The curve of Ganesh’s trunk represents the rising of the Kundalini (spiritual energy).
- His large tummy points to the necessity of digesting all that life has to offer.
- The *abhaya mudra* (gesture of fearlessness) of His lower right hand symbolizes Ganesh's blessings and protection on a person's journey through life.

- In His upper right hand, Ganesh usually holds an axe, with which He is said to cut off all attachments.
- He pulls the devotee nearer to the spiritual path by the rope that He carries in His upper left hand.
- He offers rewards for penances (*sadhana*) done with a confection that He holds in a bowl in His lower left hand.
- Ganesh's tiny pet and vehicle, his mouse, bowing down close by, is there to indicate that though a little desire is good, it is essential for one to master it
- The lamps at either side of his head are lit to give arati, a fire offering.
- The pink lotus blossom is the highest symbol of purity and enlightened wisdom.

Mother Mary Came to Me (2010)

23 x 27

Acrylic/Mixed Media

\$400

I have traveled a lot in Mexico and came to love the Virgin of Guadalupe which is seen attached to the fronts of buses, seen in graveside shrines, and found in grottos. This Virgin is adorned with a deconstructed and gilded bathtub scrunchy which represents her aura. Her halo was from a deconstructed table cloth. I like the idea of taking the mundane and glorifying it in a sacred context.

Quan Yin Altar (2011)

21 x 11.5 x 8.5

Acrylic/Mixed Media

\$350

I love the idea of house shrines. This one began as an American Girl doll wardrobe I found at a garage sale. It now is the sacred residence of the Goddess of Compassion. Revered by Taoists and Buddhists, this ascended master is a bodhisattva, or one who has attained enlightenment but defers nirvana to assist others in their own ascensions. She is seated in a lotus blossom which lore says she was born in. In Buddhism, the lotus is associated with purity, and spiritual awakening. The box is lit with a small set of twinkle lights.

Wendy Allen received her B.F.A. in Art from Drake University in 1973, and taught art in the public schools for several years before going to graduate school at the University of Iowa for my Master's in Counseling in 1976. For a number of years she has worked as a psychotherapist, and more recently, she was a practicing art therapist for 15 years.

She has experienced a huge creative outpouring in the last 2-3 years. This came after her involvement in the Oneness Movement and following several trips to study at Oneness University in India. She is now a Oneness Trainer in the Springfield, IL area. After her return from India in 2010, she took up acrylic painting. The she reason paints is that while painting time and mind can stop and a doorway to the deeper truth of Self can open, allowing an

intuitive intelligence and causeless love to emerge. This love longs to share itself with others. Thus, the works created are conceived of as portals designed to carry one into a deeper truth that can only be intuitively recognized. They are painted or constructed with the intention that they convey “Deeksha” (a Blessing). Her deepest desire is for the work to carry the viewer into a direct experience of their personal Divine.

Wendy worships the Divine in all forms as she believes "The I Am That I AM" is the underlying basis of everything and of each of the many Deities worshiped across our Mother Earth. Each of us has to reach within and define our own Divine. "If there are 6 Billion people, there are 6 billion personal Divines," says Sri Ammabaghavan, the founder of Oneness University. Each Divine is real and valid. Each "Antaryamin" (personal Divine) resides in the inner temple of one's heart.

Wendy is drawn to paint iconographic images from a wide range of spiritual traditions. She sees them as gazing out of their canvases, seeking communion. The first invitation into the “Light” is through lavish collaging of fabrics, trims, and other dazzling embellishments. The true invitation is made to the real light that is in each of us as we are recognized in the gaze of these sacred beings.

Wendy also creates sacred spaces which are free standing or wall altars, reminiscent of roadside altars seen in Greece or Mexico. Again, in these pieces there is an implicit invitation to enter into the altars to commune with the Sacred.

Marcia Babler

www.marciababler.com

Seventh Day (2012)

21.5 x 25.5

Archival Pigment Print

\$400

Golden Touch (2012)

13.5 x 16.5

Gelatin Transfer on Japanese Paper

\$350

This collection of work celebrates the connection of art and spirituality through the process of creation. From the very beginning, the Biblical seven days of creation showed ***that it was good*** from the sky to water to man and woman. From chaos and nothing becomes beauty and order. From the hard labor of one's hand, beautiful and miraculous things emerge. That is what an artist does – creates something from nothing. They use their inner spirit and energy to create.

Seventh Day depicts “and He rested”. ***Golden Touch*** shows the hands of God in the creation. These are two parts of the five part series.

Marcia Babler received her education from Northwestern University and The University of Wisconsin. She has been exhibiting since 1999 in over 100 different shows. Marcia works mainly in pints, photography and painting

Steve Baltrukonis

www.drawnwithfire.com

Skull with Sigil (2012)

7.75 x 4.75

Pyrography with watercolor

\$150

This was my second piece. The skull was inspired by the Netters anatomy flashcards which I spent most of that summer staring at in preparation for a magnetic resonance imaging licensing exam. The sigil at the top was meditated upon each afternoon in preparation for hours of studying. Energy radiates out from it above the divine image of the human skull, the source of all joy and sorrow, faith and gnosticism of mankind.

Fleur de lis (2012)

7.25 x 7.25

Pyrography with acrylic and varnish

\$275

Steve Zaric Baltrukonis was born in Chicago to a Lithuanian father and Serbian-German mother. He has dabbled in the arts since high school, playing in punk bands steadily for over a decade. His foray into the visual art of wood burning began in April of 2012 over a cheap soldering iron, some scrap wood and a severely broken heart. A voracious reader since learned to read, many of his works are inspired directly from works of literature.

Fred Casselman

www.earthecho.com

Light, Water and Color 1 (2013)

23 x 23

Inkjet on Rag Paper on Aluminum

\$340

Light, Water and Color 3 (2013)

23 x 23

Inkjet on Rag Paper on Aluminum

\$340

These images represent Spirit manifesting as Light, Water, and Color. The pictures were taken on a sunny day in early Spring, 2013, before the leaves came out. They are close ups of water rushing down the brook behind our log cabin in New Hampshire. The color and the shapes are provided by the rocks in the bottom of the brook.

Fred Casselman begins most of his images with a photograph after starting to use a digital camera in 2000, currently using a Leica D-LUX 5. He previously used a 35mm film for many years. He prints his art on an Epson 7900 on Museo Silver Rag paper which is an all-cotton, archival art paper. Fred uses his art to renew the sense of peace and harmony with our Earth, cosmos, with one another, and with ourselves. He has exhibited all over the United States.

Michelle Corpus

Shambhala (2011)

16 x 20

Pencil on paper

\$400

Heart Chakra (2011)

20 x 16

Acrylic on canvas

\$700

After five years of intense focus on my meditation practice, I experienced a tremendous shift in consciousness and began creating the inner landscapes of energy that I was experiencing with my physical eyes closed, and my Third Eye wide open. Sacred geometry, waveforms, lights, light beings, colors, auras, and spheres in harmonious play and balance found their way quite naturally on my canvasses or sketchbooks. At times the process of making my art seemed otherworldly as I often would begin a piece without knowing what it was I was making, trusting in the process like a spiritual channel would. Although I am especially attracted to images that inspire spiritual awakening and personal transformation (like that of Buddha and floating lotus flowers), ultimately it is my heart's intention to create work that radiates and inspires joy, love, and peace.

Michelle Corpus is an visual artist and art educator with extensive teaching experience, curriculum development, and program development, on the Elementary, High School, and College levels in academic and community-based settings such as non-profit groups, museums, and art galleries.

Judy Demchek

Guan yin: Tibetan Avalokiteshvara (2013)

43.5 x 17.5

Textile paint on Silk

NFS

Guan yin also known as Quan yin, Kwan yin, Kannon and Avalokiteshvara is a well known bodhisattva in Buddhism, an enlightened being who refrained from entering nirvana in order to help those who suffer in this world. Guan yin embodies compassion. Guan yin is androgynous. In earlier depictions, Guan yin is depicted as a male. However Guan yin's energy is feminine which could be the reason why later depictions are female. Both genders have feminine energy.

Judy Demchuk is an award winning Chicago area artist. Her creativity has been cultivated 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 areas. In 2001 she changed directions towards fulfilling her heart's desire; drawing inspiration from her rich professional, educational and life experiences. While she incorporates the influence of her Japanese American heritage into her art, her flair for diversity drives the assortment of media and materials she uses in her creations.

As 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. She continues to create art in various media, including silk paintings, oil paintings, customized animal carriers, numerous silk scarves series and murals for the general public and suitcase compositions for the children of Court Appointed Special Advocates program in DuPage County.

Gabriel Gebka

www.gabriel-gebka.com

Pure Love (2013)

11 x 15

Giclée print (Oil on canvas)

\$100

Love, maybe the biggest force of the universe, lies in the union of two so-called antagonistic forces. It is symbolized by Adam and Eve in the Old Testament or yin and yang in Taoism.

Providence (2013)

9 x 14

Giclée print (Oil on canvas)

\$100

Providence is the care and guidance of God or nature over the creatures. It is usually when someone thinks he has lost everything that Providence appears. For instance, Jesus, when he was on the cross, cried: "My God, my God, why have you abandoned me?" Yet in the end, Jesus resurrected.

Gabriel Gebka was born in 1981, near Paris. He has been working in many fields such as social work, illustration, entertainment. He graduated in heritage painting and decoration in Avignon, and lives and works near Paris

Dorothy Graden

www.dorothygraden.com/home.html

Illumination Within (2013)

18 x 22 with frame

India Ink, Pastel, Colored Pencil

\$225

This work incorporates various prehistoric iconographic images from the American West. Their meanings are mysteries. What were the spiritual beliefs of these ancient people? What did they honor and consider sacred? How did the shaman artist transform his or herself by painting these images on rock panels and how were these images used in rituals for the clan? The images in this painting carry light and power that emanate from the rock wall. The wall becomes a veil, a portal to other realities.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. Many of these sites hold spiritual powers, and many are shamanic, although, some say her art looks futuristic. Some say it is Japanese Art inspired. For over 25 years she 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.

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 also presents, lectures and exhibits her drawings and ceramic sculptures at various venues throughout the Midwest and the Chicago area. She draws with great admiration, respect and humility for the ancients who inspire her work.

Polly Greathouse

<http://www.redbubble.com/people/pollyg>

Meditation Mountain (2013)

24 x 48

Lucite and Oil on flat panel

\$1,800

Meditation quiets our distractions. Focusing on the rhythm of one's breath and a sound or visual 'anchor' can help to calm one's mind. Clearing the mind of mental clutter and distractions, mindfulness offers greater spiritual connection to the earth and higher powers. Meditation Mountain is an abstract expressionist painting; impressions of nature to inspire a meditative trance.

The master speaks but once

The mountain theme is inspired by the spiritual wisdom of the I Ching, or Book of Changes. Dating back to the 8th Century BC, the I Ching is aligned more to the modern perspective of the physicist than to traditional religious doctrine. In it, flowing energy and natural

elements represent the constant flow of circumstances, realigning continuously in moments of unique context, place and time. As Carl Jung wrote in the forward to the 1924 German translation, “The I Ching does not offer itself with proofs and results. It does not vaunt itself, nor is it easy to approach. Like a part of nature, it waits until it is discovered.”

Four icons are stamped in Meditation Mountain for a particular mindfulness of Energy, Creativity, Devotion and Change. In the upper left is the hexagram for Ch’ien, The Creative – or Heaven. All of time is represented in this archetype of ever changing Power, or Energy. In the lower left is the hexagram for K’un, The Receptive – or Devotion. Fully complimentary, the two forces of The Creative and The Receptive are dependent upon and activated by one another. The Receptive is the quality of spatial reality and exists in tandem with the infinite spiritual potentiality of the Creative.

Chinese symbols for Change and Creativity appear lower left and lower right. Like the I Ching archetypes, these qualities in the painting will reveal a relevant and re-freshed alignment within the context of a daily meditation -- changing constantly like cloud or a wave.

Polly Greathouse is a fine artist currently living in northern Illinois, USA. In 2012 she took a sabbatical from a successful career in interface design and design planning where she planned and created award-winning digital products and services. The sabbatical was launched to reconnect with her deeper calling as a painter and fine artist. After ten months immersion into plein air watercolor and oils, architectural rendering,

botanical illustration, digital art, etching and monotype printing, Polly is establishing roots in the arts communities of Chicago and northern Illinois. Recently her fine art has appeared in shows in Illinois as well as the international online art galleries.

Rachel Jacobson

Nature's Soul (2013)

10 diameter

Quilling paper, mirror

\$200

About *Nature's Soul* — The Natural World is the source for all life. It is also cyclical (seasons, life/death) which this artwork represents through its circular design. The mirror signifies a human's ability to look at one's self and be able to find peace.

Rachel Jacobson thinks that the sound of a paintbrush on paper is one of the most comforting sounds in the world for her. Art has always been a part of her life; it was an inherited love. Rachel's grandmother was a commercial artist in the 1930's in Chicago. One of the constant elements in the relationship between her mother and her has been art in various forms. They have taken informal classes in pottery, pastels, acrylic and water color and she has completed several college level photography classes. Rachel is also assisted in the planning and implementation of children's art programs at a public library.

The Art Form of Quilling:

The art of quilling, the coiling and shaping of narrow paper strips to create a design, has been around for years — hundreds or even thousands, in fact. Some believe that quilling may have begun just after the invention of paper, in China in 105AD. Others feel it dates back to ancient Egypt. It has been known by many names including paper-rolling, paper-scrolling, filigree, paper mosaic. It is theorized that early quillers rolled their papers on a feather, or quill, hence the name quilling. French and Italian nuns during the 16th and 17th centuries, decorated reliquaries and holy pictures with quilling. During the Regency and Victorian eras, young ladies of affluence were taught paper filigree just as they were taught needlework. In Europe and the United States, early examples of quilling were usually coats of arms. After the early nineteenth century, quilling all but disappeared. I was exposed to quilling by chance and taught myself. My friend had a plastic bag of various art supplies from her aunt and while looking through the bag we discovered a quilling tool and strips of colorful paper.

Shauna Aura Knight

www.shaunaaura.wordpress.com

Sacred Fire (2013)

18 x 21.5

Watercolor, acrylic

\$80

The Grail (2009)

18 x 21.5

Watercolor, acrylic

\$150

World Tree (2013)

24.5 x 14.5

Watercolor, acrylic, mixed media

\$100

Many images found in religions and myth come up over and over again, and are still relevant to our modern experience of what is sacred, transformational, and evocative. The Grail is an image that comes to us through Christianity, through modern Paganism, but is also quite ancient, found in neolithic artwork as carved stone bowls. How many of our ancestors of many religious traditions have tended the Sacred Fire, and fire still has the power to call us into a trance state. The World Tree is a symbol found in many shamanic and tribal cultures reflecting the three worlds, and has become ever more relevant as our environment groans under the weight of unsustainable practices. All of these images, and more, were just energy once, and through repeated carving into stone and onto walls, and sketches into manuscripts, and stories being told, they became icons that tell a story by their very presence.

Shauna Aura Knight is a mystic, artist, and ecstatic spiritual seeker who is passionate about creating artwork, rituals, experiences and spaces to incite transformation, inspire creativity, and to awaken mythic imagination. Her artwork explores the themes and imagery of gods, goddesses, ritual, sacred sites, heroes and fantasy, and includes watercolor, acrylic, mixed media, and digital art. Shauna's art has been selected for illustrations and covers for several books and magazines including Circle Magazine and Between the Worlds. With leadership experience in

Earth-centered and grass-roots organizations, Shauna has organized and created conferences, intensives, shrines, and art installations that help people connect with the divine, our deepest selves, and sustainable community. She travels the country showing her artwork and facilitating rituals, installations, and performance pieces, as well as teaching workshops on personal transformation, exploring myths and stories, and teaching others how to facilitate transformative events.

Shauna studied fine art and theatrical design at the University of Minnesota before beginning a career as a web and graphic designer. She has studied creative writing, interactive media, mythology, and the design of events, experiences, and products at Columbia College Chicago, University of Chicago Graham School, DePaul University, and at many conferences and other professional training. She graduated from a 3-year program at Diana's Grove studying transformational leadership, multi-sensorial teaching, and facilitating ritual.

Michelle Korte Leccia

www.michellekorteleccia.com

Wishing Well XIII (In the Womb) (2009)

36.5 X 24.5

Media collage with acrylic or tempura paint

\$1,000

The Wishing Wells project is a variation on the ancient symbol of concentric circles. Many traditions use the shape and symbolism of concentric circles in dance, chanting and image-making. Its power reminds us of the connection between the individual and community, our inner selves and outward projections, infinity, perfection,

totality, and rebirth; our thoughts, intentions, hopes and dreams vibrating into manifestations in our lives. The Wishing Wells is an on-going project that will one day be a collection of 108! Like the coin that represents a most desired intention when tossed into a body of water, The Wishing Wells cause a rippling effect.

Michelle Korte Leccia's explorations of ritual actions and environmental issues result in hybrid installations. Her art practice draws on collage, sculpture, video, and performance to create works that investigate processes of destruction and healing. She has exhibited her work in museums, galleries, and public spaces locally, nationally and abroad. Korte Leccia is a 2013 candidate for a MFA in Interdisciplinary Arts and Media from Columbia College Chicago. She holds an MA in Art and Social Change from Naropa University and a BFA in Painting and Drawing from the Laguna College of Art and Design. She was born in 1977 in Brunssum, the Netherlands and currently resides in Evanston, Illinois.

Victoria Martin

Galatic Zodiac (2012)

60 x 60

Oil on canvas

\$900

If the Zodiac is a ring of life, then the Milky Way Galaxy that encircles us is also a zodiac in that it bursts with stellar life. Galaxy is rich in star-forming regions, hence the colors. **Hydra**, the water-serpent is the longest constellation. It is pictured at the top with **Sextans** (the compass) and **Crater** (the cup).

Victoria Martin received her Bachelor of Arts in Art Education from School of the Art Institute in Chicago in 1975. She also received her Master of Arts in Visual Media and Performance in 1977 from the same university. Victoria has written, spoken, presented and created numerous pieces since 1989.

Kiel Milner

Isis Makes Offerings to Ra (2013)

34.5 x 24

Acrylic, stones, and scarabs on linen

\$350

Egyptians were one of the first to transform energy into iconography. Isis, worshipped as the ideal mother and wife, as well as the patroness of nature and magic, is making an offering to Ra, worshipped as a solar deity, the midday sun. This is one of the most powerful offerings in existence. The painting was created by an ordained Egyptian priest

Kiel Milner is a practicing Druid and an ordained pagan priest for 30 years. He specializes in both teaching and reading the runes, a Norse-Germanic divination system. He is considered a rune master by the gods of this system. Kiel is also an ordained Egyptian priest. This is his one of his first forays into artistic expression.

Karlene Mostek

www.karlenemostek.com/index.html

Tears Unseen (2011)

11 x 14

Print (original: watercolor, pastel)

\$45

Tears unseen

~falling softly~

Deep roots are watered

Haiku—The traditional Japanese form of 17 syllables attempts to capture a **feel** or **mood** in nature. Sometimes, two images are caught; one that expresses the outer scene ~ the other expresses the inner feeling of the writer. The seventeen syllable count in the Japanese form, doesn't often work well in English, because the structures of the two languages are so different. Some translators suggest that about twelve syllables of English are a rough equivalent to the seventeen in Japanese. Others suggest that eight to twelve **words** are a good start for English writers. We all have memories of special moments in life that seem to have a kind of "timelessness" to them. This is what haiku tries to express.

Karlene Mostek was born and raised in Chicago and has lived here all of her life. She feels that she has been greatly nurtured by the beauty of the lake, the parks and the vibrancy of city life. Very helpful to her work have been many, many trips to national parks and several wildlife refuges in North America which were guided by excellent wildlife biologists, archeologists and geologists. Supporting these trips have been visits to several

natural history museums in the United States, but particularly, Chicago's Museum of Natural History and Aquarium where one can easily take advantage of sketching the great diversity of live specimens or those preserved in life like dioramas.

In an age that is severely threatened by the abuse of these natural ties, she believes that art is one way to communicate and share with others, not only the beauty of our world, but the awareness that human life is, and always has been, completely dependent on a humane and reverent integration with the natural world.

Sharyl Noday

www.sharylnoday.com

Listening to the Whispers (2012)

24 x 30

Oil on Canvas

NFS

Spirit has always been the thesis of my Art, the driving force in a sense. I have always been Guided by the Unseen. Find Myself to reveal in it. In this way a Life with Spirit in partnership is the backbone to which I survive, as well as thrive. Through visions, telepathy and voice channeling we can communicate with Beings not of this Earth and those that have passed on with such grace and elegance. In my painting "Listening to the Whispers", we see a popular icon, one whom we have know through out the ages. The Angel Being seems to be pensive, relaxed, listening and therefore able to receive the gifts, messages Spirit has to share to us. More

reflections of Spirit appear in the background of my painting, through nature, trees and skies, revealing to us the suggestion that indeed Spirit is all around. If we just stop, look and “Listen to the Whispers”.

The Voices of Crystal Skull Consciousness (2012)

11 min

Digital media (video)

NFS

Published on Nov 29, 2012

There is a beauty within the unknown that is sacred, that is magical as well as mysterious. Gifts can represent themselves in a myriad of ways. Through vision, through sound, through feelings, which touches our soul and spirit. Sharyl Noday presents a short film exploring these gifts by trance channeling Crystal Skulls whom share with us their unconditional love. With a focus on three crystal skulls messages are spoken, bridging the gap from their world as they come to visit ours.

Sharyl Noday is an artist, channeler and healer. Her work has been juried by the Curator of Contemporary art at the Art Institute in Chicago. She has studied with numerous healers, channelers, and mystics internationally. Sharyl also leads the Siria Family channeling at LFAC and channelled the Siria Family in Los Angeles during the first major solstice of our lifetime.

Britt Posmer

Mary at the Crucifixion (2012)

20 x 16

Acrylic on canvas

\$300

Red Dakini (2012)

24 x 18

Acrylic on canvas

\$350

Having been baptized and raised in the Episcopal Church, the symbols and metaphors of the Christian faith and life have a richly pervasive influence on my art, personal narrative, and fundamental understanding of reality. "Mary At the Crucifixion" is an example of how the arts can allow us to engage a particular spiritual iconography with the freshness and energetic immediacy that recaptures its original transformative power. Along with "Red Dakini", these images invite us into contemplation, meditation, and communion, all alchemical acts that plunge us into direct contact with the ways in which Mystery communicates with the Soul.

Britt Posmer is a contemporary ecstatic and interfaith contemplative who utilizes the arts as a principle means of meditation, transformation, and communion. She is a self-taught painter, as well as a dancer, poet, writer, and performance artist. In addition to her artistic passions, Britt is a trained holistic healer who specializes in transformational companioning and issues pertaining to gender, body, and consciousness.

Fabiola Roquena

Dissolved (2012)

18 x 24

Oil on canvas

\$800

Dissolved is a painting without lines. The colors depicted are more like gases and shapes. It is different from all my previous work because it does not depict anything material. This painting is a breaking away from the “visual, solid, and physical world” and the beginning of my interest in a spiritual life.

Tasbeeh, Prayer Beads (2011)

8 x 9.5 with frame

Oil on canvas

\$400

Tasbih (تسبيح) is a form of dhikr ("Remembrance", "pronouncement", "invocation" of God) that involves the repetitive utterances of short sentences glorifying God, in Islam. To keep track of counting either the phalanges of the right hand or a misbaha is used. The tasbih is similar to the prayer rope of the Eastern Church and the rosary in the Roman Catholic Church. is an Islamic devotional act, The tasbih is used typically involving the recitation—mostly silently—of the Names of God, and of supplications taken from hadith texts and Qur'anic verses, according to Sunni Islam. Essentially, the practice of dhikr is a form of prayer in which the Muslim will express his or her remembrance of God either within or overtly; this may come in the form of recitation or simply always remembering God in one's heart. The word dhikr is commonly translated as "remembrance" or

"invocation". There are several phrases that are usually read when remembering Allah such as "Allah is Greater" and "Glory be to Allah"

Fabiola Roquena received her education in art, sculpture, and history from Instituto National de Bellas Artes in Mexico City in 1995. She earned her Associates Degree of Fine art in Oil Painting from the American Academy of Art in Chicago.

Szmeralda Shanel

www.blackisismagic.com

Mami Wata (2006)

15 x 12 framed

Mixed media

NFS

Mami Wata is west African serpent goddess. She is a spirit of prophecy, divination, healing, sexuality and the arts. I am a Mami Wata child, devotee, and a priestess of sacred arts. For me, creating an image of her was a prayer, an act of devotion.

Szmeralda Shanel is a visual, performance and ritual artist. She holds an MA in expressive arts therapy and has been working as a teaching artist for 15 years. As an expressive arts therapist consultant and educator she works with individuals as well as communities focusing on the healing aspects of the creative process.

Szmeralda is a priestess with the Fellowship of Isis and the Temple of Isis, she is the founder of the Iseum of Black Isis, a temple dedicated to Goddess Spirituality and Sacred arts..

Sujata Tibrewala

<http://pratibimba.in/home.html>

Goddess (2011)

24 x 36

Acrylic on Canvas

\$1,500

“The Great mother bursts on the world of men in overwhelming wholeness and perfection.”

The Goddess is found all over the world, from Mohenjo-Daro /Harappa, Africa, Celtic belt, at about 2500-1500 BC, to Maat and Isis from Egypt, Athena, Demeter from Greece, Kaali from India, Ishtar from Babylonia. The Goddess represents all human qualities known to man, positive and negative, generation, destruction, love, sex, knowledge, health, disease, war and peace. The world of goddesses is quite different from the world of “God” where god is good and the “Devil” evil. Much like humans, the deities of the goddess era (many are surviving today) had all shades of human character between black and white.

Sujata Tibrewala, a self-taught artist was trained as a postgraduate electrical engineer at IIT and IISc, and employed by Cisco and Agere. In 2008 she gave up her engineering career for her first love, art. Born in Jaipur Rajasthan, the Pink City of India, Sujata inherited her love for art from her maternal grandmother. Her grandmother loved to keep herself occupied with “creative works of the hand.”

Her toddler daughter’s experiments with the paints and her husband’s literary interests instilled a new spirit in

her as an artist. She now uses her engineering background and knowledge of science to spread art and issues close to her heart. After having successful solo exhibits and conducting many art workshops (some of which resulted in student exhibitions in India) Sujata moved to Memphis, TN in 2010. Here she served as docent and adult art education advisor at Brooks Museum. In 2011 she moved to St Louis and continued exhibiting her art and conducting art workshops at many professional galleries including St Louis Artist's Guild. In May 2012 she moved to Chicago where she is an Artist Teacher with Arts Encounter and Naperville Art league.

Her works are currently on display at many reputed galleries including the Regional Commission of Arts, St Louis and Marine Foundation, California. Her noted exhibitions from the past include Life Force Arts Center, Chicago IL; Gateway gallery, St Louis MO; Lalit Kala Academy, New Delhi; and Jawahar Kala Kendra, Jaipur, India. She is an artist member of many artistic organizations including the St. Louis Artists' Guild, Women's Caucus for the Arts, and Art Concoctions. Sujata's art has received rave reviews in many leading print and electronic media of India and USA. Presently, Sujata resides in the Chicago, IL area and is a member of the Naperville Art League, FIRE Arts Studio & Gallery, and Woman Made Gallery, Chicago.

Jerry Tiscareno

The Hierophant (2010)

24 x 30

Cante crayon/charcoal on paper

\$2,000

The Hierophant is a spiritual guide or religious leader. This enlightened being has found divine balance, and can guide him/herself through higher resonance, as well as providing understanding of these states to others. Through a responsible use of the sacraments, he maintains a direct connection to the spirit realm and All That Is around him.

The Magician (2011)

24 x 30

Cante crayon/charcoal on paper

\$2,000

The Magician is one who can "manipulate" a course of action or outcome, using natural and spiritual elements and tools. An artist will use his or her "wand" (pencil, paint brush) to manipulate the world around him/her. As a self portrait, I, artist, can use the tool of Art to express and/or reflect time and space around me, whether it be cellular or Cosmic, personal or Universal, In a more obvious way, the elements were created with a pencil.

Jerry Tiscareno "Since the beginning of time, symbolism has been the primary means of expression, whether it was from one being to another, or one world to another, across time and space. My purpose as a Divine being is to communicate the Universal language of Art

from the non-physical realm to the physical 3-dimensional plane. As an artist, my Divine purpose came from the realization that I am One with the Universe, and through that driving force, to express my inner self to my fullest potential, through Love, with a positive intent, and to share spiritual information through images, in one way or another, directly or indirectly, to assist others in the process of conscious awakening. I find art to be an extremely important aspect of one's life, for we all have emotions and an imagination. We just need to find the courage to look within, to find it All, and the willingness to share it.

My work is influenced by existence and everything within it, and can carry positive messages from the cosmos onto the perceived world we see. Some of my art pieces have been visions that have been communicated to me from higher dimensions, and find it a responsibility to communicate that. I strongly believe that an artist is the most honest version of a political or religious leader, and can truly change the world, for art creates thinkers and leaders, not mindless followers. I speak from my soul and my work is my voice, and the message is not in the words, but in the wisdom within the words. Art is creation, and an artist is a small extension of creation itself. It is such an honor to be able to speak on behalf of the surrealism of Life, existence, and the Universe.

Life Force Arts Center would like to thank all the Artists and Volunteers who put in so much work to bring this show together, especially Steven Blaine Adams, Michael Antablian, Maggie Baker, Joan Forest Mage, Alex Ostroszko, Kevin Seymour and Jaimie Shepardson

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

Lifeforcearts.org

Interested in becoming a member?

Check out our website for more information!

Visit PANTHEON, our online journal of Spiritual Art

Like us on Facebook

Follow us on Twitter

About Life Force Arts Foundation

The mission of Life Force Arts Foundation (LFA) is to advance the field of spiritual art through artistically excellent exhibits, events and publications that explore the art-spirituality connection. We define spiritual art as visual, literary or performing art that flows from spiritual practice, strives to connect the audience with Spirit, and creates spiritual awakening, healing, or evolution. We focus on the arts as a common ground of human expression, where artists and audiences of diverse spiritual traditions can honor each other, and share their personal and collective experiences of the spiritual aspect of life through the arts.

LFA's goals are to develop spiritual artists, the spiritual arts audience, and the spiritual arts community. The Foundation operates Life Force Arts Center (LFAC), Chicago's spiritual art gallery and performance space, which presents artistically excellent, spiritually based visual art exhibits, dance, theater and music performances, author book signings and workshops with artists who are experts in spiritual art making

Life Force Arts Center, 1609 W Belmont, Chicago
LifeForceArts.org 773-327-7224