

Life Force Wheel:
The Phoenix & The Healer

Exhibit Catalog

Art Exhibit—Performances—Events

August 3 — September 30, 2014

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

***Life Force Wheel:
The Phoenix & the Healer***

Opening Reception
August 3, 2014

Closing Reception
September 30, 2014

Free admission to exhibit &
Opening and Closing receptions

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

Artists Featured in *The Phoenix & the Healer*

Steven Blaine Adams	Amy Hassan
Steve Baltrukonis	Millie Hreczany
Calaj	Marilyn Hrymak
Eva Coss	Colleen Koziara
Mariela de la Paz	Thom Lausch
Bianca Dorsey	Karin Levitski
Judy Demchuk	Lorraine Moretti
Kurt Fondriest	Diana Rudaitis
Dorothy Graden	Gail Willert

About *The Phoenix & the Healer*

The Phoenix is a person going through a process of transformation or healing. The name comes from the legendary Phoenix bird that immolated itself every five hundred years and then arose renewed from its own ashes, symbolizing profound transformation. The Phoenix knows that this cycle of death and regeneration is necessary, understands and accepts the process of change rather than resisting it. The Healer is the one who guides the Phoenix's process of transformation, holding the sacred space and time for the transformation to occur. The essence of healing is to become a new self, and the healing process is about letting go of what you no longer need and taking in what you do need to become that new self.

The artwork in this exhibit features a wide variety of media including painting, photography, sculpture, fabric art and installation. Life Force Arts Foundation Executive Director Joan Forest Mage says, "It's fascinating to see the interpretations artists have about this theme. From depictions of mythological healers to healing mandalas, from personal healing journeys to artwork that creates a portal into transformational experience, this show expands our understanding of these powerful Archetypes."

The Phoenix & The Healer is the fourth in the *Life Force Wheel* year-long, six show series of art exhibits and multiarts presentations explores the deep Archetypes of human existence. The Life Force Wheel is a spiritual teaching based in ancient, universal wisdom, received through inspiration by modern shamanic practitioner Joan Forest Mage. The six show series began on December 8, 2013 with the Teacher Archetype and concludes in January 2015 with the True Self Archetype. All shows will be held at Life Force Arts Foundation, 1609 W. Belmont, Chicago.

Steven Blaine Adams

Phoenix of the Sun (2014)

11 x 14

Acrylic on Canvas

\$200

Legend has it that when the Phoenix saw Death draw near, it would make a nest of sweet smelling wood and resins which it would expose to the full force of the Sun's rays until it burned itself to ashes in the flames. Another Phoenix would then arise from the marrow of its bones. The Phoenix symbolizes periodic destruction and re-creation. Seeing the Phoenix in ourselves enables us to overcome obstacles and rise above them with change. In China, the Phoenix is the emperor of birds and a sun symbol, relating it to each and every new day of the sun's awakening.

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 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.

Steve Baltrukonis

www.drawnwithfire.com

Phoenix (2014)

8 x 10

Pyrography, acrylic, and florescent acrylics

\$400

Rising from its own ashes, the phoenix is a powerful symbol of rebirth. Surely as one lives, they will fall one day; to fall gracefully is its own skill, but to rise again in beauty is a true talent.

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 he learned to read, many of his works are inspired directly from works of literature.

Calaj

www.calaj.com

Agean (2013)

72 x 40

Oil on Canvas

\$1600

Agean – the open sea, the Aegean surrounding Greece with nurturing abundance. Blue coupled with the white marble grace, the timeless art of ancient Greece.

Calaj is the collaborative art duet of contemporary painters Janet Trierweiler and Matthew Schaefer, an artistic pairing sharing philosophical discoveries, technique and process. Their practice includes abstract, figurative and conceptual ideas. As individual artists, Janet and Matthew have exhibited at numerous galleries and shows throughout the Chicago area. They are faculty artists at Evanston Art Center.

“Working together minimizes personal expression, making visible the evidence of relationship, nature’s enigmatic adhesive force. The disciplined practice of the techniques we have developed manifest an illusive world within the canvas. This other world, or volume, draws us into an unfathomable perspective. In this ungrounded state lies an experience of refreshing vulnerability and psychic relaxation.

“Our desire is to bring this state of mind, this soft gaze, to life, inviting the natural occurrence of an

ambiguous perspective into our paintings.”

Eva Coss

Chicago Skyline: Portrait of a Phoenix (2012)

8 x 10 framed

Photograph

\$100

I am very passionate about celebrating Chicago, and consequently, photographing Chicago. The city rose like a Phoenix in the aftermath of The Great Chicago Fire of 1871: a powerful example of rebirth and regeneration.

Chicago is my muse and photography my mode of self-expression. "Chicago Skyline" doubles as a self-portrait: in the past three years I have undergone several transformations. Submission of this photo is a result of inspiration and healing acquired by recent developments in my spiritual life.

Eva Coss is a self-taught artist who enjoys doing photography, collage, painting and jewelry making. This is her first gallery show. She hopes that this will begin a new artistic journey and create further inspiration.

Mariela de la Paz

www.marieladelapaz.com

The Condor (2009)

17 x 27

Giclee on paper

\$300

Native peoples have for millennia revered condors as Power totems throughout the Andes regions. This is so not only because of their majestic flight that gives them the ability to see from a higher perspective, but also because of the fact that condors are indeed vultures. Though well equipped to kill any prey, they chose to eat animals which have already perished. In this way Condors are associated with a deep honoring of the web of life, getting their sustenance from that which has already entered into the cycle of decomposition and transforming this into fuel for their glorious soaring through the skies. As the Phoenix, the condor participates in the renewal of life through the cycle of life and death.

On a personal level, I finished this painting during a difficult time in my life in which I had to deal with a threat of breast cancer. This is when the rainbow heart emerged from the left breast of the Goddess ascending towards the condor in flight and symbolizing the miraculous realization that Love and only Love is the cure for all of Humanity's ailments.

Mariela de la Paz is a Chilean-born artist who has researched the Mesoamerican, Andean and Amazon

cultures for over 20 years, and has been channeling this art through Sacred Power Plants. Her paintings reflect the traditions of ancient rituals, which invoke the ancestral memory of the universal soul.

Sacred plants are entities of a female nature, and considered by the sages of these cultures as spiritual allies. The substances within these plants cause information currents to pass through the body, which then arouses and resonates with a cosmic awakening. These are intimately related to the procreation of life on this planet, and they bring light and love.

Mariela has attempted to record these visions into her paintings, and they express the journey of the soul in all its vital cycles: birth, death, the celebration of life, and the transcendence to planes of ascension and liberation.

This visionary art is a form of “darshan”, because the person who contemplates the painting receives a blessing. The observer becomes the subject. There is a universal resonance with the human experience. She is expressing something profoundly intimate and personal in this art, but in a universal way that we have all experienced.

Sacred medicinal plants act as a meditative state that stills the minds, so as to connect us with reality in all of its realms, taking us away from linear time and putting us in touch with multidimensionality.

It is her intention to deliver, through these forms and colors, a timeless and sacred message which will

remain in the eye of the beholder as a unique and non-repeatable experience. This sacred art is a profound meditative experience and mystical opening.

Bianca Dorsey

bianca.dorsey.brooklynartist.com

Hope: Weaving the Earth Back Together (2009)

37 x 33

Acrylic on Silk

\$800

This piece reminds me of the Light workers that are focusing very intentionally to hold the planet in balance in spite of whatever extreme challenges humanity has currently wrought. Periodically they will arrange to have planet wide simultaneous meditations on healing specific human caused situations that we face at this time in history...

Bianca Dorsey: I use my paintings to show people how beautiful they are, how strong & empowered they are and how spiritual they are. I do this by painting everyday people as Divine, so they can see the light within them. The images in my paintings often come to me in visions.

I get a lot of spiritual guidance in my life and in my work. I listen to spirit guides, my intuition and my heart in manifesting my creations. Meditation keeps me spiritually centered so I can be open to receiving

guidance about my work and my life. The most important thing when I create a piece is staying true to the vision

My medium is often silk or wood and mixed media because I enjoy the absorbency of these mediums. I often attach gemstones, fabric and other media to bring the energy of these objects into the paintings. The way I mount my paintings on silk with a border of silk or another fabric, is like a thangka (A Thangka is a Tibetan painting on cloth. It is typically of a spiritual nature and often considered sacred). Having lived two years in Seoul, Korea I have a lot of Asian influence in my artwork that reflects my life. The paintings are intended to inspire inner peace and a heightened spiritual awareness for all. I wish for others to get in tune with or get a glimpse of their higher selves through my creations.

Judy Demchuk

Transformation (2014)

18 x 24

Graphite, Textile Paint on Silk

\$800

My painting *Transformation* is about the transformation that occurs by seeing events from a higher perspective. The phoenix is based on a hawk that soars in the air...goes with the winds of change. This transformation is facilitated by the healer who isn't physically present in the painting. However, the medicine wheel is evidence of the healer who created this sacred space for the transformation to occur. Lastly, I mixed ashes from burnt sage with some of the paint to include the healer in the painting. Sage is one of the healer's tools.

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.

Kurt Fondriest

www.healingseedministries.com

The Old and Prayful (2014)

24 x 36 framed

Pastels & Paints on canvas

\$1200

In one's life there comes a time of transformation from the physical to that of the spiritual. In "The Old and Prayful" the physical age is seen going through a transformation based on faith. There is a sense of deterioration of the physical body by the pose of the hands and the aging elements of the body. But in the moment of sensing the physical is breaking down faith prevails by the ability of the self to renew through personal spirit.

Dr. Kurt Fondriest is an Expressive Arts Therapist at Misericordia home in Chicago, where he has worked for more than 22 years. He is an ordained non-denominational minister and certified pastoral counselor, holding a PH.D 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

www.dorothygraden.com/home.html

The Healer (2014)

18 x 22 framed

Giclee print

\$130

This work represents the healing force that guides the process of transformative healing; steady, strong, and holding the sacred space . Participants may journey in the Upper and Lower Worlds and find and develop a self-healing power and expanded consciousness to take charge of their own growth, their physical and mental future, and to become participants in their own healing and the healing of others. The Healer

brings a number of seen and unseen healing elements to the ceremony, not knowing the direction and journey each participant may take, but knowing that the transformation will occur.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. For over 25 years, Dorothy 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 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.

Amy Hassan

Universal Expansion

6" Diameter

Wood, Acrylic & Non-toxic Lacquer

\$50

The process of creating a mandala helps me to go inward. It is my way of finding and creating peace. With this art piece, the center represents the inner light of hope. The repetition of lines and colors help me too create a balance from within. I chose iridescent red, gold, orange and copper to bring illumination. I also added the luminescent light green dots to represent the continuum of this inner peace out into the universe.

Puple Peace Mandala

8x8

Cradled Wood Canvas, Acrylic & Non-toxic clear and colored lacquer

\$150

My intention in the creation of this mandala was to calm and create a sense of inner peace and my desire for world peace. I chose the white dove to represent my desire to create peace within. The purple lotus represents healing and cleansing of the conscious and physical pains. Purple is a calm, cool

color that can help to sooth and to heal. The lotus begins its life in the depths of dark murky water. It is able to overcome and push through rough conditions. The lotus is able to overcome difficult circumstances, freeing it from harsh life conditions. It rises above adversity and shows its beauty.

Inspiring Energy

10" Diameter
Wooden Disk & Acrylic
\$50

My intention for creating this mandala was to inspire strength, coping with the stress of daily life. I felt a sense of spiritual and mental balance while creating this mandala. I used the iridescent color gold, to bring a warmth and source of light from within. The golden braids seem to reach out infinitely into the universe. The copper brings in healing elements and is good for health and energy. Red represents the color of life, passion, energy and the color of healing. Green represents harmony and growth.

Calming Balance

10" Diameter
Wooden Disk & Acrylic
\$50

My intention was to create an aura of calm. I used blue to bring in a mood of peace and serenity. Blue reminds me of a deep pool of cool calm water. The white lotus brings a feeling of hope in the ability to overcome difficulties that I may encounter, in a calm and peaceful way.

Amy Hassan: I am a self taught artist, who has always loved drawing and painting since I was a young girl. Growing up, I enjoyed drawing pictures from nature, such as landscapes and animals. Many of my art pieces have various textures. This may be influenced by my work as a Special Education teacher. In years past, I have created learning activities, tactile books and recreated stories to fit the needs of my young students with special needs. During the past 2 years, however, my passion for painting has evolved into creating Mandala art. I find the process of creating a mandala, to be a very centering, peaceful and meditative process. I will often incorporate my love of nature and also geometric patterns into my creations. Each art piece is unique and connects to the emotions that I may be feeling. The choice of colors, patterns or symbols is determined by my intention or purpose. I use a variety of media including acrylic paint, pencil, marker, non-toxic color and clear lacquer, colored stones, recycled jewelry and beads, wood, paper, or canvas. Creations vary in size from 36 inches down to 1 inch. I also use the

same technique while creating my hand painted earrings, pendants, magnets and bracelets.

Millie Hreczany

Realization for Healing (2014)

42 x 84

Mirror, Wood, Grape-vine, Braided Yarn & Beads

\$140

This piece of artwork was a drive from within when I started to ask questions about healing. Why was it that sometimes I heal faster than other times? Why can some not be healed from disease while others can? The yarn is your life.

Some might ask: What's all this *stuff* in front of the mirror? Why are their pieces of braided yarn strings all over? Why are there pieces of fabric sticking out of the strings interfering with the clear view of the mirror?

The pieces that hang in front of the mirror are your life. They represent the mist, confusion, pain, and anger. They are the images of your life and pieces of the past are woven into the strings. They represent things that get in the way of your goals. They are barriers of what you want your life to be like. They are excuses.

The mirror is your true self, and things (the strings) get in the way. The yarn in front of the mirror get in the way of who you really are, who you really want to be, your true self, the true you, the true desires, the real driver that lives deep, deep down inside. They represent the daily things that interfere with your dreams, goals, and efforts that don't support the true you. The yarn strings are the barriers to who you really are.

The strings represent the past, pain from past lives, the present, and the anxiety burden that we carry about the future. The strings also represent your enemies so when they hurt you, they also hurt themselves.

The yarn specifically is about alignment and the whole. Each piece of yarn is a single aspect and can be separated from the artwork yet is necessary and part of the whole. Each piece of yarn can stand alone in and of itself but is in true relation to the whole. The whole is you standing in front of the piece and the mirror that shows you, who you really are.

Healing is an action. It can be done only by you. No one else can do it for you, whether that is emotional, psychological, spiritual, or physical. No one can give healing without you being a participant. No one can take healing away from you. The purpose of this art work is for the participant to stand in front of the piece and see only glimpses of

themselves, pieces of who they really are. Movement is the action for healing. When you move the pieces of yarn to see your full self, don't be alarmed, it may be too serious for some. First, comes realization that you need healing, then, taking the action to move the barriers out of the way. This piece was also inspired by my studies of G.I. Gurdjieff.

From Mist to Form (2014)

26.5 x 28.5

Marbling Ink On Craft Paper

\$50

This piece of artwork was created while experimenting with the mixing of colors. I was intrigued by the colors being their own yet being right next to another color without blending. Blue stayed blue and red stayed red even though it is logical that they would mix together to create a different color.

Colors that float around in the water become formed when the paper becomes soaked in the water. The idea is the transition from what was ink in the water into something that is formed onto paper. You are now looking at something that is solid, permanent, and created onto the paper as opposed to an image that was in the water. While we can identify with some of the images, in real life it represents why things don't always come out the way we want them too.

I am often asked: Why is it that I cannot be healed? Why is it that when someone wants healing, doesn't always get it? Some go through extreme measures to do what is in their power to heal. I can do the action of trying to transfer a design in ink water onto a piece of paper, wanting to capture the images. Sometimes that piece of paper doesn't turn out like what our ego believes it should. Healing can be unseen and represented as a moveable form like water that can't exactly be grasped with the hands, yet when transferred, people can experience healing. I believe it is about timing, alignment, and acceptance. A part of it is our true purpose in human life and progression of the soul.

Millie Hreczany is a Chicago native and has lived and spent time in Florida. She graduated from North Park University with a B.A. in Creative Writing in 1994. In 2008 she graduated from Devry University with a B.S. in Technical Management.

She currently works as a paramedic in the private industry. She is actively writing and creating art in various forms. Her art media includes works of art using acrylic and oil on wood, canvas, and other forms of paper. She is an active wood carver and photographer.

Millie Hreczany is a student of G.I. Gurdjieff, meditation, and split consciousness. She is a

member and active participant of The Theosophical Society and uses CD's from The Monroe Institute for mediation. She strives to create from streams of consciousness that show through in writings and art works. She is currently reading 'The Reality of Being' by Jeanne De Salzmann.

Marilyn Hrymak

Healing Heart (2013)

12.5 x 18

Up-Cycled Fiber Art

\$225

The theme of *Healing Heart* involves emotional healing and transformation through spirituality, growth and positive experiences. Serious emotional injury, abuse and pain cannot be eliminated. It has to heal by scaring over. It never goes away, but is transformed into something better.

The free form heart on the piece is made of peaceful, comforting, curvy shapes including flowers, and butterflies. There are five neon orange angular shards symbolizing painful experiences embedded in the heart. However the positive symbols are growing over the shards. They are scaring over. The heart is transformed with positive growth taking over the painful sharp shards. Healing takes place with a Higher Power, spiritual work and time. Although the

hurt will be in the heart forever, it can become less important and painful. This healing inevitably makes the heart stronger and more compassionate. The denim blue background moves from dark to lighter to show the heart floating toward the Light.

Healing Heart is made of up-cycled fabric scraps with a blue jean background. The entire piece is free motion stitched. An orange zipper outlines the heart with a tail at the bottom showing the direction the heart is moving. Charm symbols include the Universal Goddess, Hamsa Hand of Miriam, and the Bee Goddess to guide the heart to heal.

Marilyn Hrymak makes up-cycled art by transforming mundane, worn items such as clothing no longer used and notions into beautiful art that communicates emotional themes including ecology, Feminine Divine, and peace and justice. Her favorite pre-owned art materials include jeans, zippers, vintage buttons, t-shirts and felted wool clothing. In addition to wall hangings she designs accessories such as scarves, brooches and purses.

BabaYagaCreations is the name of Marilyn's company. Baba Yaga is a mythical Eastern European witch/Goddess who grants special powers to deserving women. Her Facebook page is BabaYagaCreations, and Etsy shop is BabaYagaCreations.etsy.com (periodically open). Her work is on display at Glidden Good Gallery, DeKalb IL and Daybreak Gallery, Manistee MI.

Colleen Koziara

www.mysticalwillow.com

Die and Be Reborn Again (2010)

16 x 20

Acrylic on Canvas

NFS: On Loan From the Private Collection of
Amanda Costa Eck

So much that is unneeded and unnecessary. How do we remake ourselves? How do you undo all that you are? How do you get rid of all the yuck that encases what you want to become? Engage. Be Present. To the Fire, at the Fire, Within yourself. Burn away the dross, transform yourself first to ash and then beneath, there is the Gold.

Stone Fire Bone Fire

Within the Heart of Wood there lies Fire

Lie down in the Fire

Make your bed within the ash

Become the ash

Released above all the world

Above yourself

From yourself

Rainbows of color

The northern lights from within

Your very own Aurora

Your dawning

Smoke white writhing up

Releasing all and at the center

The Golden Heart, Hottest there

Burns pure

Released to the world

Begin Again (2014)
26 x 33
Watercolor on Paper
\$1000

Almost 10 years ago, during the dissolution of my marriage to a person who was ill, violent and emotionally abusive, I took a large piece of watercolor paper and drew a pencil drawing of my home and yard and surrounded it with a stone fence. This was my magical spell. It was my attempt to finally make myself safe. As I gained distance from the situation, the drawing was put away, not undone, but not focused upon any longer.

One day, about 3 years later, I was seeking to make a painting symbolizing my rebirthing. This rebirthing was not very far along, it was just beginning, but I had hopes for it. I found the piece of watercolor paper with my safety spell and I realized the back was clean and unused. It seemed to be the right place to paint this opening up I was working on, here in this place of safety. I laid on layers of transparent watercolors over the entire page. Lazuring it in layers from yellow to deep violet. Working on a glowing at the core. At the center of the page, I painted a yellow rose opening up, held within my own hand, which was also opening up. These elements were intertwined with a woman in a fetal position, within a pomegranate, rising up from a cauldron.

The painting then sat for quite some time. When it

called again, the cauldron gained its character. That of the Dark Face of the Goddess, blessed by the Triple One, within the centre of the labyrinth that is the path of the Kundalini, giving birth to the leafing and flowering of the antlered furred and feathered world to rise up from below thru the center and up the roots to flower out through the branches of the trees and rain down again from their fingertips, blessed by the Horned One and the Mother of all as they stand holding my rebirthing and all of creation within their hands. With each added element, the fence originally built upon the backside of this paper was removed, brick by brick. There is no way to be whole and healthy behind walls and protections. Each and ever aspect of creation and our lives is infinitely connected to each and every other aspect. To be whole we must open our arms and our hearts and embrace our connections for good, for challenge and for pain.

From first painting to completion was 7 years. From the drawing of the spell of protection to completion was 10 years. The process of finding and healing our true inner selves is neither quick nor simple and happens almost completely out of sight of the world within the darkest recesses of our soul and psyche. To be reborn we must die. To become our own Phoenix we must build the pyre upon which we shall go up in flames and in this way, we destroy, remake and heal ourselves.

Colleen Koziara grew up in northern Wisconsin on a

farm, on an island. In this place without movie theatre or even good TV reception, she grew to love 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 filled her life. What most amazed her 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. She lived her most formative years immersed in these images and she came to see a personality in nature. It is these years she spent seeing this “secret” face and magic of nature and the stories that it told that filled her with a childlike sense of wonder and inspired her to create both then and now.

She creates images which portray the spirit and humanity of nature and thereby the nature of humanity and spirit. With her work she intends to capture a moment of magic either from the natural world or from an ancient legend or tale, and speak of the “secret” beauty and magic within simple everyday moments and objects. Colleen strives to make each of her works a doorway through which the viewer may journey. Where this journey takes them is up to them.

Thom Lausch

Antahkarana (2014)

8" Diameter
Stained Glass
\$100

An ancient healing and meditation symbol that creates a positive effect on the chakras and aura. It creates the great microcosmic orbit where spiritual energies travel up the spine, over the crown chakra then down through the front of the body to the root chakras and then back up continuously moving. This action balances the chakras and prevents too much energy building up in one or more chakras.

Caduceus (2014)

12.5 x 15.5
Stained Glass
\$120

The caduceus is a symbol of the healing arts, A Roman symbol often depicted in the left hand of Mercury. It was adapted from the original staff of Asclepius, which had only one snake and no wings.

Medicine Wheel (2014)

15" Diameter
Stained Glass
\$160

Native American medicine wheels were used for spiritual ritual purposes, especially for healing. The medicine wheel focuses on balance of all things and

that this balance would help the spiritual balance in the person who was sick.

Phoenix Rising (2014)

24 x 24

Stained Glass

\$300

Associated with the sun, a phoenix obtains new life by arising from the ashes of its predecessor. While the phoenix typically dies by fire in most versions of the legend, there are less popular versions of the myth in which the mythical bird dies and simply decomposes before being born again. In the historical record, the phoenix "could symbolize renewal in general as well as the sun, time, resurrection, life in the heavenly Paradise, Christ, Mary, virginity, the exceptional man, and certain aspects of Christian life".

Sekhmet, Healer (2014)

24.5 x 24.5

Stained Glass

\$300

Sekhmet, Daughter of Ra uses the power of the fire and water elements to heal the sick and dying.

Thom Lausch has been making stained glass since the beginning of 2013.

Karin Levitski

Lucy, Lady of the Lake (2014)

14 x 19.5 framed

Watercolor Pencil

NFS

For the past several years Karin has been on a path of learning and personal transformation, including reconnecting with her allies and her true authentic self through her art. The work, **Lucy, The Lady of the Lake** was inspired by a growing connection to the ancient waters of the Lake Michigan region. While helping to form Hive Tribe Reclaiming, a collective of magical activists, Karin experienced a deep connection with the ancient water spirit who comes from the time before glaciers when the Chicago region was covered by shallow seas. Lucy, as she is affectionately referred to by Hive Tribe has come to work with those willing to listen and learn from ancient voices to help heal modern problems. In her great strength and beauty, in this depiction, Lucy is shedding tears for the current state of water in the world. This painting and her work with Lucy has helped to reconnect Karin with the healing nature of water.

Waiting to be Reborn (2014)

20 x 16 framed

Watercolor Pencil

\$250

What started as an experiment in color, turned into a representation of where the artist feels she is at in

her life right now, full of potential, embraced by fire and water, waiting patiently to be reborn. **Waiting to be Reborn** reminds Karin of that moment the Phoenix spends in the ashes between death and new life.

Karin Levitski has been creative as long as she can remember, with an interest in artistic expression of all sorts, including but not limited to painting, watercolor drawing, straw weaving, needlework, crochet, jewelry making. Much of her artwork has roots in traditional folk art, particularly from Scandinavia, especially Norwegian Rosemaling. Using traditional brush strokes and non-traditional colors, Karin creates artwork full of color and soul which is sometimes whimsical, has elements of humor or spiritual inspiration, and is flavored with traditional art forms. For her, creating art is a means of escape from the mundane and a journey into the sacred and an opportunity to connect with and be surprised by messages from Spirit. She is always surprised by the finished product of any of her artwork.

Lorraine Moretti

Willow Seasons (Must Be) (2012)

Mixed Media Instillation

NFS

Lolo's Mystic Vision Poetry Boutique (2012)

Poetry Book

NFS

All Throughout the Wheel of the Year, for thirteen months, I photographed, journeyed shamanically with and picnicked under a lovely, dream inducing Willow tree. At each Full Moon, while using the Tarot, I ritually channeled the tree's phoenix like transformative energies and received visions that resulted in the form of a collection of poems titled Lolo's Mystic Visions Poetry Boutique and, inspired by Claude Monet's Haystacks series, embellished each photography with the impressionistic colors of the seasons as moonstones rained down upon us.

Lorraine Moretti has been experimenting with various art forms since her third grade teacher, Miss Rago told her she was a good artist. She then became a teacher herself. The poetry began during the 1980's as she worked on her M.A. in Interdisciplinary Arts and read her writing all over Chicago. She is currently working with young people in Uptown and is finally consciously connecting everything in her life with spirit.

Diana Rudaitis

Phoenix Rising (2011)

14 x 16

Mixed Media, Acrylic, Oil Pastels & Paper

\$300

The image of the legendary Phoenix Bird rising from flames and its own ashes is a potent symbol of rebirth, resurrection and transformation and is common to most cultures including ancient Egypt. The phoenix is symbolized in Russian folk tales as the “firebird.”

This image has long been a guiding symbol for me as I have dealt with the renewal of my art career after a long fallow period of disappointment and inactivity. It's also been a symbol of hope through troubling personal relationships and health issues.

I used reds, browns, and yellows for the plumage and applied a deep impasto paint, scraping the paint to create texture and the feeling of movement. I further intensified the feeling of fire by using paper images of flames.

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 paint 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 and tries to pain with whimsy and humor. She also paints fantasy and visionary works.

Gail Willert

Blessing, Healing (2013)

21 x 10 x 7

Mixed Media

\$650

Sacred (2013)

20 x 8 x 4

Mixed Media

\$650

Dance of Healing (2008)

23 x 19

Digital Montage

\$180

These pieces explore the sacred and transformational energies of life in a way that is sometimes static and symbolic, sometimes dynamic and emotional, sometimes with a bit of humor. They relate to alchemical healing, healing through the power of blessing as well as the catharsis of dance and ceremony.

Gail Willert: Depicting the mysterious, the hidden, the spiritual energy of life is what my artwork is focused upon. Using symbols and symbolic objects, I strive to evoke a resonance to these energies in the viewer, enhancing their experience and perception of a deeper life. I enjoy using mixed media that combines photography, ceramics, glass, drawing, painting, printing, found objects and whatever else is near at hand to construct my work.

Acknowledgements

Life Force Arts Foundation would like to thank all the Artists, Staff and Volunteers who put in so much work to create this show, especially Steven Blaine Adams, Eva Coss, Amy Hassan, Kat Kidwell, Joan Forest Mage, Lorraine Moretti, Thom Lausch, Jerry Raap and Jaimie Shepardson

Life Force Arts Foundation 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

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Catalog created by Jaimie Shepardson

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About Life Force Arts Foundation

The mission of **Life Force Arts Foundation (LFA)** is to celebrate and activate the spiritual power of the visual, literary and performing arts in artists and audiences. We focus on the arts as a common ground of human expression, where artists of diverse spiritual traditions present artistically excellent exhibits, events and publications to awaken human potential, create spiritual transformation and connect audiences to the mystical dimension.

Life Force Arts Foundation was founded in 1988 as a non-profit, 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 Life Force Arts Center in Chicago in 2008.

