

Spring

Exhibit Guide

**Art exhibit – performances - events
April 11 – May 29, 2013**

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

Spring

Art exhibit – performances - events

Opening Reception April 11, 2013, 7–10 PM

Closing Reception May 29, 2013, 7–9 PM

Free admission to exhibit & Opening & Closing Receptions

Gallery hours

Mon & Thurs 1:30 - 6:30 pm & by appointment

info@LifeForceArts.org 773-327-7224

Artists Featured in Spring

Steven Blaine Adams

Wendy Allen

Loretta Angelica

Sharon Bechtold

Calaj

Fred Casselman

Dorothy Graden

Rachel Jacobson

Karen Light

Special Events For Spring

April 13—June 1 (7 Saturdays) 1:30– 3 —Color Theory, Meditation & Healing : an Art Workshop with Sharron Ott

Thursday, April 18, 7—9 PM—Art Meditation: “Spring” exhibit

Tuesday, April 30, 7—9 PM - Healthy Energy Boundaries: Protected in Love, Work & Life with Susan Sinclair

Thursday, May 2, 8 PM—Meridian Mariners, a storytelling adventure with Joe Jekot

Saturday, May 11, 6—10 PM — Brigit: Sun of Womanhood poetry reading and book launch

Thursday, May 16, 7—9 PM—Crystal Clinic--Caring for and Partnering with Your Crystal Allies with Susan Sinclair

Sunday, May 19, 6 PM— Music of the Fae with Merry Meet

Friday, May 24, 8:30PM— Performance with Joan Forest Mage

For more details visit Lifeforcearts.org

About the Theme: Spring

Spring evokes the delightful freshness and beauty of the season. Poets, singers and sages of all times and cultures have celebrated the energy of this time of year: youthful, vital, joyous. Come enjoy uplifting, vibrant colors and images of healing, rejuvenation and new growth within nature and the self.

Steven Blaine Adams

Mandragora—(2013)

Suede, leather, silk, raffia

\$125

This artwork was created in Szmeralda Shanel's class "Spirit Dolls" held at LFAC on 3/16/13.

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 gyp-sy 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

For Those Who Have Eyes to See - 2010

Mixed Media

22 x 28 framed

\$350

"For Those Who Have Eyes to See" is a reflection of the luminous, magical world that is always there for us if we move into the moment and open to receive its Glory. This is a tribute to the Fairy Loka (dimension) and its beings who can help us to open our eyes, and through this come into deeper relationship with Mother Earth.

Opening to the Pansy Spirits - 2010

Mixed Media

29x25 framed

\$800

"Opening to the Pansy Spirits" is a piece I created over several years as I was going through a process of integrating dissociated aspects of my psyche that had hidden themselves due to childhood sexual abuse. As a very young child I had a rather

large flower garden that was a magical escape for me. I knew that the flowers were beings who wanted to be in relationship with me. Years later at a yoga retreat I spontaneously began doing a series of flower drawings and found they pleased some younger, inner as-pect of myself. I discovered that lines of communication to my inner child opened through my interactions with the flowers beings. As I painted and quilted these beings, a split-off aspect of myself returned to my conscious awareness. I am in deep gratitude to the flower beings, particularly the Pansies (and violets), for facilitating her return.

Wendy Allen “The reason I paint or quilt is that while creating time and mind stop to open a doorway to the truth of myself. This truth is an intuitive intelligence from which causeless love arises. This love longs to share itself with others. The conceived works are designed as portals into a deeper truth. My heart desires for the work to invite the viewer into a direct experience of their personal Divine.

Iconographic images are created from a wide range of spiritual Traditions such as a Transcendent Christ, A Triple Goddess, Plant Spirits, or an African Angel all gazing out, welcoming communion. The initial invitation into the “Light” is through lavish collaging of fabrics, images, and reflective embellishments. The expanded invitation is for each of us to recognize in the gaze of these beings our own sacred selves and to Awaken to our highest nature. The intention placed in my work is that the art communicate “Deeksha”, or a blessing from each of our Personal Divines to the viewer.

I received a B.F.A. from Drake University and later, a Masters in Counseling from the University of Iowa. Since then I have taught art in public schools, been a practicing psychotherapist, including 15 years as an art therapist. More recently I have become a Oneness Blessing giver and was initiated as a Oneness Trainer at Oneness University in India. Now I am focusing on creating art and doing the Oneness work full time.”

Loretta Angelica

Imagina—2012

Digital Painting on Metallic Photographic Paper

11 x 14

\$175

She is a Light Being. She is where inspiration, imagination, thought, and intention coalesce. The field around her is waving with electro-magnetic sub-atomic particles.

Imagina Flower—2012

Digital Drawing on Metallic Photographic Paper

11 x 14

\$175

I worked with images of the light-being Imagina and the field to create this crystalline, feather-like flower.

Loretta Angelica “Creative expression, for me, is as natural and necessary as breathing. From within an eclectic and nurturing home, I’ve been making 2 and 3 dimensional visual art since I was three years old. I love exploring and experimenting with diverse techniques. It’s like learning other languages or playing different musical instruments. Each medium brings out new ways to commune with my soul and articulate what is in my heart. My tendency to layer various textures and finishes is how I suggest the multi-dimensional aspects of life.

I would classify my work as Visionary or Sacred Art. The ideas percolate through my subconscious understanding of physics, music, mandalas, crystal formations, esotericism, archaeology, spirituality, geometry....My creations are de-tailed and intricate, a blending of ancient & futuristic, real & ethereal, earthly & celestial elements. Guided by my intuition, I bring the formless into form.

These most recent works embody my Journey of Reconciliation and Healing, after an unfortunate hit-and-run accident in 2005. Through all my efforts to return to health, I found the greatest teacher, the Art inside me, ever-present. Guiding and whispering to me, “This is the way... ACCEPT where you are now... Even if you can’t do what you used to do, YOU CAN STILL CREATE... Work with what you have.”

I stopped comparing the abilities I have now, with those of my past. I stopped judging whether computer-generated art is really art. My Soul generates the art. The computer is a new medium I’ve added to my tool-box.

So, I’ve learned to draw and paint with the computer. Mixed-media pieces can now include pencil drawings, water colours and photography, combined with Gimp, Photoshop and Tess Mathematical software.

Sculptures are made of lightweight, easy to manipulate elements like recycled Styrofoam, potato chip bag Mylar, bamboo skewers and toothpicks. I may never be able to construct the Living Peace Labyrinth I invented back in 2002, so I built a scaled architectural model instead.

Meanwhile, the Art inside me is revealing new ways to bring my works to fruition. I hope my art resonates with you. My goal is to inspire self-reflection, self-awareness, self-healing and self-love.”

Sharon Bechtold
www.sharonbechtold.com

The Nanny—2013 Pyrography
10 x 8.5 \$180

The Lord & Lady of the Greenwood—2012. Pyrography on
walnut
10” X 81”. NFS.

Sharon C. Bechtold – Pyrographer

“Every slice of wood hides an image within its grain waiting to be revealed.

Pyrography is a metaphor for life, the creation of art using a natural process and surface is a reflection of the cycle of life itself. The burning of the wood- destruction or death - gives birth to new life - in an image.

Each piece of wood is unique. Its own history told within each line of grain and ring marking the passage of time. The grain pattern itself whispers possibilities for a painting. The burning instruments range from the open flame of a blow torch to various heated metal surfaces, soldering irons, and burning blades. Transparent watercolor washes are used in conjunction with natural oil based wood stains to enhance the image while allowing the grain and character of the wood to remain prominent. The pyrographic process itself is a highly sensual experience. The smell of burning wood relaxes the mind and body. Fast burns contrast with slow burns trailing whisps of smoke. Texture created by the burning adds a tactile aspect to the artwork. A delicate dance between the artist, materials, tools and process ends in the final orchestration of image. As a third generation artist Sharon grew up around a variety of art materials, tools and the encouragement that have been instrumental to her development. After completing studies in commercial art, fi-ne art, and photography, Sharon worked as a graphic designer in the family business. Her oil paintings, watercolors, and pyrographs, have won numerous awards and been represented by galleries throughout the Chicago ar-ea. Since 1988 she has taught art both at the adult level and children’s classes. Since 2000 she has devoted herself to Pyrography, developing her own unique style, based on clas-sical art principles, in order to render a realistic image guid-ed by inspiration.

“Woodburning is ... an echo of time, ...a whisper of all that lives, ...a memory of all that dies.”

Calaj
www.calaj.com

Noble Stream— 2013
Oil on Canvas
44 x 76
\$3200

The Receptive—2011
Oil on Canvas
23.5 x 58.25
\$2800

Calaj is an artistic pairing of Matthew Schaefer and Janet Trierweiler who share philosophical discoveries, technique and process. From this partnership, a ritualistic practice of painting developed, free the artists from personal desire, allowing creative communion, The ritual, steps designed to challenge psychic limits, brings the physical and energetic forces to the work. Following the steps sheds defenses and exposes vulnerability, creating a meditation, allowing the spirit to guide the painting's expression. This effort in intense focus opens reception and transmission, the limitless expression of the unknown.

Fred Casselman
earthecho.com

Tri Flower—2005
Inkjet on Rag Paper
32 x 36 framed
\$550

Sky Yearning—2004
Inkjet on Rag Paper
39 x 32 framed
\$600

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.

Dorothy Graden
www.dorothygraden.com

Night Vision—2012

Giclee print

(original artwork: india ink, watercolor, pastels, colored pencils)

16 x 20 framed

\$250

The shaman goes out into the night and sees that the night is not dark. It is electric and full of colors as she enters the other dimensions. Sacred and powerful images appear, they travel inside her and around her, transforming her being, bringing her new life. The snake represents renewal and healing, as the snake sheds its skin and lets go of its former self. This snake archetype embodies many spirit guides that return within the shaman to heal and help those in the human dimension.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions at Rock Art sites (petroglyphs) throughout the world. Many of these sites hold spiritual powers, and many are shamanic, although some say her art looks futuristic or Japanese Art inspired. 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.

Ms Graden 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 ink drawings and ceramic sculptures at various venues in the Chicago area and the Midwest.

She draws with great admiration, respect and humility for the ancients who inspire her work.

Rachel Jacobson

Mandala of Earthly Elements—2012

2 Dimensional/sculptural paper (quilling)

27.5 x 21.5 framed

\$300

Each hand represents an element of the ever changing world and the cycle of life; earth, sky, water, fire. The human hands represent how we affect and are affected by these fundamentals that we rely on for life. The circular features throughout the piece represent the cycle of seasons as well as the reciprocal relationship we have with the world we live in.

Vitality of Friendship—2012

2 Dimensional/sculptural paper (quilling) 18 x 14 framed

NFS

This was inspired by my childhood friend. The healing force and bond that women share with loving friends is beautifully ethereal. This strong and selfless relationship with chosen family is a uniquely human quality. Just as with the ever changing seasons, the connection and spiritual bond between friends is continuously evolving.

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

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.

Karen Light

www.karenlight.carbonmade.com

***Wake Up Call*—2012**

acrylic, oil pastels, colored pencil, transparent paper on canvas

12 x 12

\$600

***Bird Magic*— 2013**

acrylic on wood

24 x 24

\$900

Karen Light “As I have recently birthed into a new being and began seeing the world with new eyes, I created these paintings as part of my exploration. There is fresh magic and wonder, color and layers. lightness and darkness. The more I look, the more there is to see and this slow unfolding reveals a world much larger than I ever knew both within me and outside of me. It all folds and melds and crashes and explodes together. It is spring outside. It is spring with-in. The growth is uncharted - a mysterious leap into places I have never been. “

Life Force Arts Center would like to thank all the Artists and Volunteers who put in so much work to bring this show together.

*Thanks to our Sponsors and Donors: Addison/Ashland
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Life Force Arts Center has over twenty events a month in art and spirituality. Please check our calendar and sign up for our e-mail list

Lifeforcearts.org

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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 connection of art and spirituality. 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 spir-itual aspect of life. 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 visual art exhibits, dance, theater and music performances, author book signings and workshops with artists who are experts in spiritual art-making.