



Exhibit Catalog

Art Exhibit—Performances—Events
December 8, 2013
to
January 21, 2014

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

Life Force Wheel
Mentoring the Soul: The Teacher

Opening Reception
December 8, 2013

Closing Reception
January 21, 2014

Free admission to exhibit &
Opening and Closing receptions

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

Artists Featured in *Teacher*

Steven Blaine Adams	Dorothy Graden
Loretta Angelica	Pat Heydlauff
Steve Baltrukonis	Thom Lausch
Christopher Bednash	Karin Levitski
Fred Casselman	Mariela de la Paz
Jasmina Cazacu	Lauren Pitasch
Cortez Curtis	Auriel Rene
Kurt Fondriest	Olivia Robertson
	Agata Wisniewski

About The Teacher

Merlin. Lady of the Lake. Gandalf. Obi-Wan Kenobi. The Teacher Archetype is the Wise Man or Wise Woman who guides people, especially youth, to fulfill their mission. The Teacher imparts lessons of life skills ranging from basic knowledge to emotional intelligence, problem solving and common sense to magical workings. The Teacher mentors in an unselfish way, helping the person stay connected to his or her spark of soul, the True Self. The Teacher instructs the person in what they most need to learn, bringing forth their essence and talents to develop fully into the Sovereign, the mature leader, who both serves and is honored by the community.

Mentoring the Soul: The Teacher is the first in a series called *Life Force Wheel*, a year-long, six show series of art exhibits and multiarts presentations exploring 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 Wheel is based in a deep awareness of our unity with all beings, and seeks to foster healthy relationships between the individual, human society, nature and the spirit realm. The six show series covers ten Archetypes, beginning on December 8, 2013 with the Teacher Archetype and concluding in January 2015 with the True Self Archetype. All shows will be held at Life Force Arts Center, 1609 W. Belmont, Chicago.

Steven Blaine Adams

The Holly King (2013)

19" Tall

Fabric Spirit Doll, sleigh and toys included
\$200

Other names would be Father Christmas, St. Nicholas, Santa Claus, The Wanderer, The Traveler, and from the Norse Pantheon, Woden or Odin, the Old English derivative for our day of the week Wednesday.

I chose the Holly King because as a child I was fascinated by Santa Claus as the wise old father or teacher of children. Guider of souls to do good, teaching the skills of unconditional love and giving from the heart; sharing, honesty, crafting gifts for others and sacrificing time, money, energy to help others. He is associated with having shamanic qualities, wisdom, mystery, and magic. This doll was created in Szmeralda Shanel's Spirit Dolls class at LFAC.

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.

Loretta Angelica

www.talentsunited.com/loretta-angelica

Precious Butterfly (2009)

11 x 14

Photography

\$175

I believe I experienced a miracle the day I photographed this butterfly.

On September 1st 2008, I went to the last day of the butterfly exhibit at the zoo. I had never photographed butterflies before and it was really challenging, at first, because they move so quickly. Then, somehow, I became in tune with the butterflies and as we connected, it was almost as if they began posing for me and letting me take their portraits!

Even now, I can still feel joyous elation welling up in my heart, when I think back to those moments I shared with the butterflies - capturing glimpses of their brief lives that I might one-day share with others. When considering which artwork to offer Joan for the Teachers show, I decided it was time to share. I chose this photograph, of the Black Swallowtail, because I also wanted to include my butterfly poem. I like how it nestles softly into the leaves of this composition.

Here are a few of my thoughts about the gifts of the butterfly. In many cultures the butterfly symbolizes the soul. Other qualities also come to mind: joy, change, happiness, new beginnings, renewal, rebirth and especially transformation. We can compare the butterfly's four-stage lifecycle of metamorphosis to our

own.

- 1) egg/embryo,
- 2) caterpillar/life as a mortal human,
- 3) chrysalis/death- transition from 3rd dimension - rebirth,
- 4) butterfly/ immortal soul

Being in the presence of butterflies can be breathtaking and bittersweet. They are so beautiful, yet most are only alive for about eight days - so short a life compared to our eight decades. Maybe from the soul's perspective, our magnificent eighty-year lifespan passes by in a blink, compared to eternity.

The four stages of the butterfly's metamorphosis can also be a metaphor for times of change in our lives. By getting in tune with the butterfly, we can learn to surrender and trust in our growth process. We will be able to discern:

- when to emerge with new ideas and forge ahead
 - when to shed our outgrown ways
 - when to slow down and give ourselves permission to go within - so we can imagine, nurture, and allow our higher purpose to crystallize
 - when to burst forth - embodying our new selves to then lay the seeds for the next steps of our journey
- Can this tiny creature - the butterfly - be our mentor, our teacher, our guide? I wonder...what do you think?

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 detailed 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 colors and photography, combined with Gimp, Photoshop and Tess Mathematical software.

Steve Baltrukonis

www.drawnwithfire.com

***Foundation* (2013)**

7.5 x 7.25

Pyrography with metallic, black light reactive, and regular acrylics

\$180

The cupped hands in this piece symbolize the passing down of scientific knowledge. This practice and the continuing pursuit of knowledge steadily evolves the participants from student to fully realized seekers of truth in their own right.

***Mandala Clock* (2013)**

14" Round

Pyrography with metallic, black light reactive, phosphorescent, and regular acrylics

Hand Made to Order \$250

Commonly used as a meditative focus and symbolizing the cyclical microcosm of the universe, this mandala clock contains the astral signs at its hourly points. This echoes the concepts of impermanence and interconnection as discussed in Buddhist teachings. No thing is separate from all

others, and all things arise as part of a system. Today we are students. Tomorrow we will teach those who hunger to learn as we did. It is only a matter of time.

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.

Christopher Bednash
christopherjosephbednash.net

Dream Seeding for a Better World (2009)
19 x 25 framed
Digital Print
\$48

In *Dream Seeding*, we see a magical woman striding purposefully from the dream to dream. As she passes through, she scatters seeds and waters them before being on her way. The seeds are tiny intentions, to be nurtured, nourished, germinated and cultivated within the rich soils of our dreams. The woman is a teacher, impregnating our dreams with the

notions that a better world is being created--whenever compassion and ecological wisdom guide our thoughts and deeds.

All that is around us originates in the world of ideas and dreams. We are all co-creating the future. As artists, we are casting seeds of possibilities into the collective unconsciousness. We need teachers who can help us to envision a more peaceful, just, and environmentally healthy world.

Christopher Bednash: The motivation for my artistic practice springs from a deep concern for the future of our world. I am an illustrator and mixed media artist from Michigan who uses community engagement and creative projects to nurture the notion that more peaceful, just, and ecologically healthy futures are possible. My biggest impacts so far have been in Ann Arbor, Michigan, through working with art teachers, student co-ops, non-profit organizations, and an extraordinary bookstore to curate a series of “Dream Seeding” exhibitions of hundreds of works of art “for a better world,” in any medium, created by children, teens, and adults from around our community and beyond. I am working now to find a way to bring to Chicago portions of our next such Ann Arbor show, “Dream Seeding for Transformational Times.”

I believe that the scale of societal transformations that we are moving through is of mythic proportions, reflected, perhaps, in the entering of our planet in the

new celestial Age of Aquarius. I strive to be one of a global group of “cultural creatives” who are working to shift the mythic energies of our planet away from the out-moded paradigms of power and domination toward archetypes of friendship, egalitarianism, and the free exchange of information and ideas. There will be many twists and turns in the times ahead, but I am betting that a combination of compassion, creativity, and the urge toward joy may just save us all.

Fred Casselman

www.earthecho.com

Starry Night, East Otis (2013)

32 x 24

Inkjet on Rag Paper on Aluminum

\$375

Milky Way, Outpost R26 (2013)

24 x 32

Inkjet on Rag Paper on Aluminum

\$375

Humans have always looked to the sky for ideas, inspirations, and knowledge. In that regard, the ancient Zoroastrian priests, the magi, were unsurpassed in their diligence and dedication. For a hundred generations they studied the nighttime sky with their instruments and their hearts, recording what they observed.

They were looking for something very specific: a sign of the Great Awakening of humanity. Finally the sign arrived in a spectacular conjunction of Venus the Mother and Jupiter the King: the Star of Bethlehem. And thus they journeyed to welcome the arrival of one of the greatest teachers ever known. His message, as expressed later, was very simple: "You are God also".

I feel a great affinity with the magi, and to this day, I still have a fascination with the sky and how it can inspire and teach us.

Fred Casselman begins most of his images with a photograph, currently using a Leica D-LUX 5. 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. His visions and dreams for the spiritual evolution of his church manifested as his book *Fresh Air: New Visions for the Catholic Church*.

Jasmina Cazacu

Hands (2013)

18 x 24 framed

Pastel

\$200

We learn about our environment through touch. In this piece, life or time has served as a lesson, each wrinkle, crease, and contortion is a result of experiences that surely taught the subject much: the warmth of a lover's hand, the numbing cold of a winter evening, the joy of holding one's child for the first time...the possibilities are endless and the viewer can't help but wonder as to the experiences that shaped these hands.

Jasmina Cazacu: Despite immersing herself in creative activities all her life, Jasmina dedicated herself to visual art only two years ago. Influenced by fellow artist and fiance Gerardo Tiscareno, she began a rigorous practice of drawing. She discovered the process of creating art to be extremely therapeutic, and thus "drew" her way out of a depressive period. The metamorphoses Jasmina underwent due to the realizations and healing attained through creating art caused her to recognize it as a spiritual practice. She hopes to inspire a world in which individuals find the confidence within to express themselves creatively, maintaining that, "through the process of creation we can learn about ourselves, expanding our capacities to understand one another".

Cortez Curtis

www.cortezcurtis.com

Nelson Mandela (2011)

19.5 x 25.5 framed

Oil on Canvas

\$1,500

“No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.”

On the 10th of November, 2009, the United Nations General Assembly adopted a resolution recognizing “Nelson Mandela’s values and his dedication to the service of humanity, in the fields of conflict resolution, race relations, the promotion and protection of human rights, reconciliation, gender equality and the rights of children and other vulnerable groups, as well as the uplifting of the poor and underdeveloped communities.”

The UN made note of his contribution to the struggle for democracy internationally, as well as the promotion of peace throughout the world. They declared that from then on, July 18th would be known as Nelson Mandela International Day.

Apart from celebrating the great work of Mandela’s

life and his legacy, the day also forms part of a global movement to change the world for the better by encouraging people around the world to commit acts of kindness, and the embrace their individual power to make an impact. The day is a call to action for people to recognize that they CAN have a positive effect on others around them, and hopes to inspire people to embrace the values that Mandela has shared throughout the world. Who knows, it might leave you inspired enough to make every day a Mandela Day!

Mother (2012)

18.5 x 22.5 framed

Acrylic on Canvas

\$1,200

Our family started out poor and stayed that way throughout my early childhood, my mother was a single parent with five children to clothe and feed. “Even compared to other blacks,” I recalled, “we were on the bottom of the ladder looking up at everyone else. Nothing below us except the ground. But I can remember a happy childhood. We always had her there for us guiding us, teaching us and protecting no matter what. Even though the hard times, the hard years of little or nothing, she always had a smile and a kind word of encouragement.”

Ray Charles (2010)

24 x 30

Acrylic on Canvas

\$1,200

He was completely blind by the time he was seven. He credited his mother with preparing him to live without sight. She made him continue to draw water from the well, bring the firewood, and do other chores, even though he often tripped and fell. You may be blind she told him, but you're not stupid; you have to do things for yourself, no one else will do them for you. "She let me roam, let me make my own mistakes, let me discover the world for myself." From this he developed a fierce independence and the ability to maneuver so adroitly that some people, later in his life, doubted that he was really blind. He saw his life primarily as an example of what anyone can accomplish. "I would like people to know that you can recover from a lot of adversity that you might have in your life if you keep pressing on." he told one interviewer. "In other words, you don't give up just because you get knocked down a few times."

Cortez Curtis: was born on the south side of Chicago. He devoted 27 years of his life to project engineering for a local electric utility company, where he designed substations for ten years as a draftsman, and seventeen years as a engineer. If you look closely at his work, you can almost see his facility as a draftsman in his lines and in the way he engineers the design in his painting techniques. His fine sketches and body of finished work demonstrates a

confidence in his medium, and a unique developed style. Since retirement as an engineer, Cortez has emerged as a full time artist, owner, digital designer, and the publisher of Arbez Artworks. Cortez graduated from Benedictine University and excelled at painting and digital art work at Illinois, College of Du Page.

In addition to his many successful solo art exhibitions at local galleries, he has held exhibitions at the Health4Life Wellness Center and at Life Force Art Center's Festival Of Spiritual Art in collaboration with the city of Chicago's Artists Month. Cortez's art work has been shown at two of the Museum of Science and Industries "Black Creativity" juried art showings. Over his career as an artist Cortez has shown his art at The HotHouse, Robert Morris State Street Gallery, and Neleh Art gallery, and received numerous awards and honorable mention in recognition for his exceptional and outstanding artistic ability. Articles about this exceptional artist has also been featured in the Art Business News, The Red Eye, NowPublic.com, The Chicago Reader and he is a member artist of the Illinois Artisans.

"Looking forward, I believe it is my destiny to become a great artist. I have the temperament of a revolutionary, and I am blazing with a spirit, embodied in an idea that there are things still to be conquered. My ambition is to paint the world's rebirth, its hopes and dreams. When I paint, I demonstrate my enthusiastic conception of life through my palette and

original painting style, in part conceived of and influenced by the great renaissance masters and my childhood vision of a world beyond, the supernatural.”

Kurt Fondriest

www.healingseedministries.com

Vision (2010)

30.5 x 38 framed

Pastels / Paints

NFS

Vision is a piece on self reflection and self awareness as an act of opening myself up to my sources of inspiration which are natural spirits and holistic energy. My work is inspired by trees. In this piece I am surrounded by my spiritual guides as I have a vision of my higher self.

Chapel of My Winter Solstice

33.75 x 14

old window with found objects

\$450

My reflection of learning from nature as I build this altar in honor of my nature guides and teachers.

Dr. Kurt Fondriest is an expressive arts therapist at Misericordia home in Chicago, where he has been working for over 22 years. He is also 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

Transference (2013)

18 x 22 framed

Giclee print

\$215

This work represents the transferring of Wisdom and Knowledge to future generations. As I meditated on the paper I created, the bear image began to emerge, so I gathered up my pastels and asked the spirit how she wished to appear. The bear is a spirit of solitude and quiet, yet transmits strength and confidence, so she had to have that presence in my drawing. Her raised arm represents the transferring of knowledge and wisdom through the shaman. The colors signify earth and sky, water and fire, and the cycles of

nature as Bear Spirit is present and aware and uses these elements to heal. I have visited a number of sacred bear sites in Wyoming and Montana and they are in remote areas of peace and solitude surrounded by powerful rock energy. These sites were often used for fertility rituals, thus insuring the life cycle.

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.

Pat Heydlauff
www.spiritualartwork.net

Birthing Self (2006)

20 x 24 framed

Acrylic on canvas

Giclee prints available for sale

\$250

Painting for me is the physical expression of my spiritual being. It is the positive “flow” that starts in my heart and travels to my hands...and continues onto a two dimensional canvas projecting three dimensional energy. My teacher/mentor, the Divine within, was immensely helpful for me by guiding me to find the essence of myself, revealing my soul and becoming the master of my life. It is the Divine within that guided my soul and my paint brush in my creations. “Birthing Self” expresses that journey and the renewal of a new essence that results from the teaching/mentoring process.

Pat Heydlauff endeavors to convey a vital energy through sight with color and design and feel guided to the next step of soul’s development. Her inspirational artwork can be placed in areas of the home and office to create an environment with balance, harmony and a flow of energy which enriches the viewer.

“I discovered my love for painting in 1993 as I was transitioning out of a stress filled career and exploring

my creative side. As a colorist, I painted lively, vibrant mainstream artwork consisting of landscapes, florals and still-lifes. Through painting I noticed my life was becoming balanced, filled with harmony instead of stress and on this beautifully guided journey. Painting allowed me to discover my spiritual nature and peace within and lead me to paint in a stream of consciousness flowing with energy. This flow of consciousness energy is visible in my recent ‘art with a message’ canvas work where you can always find hope, peace and joy in the subject matter and every brush stroke.

“I believe that in our world today with cement cities, sound pollution and isolated environments, it is difficult to find a place of peace and harmony. The colors and design of my art allow the viewer to escape into a peaceful place and find a glimpse of harmony within.”

Thom Lausch

Oak King (2013)

11 x 12.5

Stained Glass

\$200

At the winter solstice, the Oak King defeats the Holly King until Midsummer, continuing the cycle of the year. This teaches us: winter and summer, day and night, good and evil, one cannot exist without the other.

Viviane (Lady of the Lake) (2013)

15.5" Round

Stained Glass

\$250

She lived in a castle under the lake of Avalon where she raised and taught Sir Lancelot and bestowed the sword Excalibur on King Arthur. She had learned all her magic and knowledge from Merlin.

Merlin (2013)

16 x 23

Stained Glass

\$250

Merlin is the legendary wizard who was the teacher and mentor of King Arthur. Here we see Merlin working with the elements, blowing down the cold frigid air with the arrival of the winter season, sending

the summer warmth away. He is the wizard as an Old Man Winter figure.

Winter's Eve (2013)

16" round
Stained glass
\$300

As the sun sets casting long shadows on the ground it represents the end of the day which is a time of peacefulness, a time of relaxation and meditation.

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

Karin Levitski

Amber Waves (2013)

9.75 x 7.75 framed
Watercolor Pencil
\$100

Amber Waves is a scene from a journey during one of the Open Drum Circles at LFAC, where Freya came to spend time with us as we drummed. Freya has been a teacher of a deeply personal nature, reminding me of the sensuality of life. Her amber, strawberry blonde wavy locks are a symbol of her sensual nature.

Runes from Yggdrassil (2013)

16 x 13 framed

Watercolor Pencil

\$250

Runes of Yggdrassil is homage to the Runes and the World Tree, also known as Yggdrassil. The runes are flowing from the tree that is lush with new growth.

Karin Levitski has been creative as long as she can remember. She has always had 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.

Mariela de la Paz

www.marieladelpaz.com

La Machi (1991)

32 x 32 framed

Giclee print

\$1600

during the conquest; however, to this day *Machis* continue to hold their powerful role of elders and consultants of wellbeing as advisors and oracles, and they are deeply respected for their power and great wisdom.

La Machi would enter into a trance induced by the sound of her drum in which she would summon the ancestral spirits and bring back an answer. This ritual could take place during the course of several days, and the shaman would collapse on the ground in a state that would require the assistant or an interpreter, to convey the message (the “*machife thunñuñe*”, her life-time-companion). These elders possess a vast knowledge of healing herbs and concoctions for curing ailments of the physical and spiritual body.

This painting depicts *La Machi* drumming her “*Kultrun*” as she sits in front of her “*Rehue*” (a ritual ladder containing steps into the higher levels of awareness).

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.

Lauren Pitasch

www.intothelightacupuncture.com

Inner Spirit

22 x 17.25 framed
Serigraph
\$350

Inner Spirit is about Vision & knowing....it depicts our essence and listening to our higher self - one with all dimensions, many layers and multiple dimensions.

Lauren Pitasch is a mixed Media Artist, Designer and an intuitive light healer. A graduate of the Art Institute of Chicago, BFA and a Masters in Oriental Medicine- MSOM, Lauren has great passion with creative expression in metaphysics, Art, and Astrology, and designs spiritual jewelry.

Auriel Rene

I and I (2000)

19 x 23 framed

Chalk pastel & digital post-processing

\$160

I had the good fortune of befriending a young man from Jamaica while living in Florida as a teen. We would spend the early evenings together, he playing dominoes while I sketched, and discuss a wide variety of topics. On one occasion, the topic of the discussion turned to religion, and he shared with me several of his beliefs as a Rastafarian. As he explained the concept of “I and I,” of the Holy Spirit living within everyone, all of us being equal, all manifestations of the divine, I felt as if a door had opened. This idea that in order to find god, to find truth, to find the magic of the entire universe, we must look first within ourselves was an incredibly liberating and healing experience. Instead of viewing myself as a lost wanderer, I began seeing myself as an explorer, journeying through depths of heart and mind and physical creation to gain understanding of the divinity present in all of creation.

I am not Rastafarian and I do not attribute my beliefs to a single doctrine, but rather a collection of beliefs that resonate with me. This concept has remained most powerful, as eloquently stated by Marianne Williamson: “ We were born to make manifest the glory of God that is within us. It's not just in some of

us, it's in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Mr. Fox (2000)

22.75 x 18.75 framed

Graphite pencil & digital post-processing

\$150

As a teenager, I worked in a small veterinary clinic in central Florida. There was a wild fox that had been brought in from a nature preserve – his back leg had been shattered. He was kept in a kennel in one of the main examination rooms to keep him away from the primary kennel space in the back of the building, and his reputation as a vicious, wild animal was impressed upon me the day I started there. It was to be my job to maintain his kennel (along with all the others), which meant that on a daily basis, I would be reaching both arms into a cage several times in a row with an animal known to snarl and attack regularly.

I took the time to get to know this animal. He was an adult fox, removed from his home and territory, surrounded by unfamiliar smells and completely powerless. He saw every person approaching his kennel as a threat. He'd been sedated when he was brought in, and the staff nicknamed him "Buddy," but to me this was not right – he was simply, "Mr. Fox." I would go about my regular duties and save the last

part of my day for him. I took special care to move slowly, to speak softly, to introduce myself and ask for his permission. I expressed my understanding for his situation, and explained that I simply wanted to help make him comfortable until he was able to go Home. I did this every day for about 15 minutes before even opening the door to his kennel, and kept moving slowly and softly explaining my actions to him as I would change out his water, food, and litter. When I was finished, I would offer him a treat and then place it near the door – something I would bring from home, usually small shreds of chicken I had cooked for him the night before. In this way, a bond of trust and understanding was built between us. I had glimpsed an animal that seemed to have a very magical presence about him. As our time together increased, physical affection became part of our routine. He never behaved as a familiar dog or cat will, with obvious signs of excitement. But his head would lift, and in his eyes I felt a sense of acceptance, of invitation. He would move slowly forward to greet me as I opened his door and lick my hand, then settle down in the corner until I had finished cleaning. He would eat his treats from my hand.

This sketch was done after our last session together, before he was released. I was the only person in the veterinary clinic to have never been bitten by Mr. Fox. In his presence I felt a sense of awe for this creature, which would spark the study of animal shamanism that continues to this day.

Blessed Mother, Teresa of Calcutta (2000)

19.5 x 23.5 framed

Graphite pencil & digital post-processing

\$160

For many of us, Mother Teresa is a universal symbol for compassion and charity. Her practices have been criticized, and I am by no means a Catholic or Christian... Yet I feel a connection with this woman, who took it upon herself to go where others would not, to care for those most outcast. Her words of love inspire me and I feel as though she became a mother to the world, encouraging us all to live with heartfelt sincerity. Her words play upon my own maternal heartstrings, as her deepest message was that peace and prosperity begin at home, with love.

“Love begins at home, and it is not how much we do... but how much love we put in that action.”

“Intense love does not measure, it just gives.”

“Spread love everywhere you go. Let no one ever come to you without leaving happier.”

“Peace begins with a smile.”

These are beliefs that have been woven into my everyday life, values that I teach my children so that they may go into the world filled with love and sharing it with others.

Auriel Renee has been creating expressive art for over 20 years. Growing up in an artistic family, she found her medium in the simplicity of sketch art, typically

favoring graphite, charcoal, and pastels. She also found a great joy in the creation of purely digital artworks, first experimenting with digital drawing, and then photo manipulation. A deepening appreciation of abstract art combined with spiritual exploration led to the addition of acrylic paints to complete her physical, on-canvas style.

The current iteration of this combination mixed-media process is what she likes to call “digital collage.” A piece will start as a sketch, painting, or photograph, and be scanned in at high resolution for post processing to achieve a variety of effects ranging from simple cleanup and tonal correction to surrealist wonderland.

Auriel is available as a freelance web and graphic designer specializing in helping independent artists and small businesses, as well as for business/promotional print and web graphic design. She accepts personal commissions for single piece or series art prints and paintings.

Olivia Robertson

The Twin in the Pool

9 x 11 framed

Print

\$35

Lightning Flash of Isis

9 x 11 framed

Print

\$35

We Reap to Share

9 x 11 framed

Print

\$35

Olivia Roberston: "My writing expresses my mind and spirit: visual art for me shows forth my intuition and heart. I had my first art exhibition in 1938. I studied at the Grosvenor School of Modern Art in London for a year and a half: '38-39. Diploma at the National University in Dublin 1942. Some of my drawings were published in the Irish Times, London Tribune and other magazines. In 2005 I exhibited Goddess paintings in an exhibition of International artists in the Newtownbarry House Gallery, Bunclody.

"My message to the world is, be happy now. Don't worry about if you were happy yesterday, or whether you will be happy tomorrow. . . eternity is between seconds. You find Deity, the Goddess, the God, now. And your home becomes your sanctuary. You have a

sanctuary as your hearth – a candle, one candle, a stick of incense, wherever you are is Heaven. That's what my message is – yes – wherever you are, should be Heaven.”

Olivia Robertson (1917 - 2013) was a force of nature, filled with liveliness, joy and spiritual power. She was born in London and lived most of her life in Ireland at her family's ancestral estate. With her brother Lawrence, Olivia was co-founder of the Fellowship of Isis (FOI), an international organization dedicated to the Goddess and Divine Feminine.

Lady Olivia wrote several best selling novels in the 1940's, as well as over 125 Goddess liturgies, honoring cross cultural pantheons and exhibiting her enormous gifts of writing, scholarship and spiritual practice. Her liturgies were presented as the main rite of the Chicago Fellowship of Isis Autumn Equinox Goddess Festivals, produced for 18 years by Deena Butta. In 2009, 2010 and 2011, the Festivals were held at LFAC, with Lady Olivia in attendance leading meditations. Olivia's artwork was featured in several of Life Force Art Center's art exhibits. LFAC Executive Director Joan Forest Mage became an FOI priestess in 2008, and Life Force Arts Center was consecrated as the Iseum of Athena, Brigid and Freya.

Olivia embodied the Teacher Archetype, a person who remained her True Self and encouraged each person to be his or her True Self.

“In your originality is your immortality, for nothing that

is original can perish. It is an essential part of the cosmic scheme. Manifest your Divine Origin which is born from the Mother of All, Nuit, Whose children are immortal like unto Herself. Nourish then all good gifts in each person and each being, and you strengthen the harmony between the Divine Sphere of Heaven with its transient reflection which is this world. There is no death. Love is eternal.” *The oracle of Isis as channeled by Lady Olivia Robertson, from the Dulce Domum memorial rite.*

Agata Wisniewski

www.indigo4evr.com

Guardian Angel (2013)

48 x 36

Oil on Canvas

\$2,000

Being in touch with my guardian angel taught me that I am a divine being having a human experience, realizing in full the true essence of my soul origin which is a spark of the Source Light/Oneness. I've learned that my purpose of existence is not only self development of my soul but most importantly anchoring the Love onto the earthly realm. This painting represents me/us humanity learning to incorporate love and therefore raising vibration levels of energy onto earth to speed up the evolutionary process of our collective consciousness. The visual elements depicted in the painting represent: “guardian

angel” the male coming down and hugging the female who is on lower earthly plane, there is a glow of love around them, however they are infused in the “white light” which is the essence of soul/oneness, they are clearly in peace and comfort. Which is the feeling of being together with God. Moreover, the gift of love is being passed down, one of the life lessons she is receiving is to love unconditionally and spreading/anchoring the love vibrations on the earth plane.

Strength (2013)

36 x 48

Oil on Canvas

\$2,000

Visual representation of my personal journey - finding inner strength in the darkest hour. Horse represents a balanced being in my consciousness it is my animal guide, it teaches me to communicate intuitively through telepathic means and energy exchange, it has a balance between spirit world and physical manifestation of being, they don't hurt other beings (they are vegetarian). Horses are beautiful and very strong, they represent freedom aspect as well - to me they represent soul. I therefore like to depict horses in my paintings as representations of divine sparks. I have personally been visited by horse guides in my dreams helping me to solve difficult life lessons. I was faced with destructive forces namely my ex-husband who was addicted to alcohol and violence (I am a mother of 3 children), I have found enormous amounts of strength in my being when I needed it (I even ended up in a shelter with my children as I was

afraid for our lives). However due to discovering the beauty of strength I feel like a new person being born, I learned and proved to myself that I can do anything.

Agata Wisniewski: I was born in Poland, and was enrolled in Arts as a 4 year old, winning a National Polish Award for a Child artist when I was 8 years old,. At 14, I moved to Canada. I studied at York University receiving a Fine Arts degree with double major in Psychology. I grew up in a very spiritual family, working with healing energies and seeing spirits and conversing with them was the norm in everyday life. However as I got older and was practicing various meditative techniques I discovered other beings of much higher dimensional realms visiting me, and that is how I started to channel not only through passing the messages from the higher consciousness verbally, but also through painting. My art therefore carries highly energized vibrations bringing love for this planet, and spreading it through all of us and mother earth. Other pieces are illustrations of my astral travels.

Acknowledgements

Life Force Arts Center would like to thank all the Artists and Volunteers who put in so much work to create this show, especially Steven Blaine Adams, Thom Lausch, Joan Forest Mage, Jerry Raap, Hanna Gottschalk, Cortez Curtis, Alex Otroszko 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

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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 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

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