

Life Force Wheel:

The True Self

Exhibit Catalog

Art Exhibit—Performances—Events

November 30, 2014

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January 13, 2015

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

***Life Force Wheel:
The True Self***

Opening Reception
November 30, 2014

Closing Reception
January 13, 2015

Free admission to exhibit &
Opening and Closing receptions

Gallery Hours
Mondays & Thursdays, 1:30 - 6:30 PM
& by appointment

Artists Featured in *The True Self*

Steven Blaine Adams	Thom Lausch
Sharon Bechtold	Manassah Lewis
Eva Coss	Cosima Lukashevich
Mariela de la Paz	Sharyl Noday
Kurt Fondriest	Brit Posmer
Mara Goldfine	Paul Rucker
Dorothy Graden	Diana Rudaitis
Amy Hassan	Raine Shakti
John Henderson	Tao Tao
Colleen Koziara	Kelly Wantuch

About *The True Self*

Life Force Wheel: The True Self is the sixth in a series of shows called *Life Force Wheel*. This year-long, six show series of art exhibits and multiarts presentations will explore 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 began on December 8, 2013 with the Teacher Archetype and concludes January 13, 2015 with the True Self Archetype. All shows will be held at Life Force Arts Center, 1609 W. Belmont, Chicago.

True Self is the core or essence of the individual person. In some ways you can say it is the soul. The True Self is the spark of energy that is unique to the person, the individuality and originality of the person. It contains the qualities that allow the person to carry out his or her mission in life: mission meaning what he or she brings to share with the community to create a better world. There is an innocent, childlike quality to the True Self, and yet all wisdom is contained with it. It is the person before she or he was pressured by others to be someone she or he isn't. The True Self often appears as a child or young person.

The True Self exhibit takes place in the season that is energetically aligned with this Archetype, the Winter Solstice.

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."

Steven Blaine Adams

Snowflake Mandala (2014)

14" diameter

Fluorite, Mother of Pearl, Citrine, Amethyst, Opal on
Mirror

\$500

I see the pattern of the gems as being symbolic of the radiant and intricate order of the universe and conjuring light from the dark Earth. Nature is full of patterns and harmony, it speaks to us of the mandala of creation and sacred geometry. The snowflake's beauty is rarely seen as we have little time to see it before it melts, such is the way of the world, our lives, our loves, and endless change, but at the center is our unchanging spirit. The lesson is to appreciate the beauty of nature and of our lives with what seems like a short time we are given. Fluorite is channeling your higher self, Mother of Pearl is healing and nurturing, Citrine is clarity of mind, Amethyst for the spiritual self, Opal is to open up your consciousness. The mandala is a powerful meditation tool, I welcome and invite you to spend time with the gem stones and the image of the snowflake, meditating on them to receive their spiritual value.

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 LFA's Associate Artistic Director and also LFAC's store designer. 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.

Sharon Bechtold

sharonbechtold.com

Platypus (2013)

7 x 24

Pyrography

NFS

The Call

As the new year begins, Platypus has a message to deliver.

Long has she dwelt quietly in the depths of the primordial waters.

But her spirit has been stirred and she can no longer remain silent.

She has arisen
tiny eyes bright and alert
and calls to all,

“Embrace your uniqueness
and discover the power
to manifest your dreams.”

As a teacher Platypus sets forth three Truths
three Truths that are so powerful
that they will change how you view
not only the world around you
but yourself.

Come Experience them.
Come Awaken your soul.

Sharon Bechtold is a Shamanic Practitioner, Artist, Bard, and Teacher. She studied shamanism through Joan Forest Mage's shamanic training, holds the Bardic Grade from the Order of Bards, Ovates and Druids, and is well versed in elemental energy work and reiki. She is a professional award winning pyrographer who has published 5 books on wood burning techniques. A columnist and writer for numerous international print magazines, she also teaches art as energy work throughout North America, has been certified as an Illinois State Artisan and is represented by numerous galleries and collections throughout the world.

Eva Coss

Free Spirit (2009)

14.5 x 17.5 framed

Photograph

\$150

This photograph represents my true self as a free spirit. The street in the distance represents the infinity of life. We are travelers on this Earth for only a short time. I am symbolized by the woman in the photo; she walks briskly, yet with a purpose. I feel she represents the creative (carefree) free spirit in me. As a free spirit, I am able to be uplifting to others as a healing presence on our journey together.

Eva Coss is a self-taught artist who enjoys doing photography, collage, painting and jewelry making. She is very passionate about her muse, Chicago, and photography, her mode of self-expression.

Mariela de la Paz

www.marieladelapaz.com

Aya Mama (2000)

12 x 12 framed

Giclee on Canvas

\$180

This painting marks an experience I had at the peak of my spiritual practices both in Shamanism and Buddhist Meditation. A glimpse of the eternity of my soul beyond this body and beyond this time in complete surrender to my experience of human existence. A state worth trying to document in this art piece.

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.

Kurt Fondriest

www.healingseedministries.com

My starry starry night chapel in the land of Oz

12 x 12 x 13.5

Mixed Media

\$400

My starry starry night chapel in the land of Oz is a symbolic piece about myself as an admirer of Van Gogh's famous painting *Starry Starry Night* to my whimsical love of the Wizard of Oz. But something else is what bridges these two worlds together, look close and talk with me.

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.

Mara Goldfine

maragoldfine.com

Man Behind the Curtain (2013)

22 x 35 x 32

Bronze

\$9900

Man Behind the Curtain is a piece about simultaneous importance and the elaborate human construction of those rituals. The sculpture is filled with the tactility of human touch, the mark of the artists fingers preserved forever in metal, but the light from within the sculpture is synthetic, electric, manufactured.

Mouth Bound (2011)

8 x 3 x 25

Bronze & Leather

\$1800

Mouth Bound is a piece about the separate nature of the presentation of the self in opposition with the reality of the self. This object illustrates the distance between what people say and what they mean, the distance between a touch on the body of a stranger, and a touch to the reality of an intimate.

Idealization (2012)

48 x 6 x 6

Bronze, Steel, Stainless Steel

\$2800

\$100 each

The joke about “Idealization” is they are action figures of what the human body would look like if I as the artist were in charge of design. These bodies are allowed to more closely mimic the expansiveness of the self, the multiple limbs to perform more diverse tasks, the flexibility to move the body into distinct spaces.

Mara Goldfine grew up in Massachusetts, continually interested in the body. Her awareness moves fluidly between the metal sculptures she creates, and the movement of the physical bodies and subtle bodies of yoga anatomy. She sees her yoga practice as intrinsically linked to every aspect of her life, using the practices of yoga to intensify focus on sculpture, linking the breath practice of Pranayama to the intricacies of her craft. The beauty of the physicality of a moving body is both the subject and the practice of her work.

Dorothy Graden

www.dorothygraden.com/home.html

Innocence (2013)

19 x 23 framed

Giclee Print

\$130

Of all my work, I believe “Innocence” comes closest to my true self. The image in the center is myself, dancing through life with joy and enthusiasm, often oblivious to dangers and overcoming fears to continue on my life's path. Taking risks in life brings one closer

to the self and enables one to continue life's adventure and vision. There are elements in this painting that speak out from my soul. Spirit guides and ancestors walking with me on my journey, my own eyes depicting star motifs, connecting me to the universe, an inner guide encouraging my progress, "fiery" action behind the central image representing mystical energy, sea elements in the background and foreground representing my love and wonder of the ocean and its exquisite beings.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. For over 25 years, Dorothy has traveled through the American west to photograph and draw prehistoric rock art. These rock art images were incised, pecked, abraded and painted on cave and canyon walls and boulders. Rock Art has been found on every continent except Antarctica. Some sites are 30,000 years old. Many of these sites hold spiritual powers, and many are shamanic.

Dorothy has presented her field work on rock art at the Russian Academy of Science in Moscow and at University College Cork, Ireland. Her photographs have been published in the Theosophical Society's journal, *Quest*. She 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

amyjamilahhassanartcreations.com

Inner Reflection (2014)

14" diameter

Acrylic, mirrors, clear & colored lacquer, amethyst & aquamarine stones, on wood

\$300

This is a very self reflective mandala. My intention before and during creating, was to explore the true essence of my being. All of my life, I have fit the role of daughter, sister, wife, mother and teacher. I've always tried following what society thinks I should be, while suppressing my true self and who I was born to be. The creation of the mandala expresses my true essence, through the designs, colors, and materials that I have chosen to use. My favorite stone is the Amethyst. It has positive, creative, calm and healing energies. The words on the heart mirrors represent what I strive to be in my life. The use of Aquamarine, represents my month of birth and is also a healing stone. The lotus design of the center mirror, gives a sense of dimension and seeing myself on the other side and overcoming difficulties in my life.

Connected Diversity (2013)

9.25 x 12

Paint pen on mixed media art paper

\$200

This art piece fits my philosophy and core belief that all of us are brothers and sisters and should strive to understand one another. I created this mandala throughout a long journey while visiting my husband's family overseas about 2 years ago. While on the journey, I saw many different cultures, ages and races of people. No two people are the same. Although people are different, we are all connected. One of my goals in life is, how to remain unique and authentic while maintaining a connection to others. Each circle is unique and diverse, but, connects together.

Flow of Life (2012)

18 x 18

Acrylic, color & clear lacquer on cradled wood canvas
\$400

My intention in the creation of this mandala was to understand the changes of my life. It is a reflection of the cycles of life. The seasons symbolize the cycles of birth, life and death. I reflected on who I was, who I am in the present and who I will become. I created the movement of the butterflies to represent the journey and the transformations of my life.

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.

John Henderson

Bear Skull Medicine Wheel

25" diameter

Bone, Leather, Wood

\$350

John Henderson is a retired firefighter. He comes from Pascagoula, Mississippi where he learned whittling by watching his grandfather and father. According to family legend, he is part Cherokee, descended from members of the tribe who escaped to the Smoky Mountains when the rest of the tribe was sent on forced march to Oklahoma on the Trail of Tears.

John Henderson says: I say that I study ancient art. What I mean is that I look at a lot of pictures in books, watch Discovery and History channels and browse on line. When I find an image I like, I design my images in the style I have chosen, not to copy anything, but to create a piece of art that is recognizable in origin of style. Some pieces, especially Egyptian, can not vary too much from the original, in order for it to be recognizable as the intended subject. North West Native American styles allow much more artistic interpretations. I enjoy creating pieces in this style. I do not claim them to be Native American Art; instead, they demonstrate my appreciation of this art. I have also done work in ancient Celtic, Greek, and African styles as well as some Central and South American styles. Abstract shapes and designs pop into my mind often. I grab a pencil and pad and start doodling. At times, images come to me faster than I can sketch, and from one will come another. I see these images in three dimensions, and sometimes have to sketch two or three sketches to put on paper what my mind sees. It's somewhat like a being a writer: you have to put it on paper as soon as possible, so you don't forget the details.

Colleen Koziara

www.mysticalwillow.com

INVICTUS (2014)

24 x 24

Acrylic on Canvas

NFS

I left my well paying corporate job after 7 years on 9/11/13.

In a vision recorded in my journal on 9/26/13 I sat within a lodge on a high mesa edge looking out onto a landscape that seemed endless. the door of the lodge faced west as is tradition and slowly I realized the ground was dissolving, disappearing beneath me, sinking away. I experienced a moment of fear and rose and stepped to the edge of the cliff, the ground before the cliff also dissolved and a bottomless cavern appeared at my feet. there was nowhere left for me to stand. Without fear I stepped into the void for there was no choice. Facing west, I extended my arms out to either side and raised them. An Owl appeared on my right side and an Eagle on my left and it was the strokes of their wings that held me suspended above the void and the landscape in a silence that was endless.

I did nothing with the vision until the spring of 2014. One night, the canvas called to me and I laid out and painted the entire background in a short time. The canvas sat again. Until early October of this year. I was called again, the picture references for the owl and the eagle just appeared and within a short time I had the figure and the birds laid out and ready to paint. The painting went quickly and smoothly. I did not look back at my vision because I was sure of what I was painting, honestly I had pretty much forgotten about my entry. It just so happened the next day that I was back in my journal and opened the page to the entry. What I found was confounding. For what I painted was a figure facing East into the rising sun, not West into the setting sun, and the Owl was on my left hand and the Eagle was on my right.

Through discussion with my teacher I realized that much of the training I had completed in the last year had made the changes I painted perfect for where I was now on my path. Additionally, it was not until just this week that I realized the date of my entry last year was the date of my vision quest this year.

The painting completed itself smoothly. I was pleased with my level of technical skill and when it was finished it was truly finished. I experienced no confusion on whether or not it was complete. The only thing that waited to present itself was its name, and this, and the poem by the same name did not present themselves until I was fully within a very challenging personal relationship situation and in the preparatory stages of dedicating, blessing and consecrating a new lodge site for which I will be the physical caretaker and guardian.

My life since the completion of this painting has been in a state of suspension and hovering very consistent with the image in the painting and this has truly provided me with many additional challenges. I look forward to Spirit providing me with a vision of the next steps upon my journey.

INVICTUS by William Earnest Henley

Out of the night that covers me,
 Black as the pit from pole to pole,
I thank whatever gods may be
 For my unconquerable soul.

In the fell clutch of circumstance

I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.

Mystical Willow (2012)

21 x 17 framed

Watercolor

NFS

since my early 20s I have loved and identified with trees, specifically the Willow. The Willow and more specifically the image of a woman transforming into a Willow have been for me a representation of the magical cauldron from which all my art is born. my first illustration for a business card was only a willow by a stream, the next was a very slender young woman transforming into a tall and willowy young willow. this last image, created just a few years ago, illustrates the depths of a true and fully formed cauldron of creation and transformation. A fully grown woman transforming into a majestic Willow at the height of its magical power and strength, connected through its branches and its roots to all the energies and beings of creation.

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

Contemplation (2014)

15.5 x 12

Stained Glass

\$150

JESUS is shown in contemplation of faith. A great leader, healer and teacher of peace and good will to every being on the face of the earth. A man who gave hope and inspiration to all who followed him and eventually gave his life so all of mankind could have salvation.

Guidance (2014)

10.75 x 16

Stained Glass

\$150

Guidance was created as a symbol of the teacher who leads the children down the correct path of peace and hope. He is in a sense a spiritual teacher to them, giving them the knowledge they need to grow and thrive in the world as their true selves.

Thom Lausch is originally from Pennsylvania and transplanted to Kansas where he has been living for the past 16 years. A self taught artist in stained glass work, he started in May 2013 in his dining room making items as gifts for friends and neighbors. They suggested that he should make items and sell them professionally, so here he is a year later honing his gift to create designs that he hopes others will enjoy as much as he enjoyed making them.

Manassah Lewis

www.oneluvcreations.com

Broken (2014)

14.5 x 17 framed

Black Ink Marker Pen

\$280

Feeling like you are torn down to nothing.

Owl Strong (2014)

14.5 x 17 framed

Black Ink Marker Pen

\$280

The culmination of the free, full energy without doubt or fear. A representation of wisdom, strength, compassion, and love. She lives without apologizing for who she is.

Manassah Lewis says: “My core purpose in life greatly involves the connection to all the life force on this planet, specifically that within plants. My spirit soars with joy when I am fully able to be engaged in the cycle of plant life. As you will see, the development of my characters in the artwork is a fusion of the human, animal and plant forms. Many of the images contain aspects of trees which depict being grounded and rooted within the cycle of life. Through these images I can see the potential of my life force without illusion.

Each piece has started with feelings that internally make me feel “stuck”, a feeling that is inside that I cannot even talk about at the time. At times these feelings may cause actions that are reactive going backward into old habits rather than creative...creating new actions to move forward.

At that time, the way I can process the feeling is to draw. What ends up as a final product is a reflection of me and what is being processed within at the time. As an example, for one of the pieces, the vulnerability through intimacy was a road block in my thought process. What I ended up drawing started with my heart being partially covered by a cloak but rooted in the tree-like figure that represents a feeling of being grounded even during times of vulnerability. My process allows tapping into my core source allowing a flow of creativity to create images which inspires movement through the blocked energy.

Cosima Lukashevich

www.lukashevich.com

Praying Tree (2013)

14 x 20

Giclee Print on Canvas

\$190

The Praying Tree was created in one of the Spirit Drawing sessions that I do for people, employing meditation, setting down marks on paper in an open automatic manner for a woman engaged in her emotional and spiritual healing. I believe it is a message from Spirit to her, an illustration of how one may proceed to ground in devotion while casting off the harmful occurrences that have wounded the heart and soul.

The Boy Remembers (2010)

12 x 8

Giclee Print on Canvas

\$190

The Boy Remembers is one piece that comes from a series of drawings I did which were inspired by the Tanis gold masks uncovered in the delta region of Egypt; now exhibited in the Egyptian Museum in Cairo.

These ancient masks are remarkable- stunning because they are ALIVE and exude a palpable sense of human active presence. I knew when I saw the masks that this is what the objective is in being an artist: making art that lives.

Cosima Lukashevich has made Egypt her home for 20 years. She has been influenced by the deep impressions being in such close proximity to ancient Egyptian art. She is particularly inspired by the first dynasties and deep past. When in the presence of their art work it is evident that it was created with an awareness of its being a dimensional threshold and therefore sacred and a conduit of the divine. She received a Bachelorette of Fine Art at the Tyler School of Art in Philadelphia, PA.

Sharyl Noday

sharylnoday.com

Guidance (2011)

30 x 30 x 3

Oil on Canvas

\$2000

Spirit is the thesis of my art. In this way a life with Spirit in partnership is the backbone to which I survive and create. Through visions, blending, listening, communication and connection with beings does take place. Even beings not of this earth, and in particular, those that have passed on with love and elegance. In my painting, "Guidance" I

feature a spirit aspect of self with spirit guide, my favorite relationship. When connected in this way, it feels as though a ride of consciousness occurs. Which it does. I am happier than ever in these moments, blissfully, spiritually carried away. The dynamic of the two creates a new energy and this is what I call the true self, authentic self or for me the depth and simplicity of soul.

Sharyl Noday says: “My work is about exploring mystical and spiritual beliefs and attitudes. It is through this reflection that I strive to tell a story within the art. It is my intention to offer glimpses into other realities beyond our waking consciousness. In a world filled with change and chaos, there is still hope. It is with this desire, I imagine my art can offer moments of relief thereby aiding in personal peace. I have always been involved in healing. In this way I aim to provide a mirror into consciousness.”

Sharyl received a certification in Painting from the Art Institute of Chicago and holds a BFA in photography from Art Center College of Design. She is certified as a Energy Healer and Full Trance Channel and Channeling Teacher, holding a position on the Board for Certification of Trance Channeling in Los Angeles, California.

Brit Posmer

Emptiness Dancing (2012)

12 x 12

Acrylic on Canvas

\$225

The experience of what we call True Self ultimately rises from contact with an even greater and un-knowable Mystery from which we are inseparable and derive our expression. **Emptiness Dancing** depicts this moment of

creation, in which we emerge into the manifestation of our unrepeatable uniqueness.

Umbilicus (2014)

10 x 8

Acrylic on Canvas

\$175

To consciously embody this uniqueness requires a second birth, that both re-establishes our untarnished Innocence and reorients us as children of the Cosmic Mother, through whom we are nourished and sustained. This is the meaning of the painting, **Umbilicus**.

In Corpo Veritas (2012)

18 x 24

Acrylic on Canvas

\$375

Utterly necessary for this transformation to occur is the capacity and the courage to speak the truth of our experience. The body is the faithful repository of this truth, and this is the subject of, **In Corpo Veritas**.

Through this radical truth-telling, we are liberated into the freedom of a self stripped of the confinement of a fictional "me".

Britt Posmer is a self-taught artist who began spontaneous image-making and writing during a period of critical illness and spiritual awakening. Her work depicts a consciousness and holistic vision that has flowered from a commitment to creative process as both devotional self-emptying and a unique expression of

somatic mysticism. Influences that have inspired her recent work include Continuum Movement, the writings of Cynthia Bourgeault, and in particular her insights into the person of Mary Magdalene, Centering Prayer, and the apophatic and kenotic streams as articulated throughout various global spiritual traditions.

Originally trained as a classical ballet dancer, Britt has spent a lifetime in deep engagement with the body. This orientation led her to become a nationally certified massage therapist, Reiki Master/Teacher, and energy healer, with additional study in Cranial Sacral Therapy, Zero Balancing, Advanced Psychosomatic Character Therapy, Hawaiian and Toltec Shamanism, yoga, and bellydance. She is also exceptionally curious about the constructs of gender and how these shape and influence our notions of body, creativity, spirituality and healing.

Britt's first book of poetry, "The Angel and the Heretic", has been accepted for publication and is expected to be released early in 2015.

Paul Rucker

<http://www.paulruckerart.com>

Reflections (1999)

12 x 15 framed

Giclee Print

\$40

I dream night silence with rich perfume:

The voice of the moon a velvet

Thrumming

Like noiseless bees.
Rock, let me rest, let me look within this liquid open eye
(noise droplet, mirror of my soul)
Night world is day; the moon is the sun
Smooth waste all leaf with flowers
And birdsong in bright atmospheres
A sudden comet like vivid silk ribbon:
Ejaculation of fire – Eureka!
Says the night.
This too reflected: a burgeoning of petals
All about me is changed and reflected.
Like the pool at night I hold reflections.

Paul Rucker paints in acrylic and occasionally in other water-based media and in oils. He also draws in pen, pencil, and mixed media. Other experiences involve creating theatrical backdrops, murals, collage, sign painting, mask-making in clay and paper-mache, silk painting, costuming, and elaborate face and body paintings. In 1997 Paul's art was featured in a mixed-media collaboration by the performance group Body Prayers at the Merrymeet festival. Lately, he has played with fusing these last techniques into a new exploration with photography (see the "*Camera Paintings*" and "*Making a Spectacle of Myself*" galleries.) In 2006, 2007, and 2009, his "Blue Man" persona extended the boundaries at the Faerieworlds Festival in Oregon.

Since 1994, Paul has traveled over the U.S. to sell his work in gallery, retail, and alternative venues, conventions and festivals, and private sales around the country. His images have been featured on and in magazines such as *Green Egg*, *Hecate's Loom*, *Mezlim*, *Psychedelic Illuminations*, *Tapestry Journal*, and *Reclaiming*

Quarterly. In recent years his exposure has grown to include *Spellcraft*, *Witch Eye*, *Faerie Nation Magazine*, and the *Green Egg Omelette* anthology. Paul has provided work for card games, logos, T-shirts, brochures, and CD album covers: "*Ancestor Energy*" and Mojo Roots: "*Prakriti's Kiss.*" Shrines, altars and installations have incorporated his work in both public and private rites and performances. He has also organized, produced and curated group performance/art shows based on original themes of my own, such as "*Erotic Angels*"-- presented March 2004 in Minneapolis.

Diana Rudaitis

Heart of Fire

14.25 x 17.25

Mixed Media, Acrylic & Oil Pastels on Canvas

\$200

The Heart of Fire celebrates the secret, sacred, and True Self of each person: namely Love. Each of us has that place in us which burns with the brightest, purest fire of passion. That love may be for a parent, child, partner, country, even for a pet or religious fervor. For me, the Heart of Fire is my passion for Art. It burns with unquenchable longing to produce something of beauty. When we find this Heart of Fire within; we have found the True Self.

Prisoner of Love

19.5 x 23.5 framed

Mixed Media Acrylic, Ink, Oil Pastels

\$300

The need to love and be loved is the essence of the “True Self” of each of us.

Love can be experienced in so many ways; both positive and negative. When love brings pain it can be perceived as a prison. Think how many popular songs talk about “heartbreak” and “chains of love.”

The young man, who represents “Humanity” contemplates his own glowing heart. The prison is about him but he is separate from the darkness and broken hearts. In his expression of love, he has found his True Self.

Diana Rudaitis was born in Chicago in 1947 and has lived there all her life. She started drawing and painting when she was a small girl and when she was 11 years old, she won a scholarship for young students at the Art Institute of Chicago. She later took various art classes but is mainly a self-taught artist. She has worked in pastel chalks and watercolor pencils, but now paints in acrylics, oil pastels and uses paper and sequins in her work.

Diana recently started painting seriously after retiring for 28 years of service as a Chicago Police Officer, and paints under the name “Danusha” to honor her grandmother who came from Poland. Diana likes to paint human and animal portraits in bright, bold colors and textures, with whimsy and humor. She also paints fantasy and visionary works.

Raine Shakti

www.blackisismagic.com

Holiness (2012)

14.5 x 17.5 framed

Photograph

\$200

I have never viewed churches as monuments to God, but rather monuments to man's creativity, ingenuity, and holiness. Built over a 1000 years ago, Westminster Abbey was built before the days of heavy equipment, cranes, and other modern day equipment. It was built to last through the ages and it has. When I see buildings such as Westminster Abbey, I am reminded of what we all can accomplish if we accept the gifts, talents, and perseverance, and talents that we each possess. I am, in short, reminded to accept my own holiness.

bello vero se (2014)

8" tall

Mixed Media

NFS

Bello vero sé is a piece I was directed to create by my guides. I kept receiving the image of an earthy woman who was round, fertile, and absolutely breathtaking. She was not beautiful in the modern way of models, but in an ancient Goddess way. As my hands started sculpting her body, I felt a connection to the earth and I modeled her in the style of ancient Goddess figures. It seemed natural for her to have roses for hair and to sit in a bird's nest as a symbol of motherhood. In crafting

Bello, I got in touch with my own inner beauty and I was able to start seeing myself as perfectly imperfect. At first it was very uncomfortable to accept that imperfection could be beautiful and perfect in its own way, but the more time I spent creating Bello, the more I was able to accept my own flaws.

Raine Shakti says: Over the past year, I've found my creativity extends beyond words on a page and that I can create evocative art that speaks to people's souls in a way that words never did. Finding my inner artist has helped me to truly heal and find peace within myself. The best part of becoming an artist, or more accurately rediscovering the artist within me, has been about accepting my own imperfections. Just as I am able to look past the imperfections in my art to see the beauty in its entirety, I'm starting to see the beauty in myself. Until recently, my artistic biography has been limited to creating jewelry and crocheting afghans, but I've started to experiment with other mediums and creating art has become more about the enjoyment of the journey and less about the finished product. I am an ordained Priestess through the Fellowship of Isis dedicated to Nephthys, Yemaya, and the Morrigan and am the founder of The Iseum of Bennu Rising. I'm also a doctoral candidate at Ocean Seminary College.

Tao Tao

Unattainable (2014)

44 x 20 x 20

Acrylic, Glass, Wood

\$400

The key word for this sculpture is “unattainability”. It utilizes metaphor to create a chance for viewers to explore who they really are.

I used wood, plexiglass and fishing line for this sculpture. There are also some tiny metal components to stabilize the structure. The scale for the cuboid frame is 44 inches in height, 20 inches in length and 20 inches in depth. The plexiglass embedded in the five sides of the cuboid isolates the inside structures with the outer world. The sizes of the six parallel square frames inside are decreasing downwards. The square hole on the top is to attract viewers to have a bird’s eye view of this sculpture, so that it could create an illusion of “infinity” in depth. As a whole, this sculpture indicates that something (visible or invisible) we pursue seems accessible, but is unattainable in reality. More importantly, it looks like a pathway for someone to find his/her true self, but the terminal seems endless and unattainable.

I hope that audience can have ‘spiritual’ interactions with this sculpture, try to figure out the meanings of the structures and how the sculpture reflects people’s lives. But after all, the clue I give is that we can access to the destination for recognizing our true selves, but it will always be unattainable.

Tao Tao, born in 1995, kept a self-learning attitude before she entered School of the Art Institute of Chicago in Spring 2014.

Kelly Wantuch

kellywantuch.com

Water Abstract One (2014)

8 x 10

Digital Photography on Metal

\$200

Water Abstract Two (2014)

8 x 10

Digital Photography on Metal

\$200

Water Abstract Three (2014)

8 x 10

Digital Photography on Metal

\$200

Humans are made up of more than sixty percent water. We can not live life without water. Water represents the unconscious and our dreams. Water can be soft and gentle and it also can be strong and destructive. Water can also symbolize a rebirth of oneself. Water is life. My underwater abstract images represent life. Like water, we are constantly moving and changing our perception of things that helps us evolve into our true self.

Kelly Wantuch is an award winning artist based in South Bend, Indiana. Kelly works in photography, printmaking and oil painting. Kelly has exhibited through out the United States. Kelly says: "My photography is done on a very intuitive level. I'm not sure I can explain how or

why I see the images I do and capture them because they seem to come through me, like an energy. Many people see many different things in my abstract work and I love the viewer to experience my work on their own personal level.

Life Force Arts Manifesto **By Joan Forest Mage**

- 1) We call for a community of artists and audiences to boldly acknowledge, explore and activate the spiritual power of the arts.

- 2) The spiritual power of the arts affects EVEYRONE. By spiritual we mean the non-material, including the human spirit, universal energy and mystical experience. Every culture and human being ever known has been powerfully affected by the arts. It is a huge disadvantage to lack awareness of the spiritual dimension of the arts. Everyone can benefit by understanding and utilizing the spiritual power of the arts, including what we call the Art Continuum (from perception to expression to art) to be aware of how they are affected by the spiritual power of the arts, and to take charge of consciously activating this power for the highest good of themselves and the planet.

- 3) The spiritual power of the arts is the elephant in the living room for modern people. All art is inherently spiritual. Yet, modern people, including many in the art world, shy away from discussing the spiritual dimension of both art and human experience.

4) The arts are 100,000 years of the technology of consciousness that help us process our perception, expression and communication. The arts already have methods in place for how to perceive, express and communicate anything we need to ourselves, our fellow humans or the larger world.

5) The arts affect people so deeply because they have perfected the craft of the 3 Modes of Perception and Expression: the senses of hearing, seeing, feeling (auditory, visual and kinesthetic).

6) The Art Continuum is a continuum of experience that begins as basic perception (both of the internal self and the outer world) to expression, communication and interaction with both fellow humans and the larger community of all beings. Art, the craft of perception, expression and communication, is the highest development of this Continuum.

7) There are 4 Fields of human life that art greatly impacts: Communication, Learning, Healing and Community. There has been a tendency for these fields – education, psychology, cultural events – when they are the locus of art activity, to define the spiritual power of art for their own purposes. Vice versa, arts organizations tend to focus on the methodology of creating the art itself, though being aware (often on a subconscious level) of art's

powerful influence on learning, healing and community. We propose to stand that on its head: to ask, “What spiritual effect (human spirit, universal energy and mystical experience) does art have?”

8) In the modern world, people have looked to other fields such as psychology and education to define art’s power to affect consciousness. It is time for artists themselves to fully understand and claim the power inherent in their work, and to bring it fully into the 4 Fields (Communication, Learning, Healing and Community). The Art Continuum helps us understand the connection of basic experience, the 4 Fields and the arts, providing the missing link to allow the arts to truly blossom.

The spiritual power of the arts

- 3 Levels of spiritual power of art: human spirit, universal energy and mystical experience
- 4 Fields of human life that the spiritual power of the arts impacts: Communication, Learning, Healing and Community
- The Art Continuum – the 3 Perceptual Modes (auditory, visual, kinesthetic) that are the basis of human perception, communication, healing modalities, learning styles and cultural expression, and that at their highest level of development are called “the arts”
- 4 Types of spiritual art: Informational, Instructional, Transformational and Cultural

“What is the difference between play, ritual and art?”

All of them are about the other world, but play is about inventing other worlds, ritual is about invoking other worlds, and art is about fabricating other worlds.” Ellen Dissanayake

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, Mara Goldfine, Phillip Scheznick, Margarete Bobo-Dancy, George Plowden, Kat Kidwell, Colleen Koziara Joan Forest Mage, Yvonne Nieves, 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

Catalog design by Maggie Baker

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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.

Life Force Arts Center presents an average of 20 events each month, including performances, workshops, lectures and ceremonies: a total of over 1000 life-transforming events since we opened, with 500 presenters.

Life Force Wheel: The True Self is our 25th juried art exhibit in our 6 years of operation. Our shows are based on themes related to the connection of art and spirituality, and run from 2 - 4 months each. Our Art Gallery has featured the work of 132 artists from throughout the U.S. and the world, including France, England, Ireland, Canada and South Africa.