

Life Force Wheel: The Witness & The Artist

Exhibit Catalog

Art Exhibit—Performances—Events

January 31 — April 8, 2014

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

Life Force Wheel:
The Witness & The Artist

Opening Reception

January 31, 2014

Closing Reception

April 8, 2014

Free admission to exhibit &
Opening and Closing receptions

Artists Featured in The Witness & The Artist

Steven Blaine Adams

Steve Baltrukonis

Sharon Bechtold

Calaj

Fred Casselman

Cortez Curtis

Mariela de la Paz

Kurt Fondriest

Dorothy Graden

Terry Hall

Colleen Koziara

Thom Lausch

Karin Levitski

Demetria Nanos

Lauren Pitasch

Liz Tuckwell

About The Witness & The Artist

Both the Witness and the Artist work with the Skill of Perception, the first of the 4 Skills of the Life Force Wheel. The Skill of Perception involves knowing what one thinks and feels: being alive, feeling, conscious, sentient. It is about sensing what one is experiencing in both one's inner and outer worlds. This is the most basic skill; one cannot do the other three Skills of the Life Force Wheel without mastering Perception. The Witness is about observing from one's own perspective. It is the place where one is fully in touch with and experiencing one's own thoughts and feelings, not shutting them out. It is the place of "beginner's mind", of being open to experience moment-by-moment. The Artist is the person who expresses what s/he thinks and feels. The Artist has the craft or skill of formulating what s/he is experiencing into a statement in words, dance, music, visuals, etc. The Artist apprehends energy from the Otherworld and fabricates it into an expression in the physical world. The Witness develops into the Artist when he or she is inspired to express his or her thoughts and feelings.

If one thinks in terms of the Skill of Perception having a receptive ("Yin") and an active ("Yang") form, the Witness would be receptive, being open to perceiving his or her thoughts and feelings; the Artist would be active, expressing his or her thoughts and feelings. The Witness & The Artist is the second a series of shows called Life Force Wheel. This year-long, six show series of art exhibits and multiarts presentations explores the deep Archetypes of human existence. The Life Force Wheel is a spiritual teaching based in ancient, universal wisdom, received through inspiration by modern shamanic practitioner Joan Forest Mage. The 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 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 Green Man (2014)

15 x 16 x 9.5

Plaster of Paris Mask with antlers, pine cone, moss, silk leaves, and peridot
\$400

The Green Man is interpreted as a symbol of rebirth and represents the cycle of growth each Spring. Also known as The Stag King, Cernunnos, Lord of the Wild Things, Kernunno, The Old One, Verdant One, he is a nature spirit and all of nature sprouts from his fingers. The Green Man is thought to symbolize the triumph of life over winter and death and the union of the divine and the animal. He is the personification of the life force energy in animals. He is usually portrayed with antlers, seated and cross legged, in a meditative or shamanic position, traveling between the imaginary realm and the physical world (mystical knowledge).

I chose to create an image of the Green Man because healing nature is my main motivation for creating my art. Through art, I seek to bring people back to nature for balance, healing, and energy. Green Man is the voice of inspiration to the artist who is committed to Nature.

I enjoy creating artwork in the form of masks. The anonymity of a mask allows the wearer to become something other than his or her usual self. It creates sacred knowledge, opening the doors to creativity and allowing the person to come out of him or herself, transforming into limitless possibilities.

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.

Steve Baltrukonis

www.drawnwithfire.com

Heisenberg (2013)

8.75 x 11.5

Pyrography

\$200

Over the course of the extensive run of the television drama *Breaking Bad*, viewers witnessed actor Brian Cranston portray a man named Walter White. From its very first episode, his character evolves from one archetype (as embodied in the Life Force Wheel) to the next. Beginning as a high school chemistry Teacher himself, he is a man threatened by inoperable lung cancer (Phoenix Archetype) He changes, and cooks meth to support his family. In the show's own words, he is an Artist, and his medium is chemistry. He is not a cook as much as a gourmet chef. But when tough choices arise from his new profession, the walking cipher finds himself wearing new masks as new situations arise. He is a Companion when his brother-in-law lays wounded in a hospital bed, a Warrior when he must protect his family, a Sovereign who built an empire, and a Teacher once more who passes down his craft to retire. When one day he reaps what he has sown and his new path brings an irrevocable bedlam to the lives of those who surround him, he patiently waits until the day where he may manifest the Healer to fix the lives ruined in his path.

***Road with Man and Boy* (2014)**

8.25 x 10.25

Pyrography

\$250

Ubiquitous to the point of near invisibility, the homeless witness a side of society so few concern ourselves with. It is much easier to lock a car door while stopped at a light or to simply avert one's eyes when walking by someone who shakes a cup in a time of need than to offer help. Americans, in particular, are guilty of this selective blindness. Most assume in an economy where success is measured by a person's financial gains that the person sleeping in a park did something to wind up there. If they had made better choices, the passerby thinks, that homeless person could be a captain of industry. This places our homeless in a very unique position. They Witness people who see their need every day. They Witness a world where many treat them as though they are not humans like anyone else.

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.

Sharon Bechtold

sharonbechtold.com

***My Life, My Masterpiece* (2014)**

25 x 37

framed Digital Print

\$250

To live fully To hold desire As the instrument of my creation, To follow the pull And glide steadily Upon the canvas of time, Is to Live my Masterpiece. The silent time spent Creating shamanic art Following the unfolding vision Led by spirit Listening to the wisdom Imparted throughout the process Then releasing the energy—the artwork This is my Journey Every day.

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.

Calaj

www.calaj.com

Series 7 — painting #4 (2013)

38 x 70

Oil on Canvas

\$2400

Calaj is the collaborative art duet of contemporary painters Janet Trierweiler and Matthew Schaefer, an artistic pairing sharing philosophical discoveries, technique and process. Their practice includes abstract, figurative and conceptual ideas. As individual artists, Janet and Matthew have exhibited at numerous galleries and shows throughout the Chicago area. They are faculty artists at Evanston Art Center. "Working together minimizes personal expression, making visible the evidence of relationship, nature's enigmatic adhesive force. The disciplined practice of the

techniques we have developed manifest an illusive world within the canvas. This other world, or volume, draws us into an unfathomable perspective. In this ungrounded state lies an experience of refreshing vulnerability and psychic relaxation. Our desire is to bring this state of mind, this soft gaze, to life, inviting the natural occurrence of an ambiguous perspective into our paintings.”

Fred Casselman

www.earthecho.com

The current exhibit corresponds to the Imbloc cycle on the Wheel of the Year. My two art pieces honor and bear witness to Imbloc and to Brigid, the saint and goddess of Imbloc. I hold a special place in my heart for Brigid--she's been a loving companion to me on this Earthly journey. Both these pieces reflect The Artist as Witness: singing the beauty of the ethereal dimensions while dwelling in the physical world. Spirit of love, come, open our hearts to the ways of awakening and enlightenment.

Window (2013)

22 x 29

Inkjet on Rag Paper on Aluminum

\$375

"Window" depicts an old and faded window frame, representing Winter. But through the grimy window glass, one can see the lush, bountiful Spring close by on the near horizon.

Clover and Fern (2013)

23 x 23

Inkjet on Rag Paper on Aluminum

\$330

"Clover & Fern" is infused with the texture and presence of the Nature Spirits. Lush greens represent the fresh burst of life soon to be upon us. Here's to you, Brigid!

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*.

Cortez Curtis

www.cortezcurtis.com

Peeking Lady (2011)

16 x 24 framed

Acrylics on Canvas

\$1,400

This piece focuses on a curious lady peeking at life through a curtain, hoping to change people and things to make a positive transformation. She is looking for initiative to apply to the act of taking the first steps in a process, without knowing what will follow.

I see (2012)

36 x 36

Acrylic and Oil

\$2,000

This is a painting that came in the form of a story of a man in pain who is looking for help. He has witnessed something that made a tear come to his eyes.

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 an 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 Artez 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."

Mariela de la Paz

www.marieladelapaz.com

The Toad (2001)

58 x 31

Giclee print on canvas

\$1,600

The high priestess, in an expanded state, makes an offering of smoke to the spirit world. She sees her reflection in the smoke. The Toad, also known as 5MeO, is one of the most revealing and spiritual transforming Sacramental substances available to humanity. It is often experienced through a shattering of the ego. The priestess in this painting is experiencing a quickening of her DNA and a complete alignment of her chakras, which allows her to perceive the world of Spirit. The Witness is Her own Soul.

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

***Witnessing the Creation of Pain and Healing* (2011)**

33.5 x 41 framed

Pastels / Paints

NFS

The journey of living life in chronic pain has enabled me to witness many aspects of my life in detail. I have expanded my knowledge of the intuitive healing arts but this journey has been an act of reflecting on myself in so many ways. I have had to change things about my life, such as what I'm physically able to do. This journey of chronic pain is a "witnessing" of how I have had to change to a new way of living life by letting go of things from the life I once knew before Fibromyalgia became my companion on this journey. 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 nondenominational 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

***Transformation* (2012)**

18 x 22 framed

India Ink, Watercolor, Colored Pencil

\$215

The Shaman on the left orchestrates the trance. The floating images in the picture are people learning how to see with new eyes. They enter other dimensions to gain knowledge and wisdom and also to see within their own spirits. Returning to the human dimension, they record their experiences on the boulders below.

Dorothy Graden is an award winning contemporary artist whose art is inspired by Ancient Visions. For over 25 years, Dorothy traveled through the American west to photograph and draw prehistoric rock art. These rock art images were incised, pecked, abraded and painted on cave and canyon walls and boulders. Rock Art has been found on every continent except Antarctica. Some sites are 30,000 years old. Many of these sites hold spiritual powers, and many are shamanic. Dorothy has presented her field work on rock art at the Russian Academy of Science in Moscow and at University College Cork, Ireland. Her photographs have been published in the Theosophical Society's journal, Quest. She also presents, lectures and exhibits her drawings and ceramic sculptures at various venues throughout the Midwest and the Chicago area. She draws with great admiration, respect and humility for the ancients who inspire her work.

Terry Hall

www.tfhallphotography.com

Gathering of Light (2013)

30.5 x 22.5 framed

Digital Print

\$2,400

In this scene, the witness is aware of energy that may only be observed from a unique vantage point. In the center of the photograph, three people are gathered at a sushi bar. They are the focal point that is illuminated by the kitchen lighting in front of them, the dim restaurant lighting behind them, and the mixture of various streetlights that have been reflected around them from the glass window. The Witness may only see the complete convergence of all the light sources from the sidewalk, and must recognize this convergence upon a simple glance as she/he passes by. Once recognized, the Artist must carefully capture the image, avoiding the temptation to “correct” or “compensate” for the ambient light sources. Instead, the artist must be technically silent, allowing the light sources to form the surrounding energy of the gathering.

Urban Meditation (2013)

47.75 x 34.75 framed

Digital Print

\$5,000

Urban Meditation requires the Witness to move quickly from simple observation into the skill of perception. The subject of this photograph, perhaps even unbeknownst to him, has entered into a state of meditation. He is calm and centered even as the busy city dwellers rush past him. The witness must recognize the strong and centered energy of another individual and subsequently make the artist aware of this perception to

facilitate the correct rendering of what is occurring. The physical elements of design include the many triangle shapes created by the subject, giving him a strong foundation drawn from highly stable natural elements such as a mountain or strong man-made structures such as pyramids. While he promotes a strong and stable base, his head, left hand and right foot are completely relaxed. The subject has achieved a position of relaxation and great strength simultaneously; the artist has succeeded by capturing the individuals' connection to his surroundings.

Terry Hall is a Detroit based artist. His ongoing work in fine art photography includes subjects residing not only in the greater Detroit area community but also from other surrounding city centers in the Midwest. People and environments are significant areas of interest for Mr. Hall but he has also produced more abstract work, smoke photography being his most recent work of this genre. Other work includes volunteer photojournalism for Detroit based activist organizations including Occupy Detroit and Detroit Eviction Defense. Mr. Hall is a new board member of the Detroit based Whitdel Arts Gallery where he works to promote the growth of local and guest artists through exhibits, workshops and lectures.

Colleen Koziara

www.mysticalwillow.com

I painted all the pieces in the From the Fire Series during my two years of working in Sacred Fire Circles: an ecstatic Alchemical Experience of all night dance, drumming, music, chanting, song, etc., held in a Crucible style space, and designed to push your body to extremis and your Spirit to new heights, seeking the ancient Alchemists goal of the transformation of the base lead to the Divine Gold available to the Human Spirit.

I used my art as a sort of visual journal. A way to track and monitor my own experiences through my Journey. *Moon Silvered Visions and Dreams of*

Gold, was (I thought), the final piece in the series. The two year journey I undertook through Sacred Fire Circles was not an easy nor always a joyful one. On the contrary, during the time of this journey my entire life fell to smack on every level. Financial, Relationship, Housing, Familial...this intentional journey of mine left nothing standing... except me. And I had fought long and hard to still be standing. I, now devoid of almost everything, was glowing more brightly and seeing more clearly through that open Door than ever before, and this vision was manifesting in my art.

As opposed to the beginning, when I was being rocked and shaken by the energies to the point of pain, and seemingly without recourse, now I had become the dancer, I knew the rhythms and the places where the sound lived and how to coax it forth. I balanced, almost comfortably, on the threshold of that open Door. I knew the steps of the dance and how to integrate those steps and beats with the rainbow energy of the kundalini serpent within myself, so that all was in its proper place. To move outside of time and space was now simply a matter of a delicately and well placed step.

***Kundalini Rising* (2010)**

36 x 36

Acrylic on Canvas

\$3,000

26 people in the depths of the winter, joined tight in the cauldron to change none other than themselves. What happens when a sealed container filled with ecstatic energy and pure intent reaches the boiling point? What happens when the lid blows from the cauldron and you see within Her Eyes, the eyes of Creation, and know them for your own?

Spiritborn Neverborn Drifting
Shielded Hidden Away
Sacred Priestess Goddess Serpent

Alone yet joined with All
Here There
Now Then
Swirling Twirling Writhing
Born on the waves of drum energy song love
Connected with the Infinite
Shot through with radiant beams of light
White hot cleansing swirling snake of energy
Her Eyes burning blue into from my soul
The gentlest touch upon my head still felt
My first reconnection to this world
Two things only
Remain to remind of my trip
Inside outside of time

***Moon Silvered Dreams and Visions of Gold* (2012)**

30 x 40

Acrylic on Canvas

\$1,600

Brilliant Shining Full Moon calling to paint and imagine. All the images finally arrive, the dream comes flowing in, full and real, complete, each center in place and almost finished I am called to the out of doors so that She, Bright Silver White Lady of the Night can speak directly to my heart, and send me back to the easel to paint the luminescent path that braids each wheel into a magnificent whole.

Burned clean the colors pulse
Gold encrusted rainbow wheels of light
Each encompassing its fullest potential
Whole and complete in itself
Freed from past scars
Unattached to outcomes and futures

Moon Magic called forth
Sung within an Artist's heart
A holy creation
Life's breath entwined
Within a luminescent path of Magick
Unity Divine

The Alchemical Door (2013)

36 x 60.5

Acrylic on Canvas

\$4,000

Alchemical Door made its desire to be manifest known more than three years ago. Another Fire Circle participant and I experienced a synchronistic vision of intersecting triangles or triangular shapes during a Sacred Fire Circle weekend. I had previously completed the 'From the Fire' series, which was a two year-long journey through art that I undertook as a means of journaling my experience of Sacred Fire Circle. So I was not too surprised that the Fire had more to say. However, this piece challenged every conception I ever held about the creation of visionary art and took me far beyond anything I had done before.

'Alchemical Door' created itself. I was no more than the grateful narrator/translator of the information which Spirit chose to share with us at this time and in this place. The canvas, purchased almost three years ago, larger than any other canvas I had ever worked on before. I immediately needed to apply color washes indicating the general chakra placements, and I also completed the rough layout and sketch based upon the images that presented themselves related to our synchronistic visioning, but detail painting did not begin in earnest until 2013. The technique used is not one in which I was well versed, and I did not actually start learning it until after the visionary and creative process for this piece had begun...as if Spirit had

decided how this painting was to appear and wanted me trained appropriately before it would allow me to paint.

From the first step, the manner and timing of painting was dictated by the image itself; I was merely a witness, who provided the hand and body for the translation process. The initial layering was painted from bottom to top (the direction of liberation and cleansing, releasing into the hands of the Divine) while the detail work was required (and I do not use that word lightly) to be manifest from the top to the bottom (the direction of manifestation, bringing the Divine into being). Within this image are overlaid the journey maps of many of the world's traditions. This image is a Doorway, but not a doorway that we control. This door will take you where you need to go, not necessarily where you want to go. The message I have gleaned to this point during my time working with this image is as follows:

“There is no difference, they are all one, they are all The Door. But, a caution: do not presume to know where this Door will lead you. Pause, reflect, and take your next step with great care, for we are all children. We understand much less than we imagine and beyond this threshold our true learning shall begin.”

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

Mystic Twins (2013)

16 x 14

Stained Glass

\$150

Mystic twins are the symbol for the performing arts, the happy the sad times one has in their journey while doing art. If one thinks in terms of the skill of perception having a receptive (Yin) and an active (Yang) form. The Witness would be open to perceiving his or her thoughts and feelings, and the Artist would be actively expressing his or her thoughts and feelings.

Harmony (2014)

17” Round Stained Glass

\$200

The central Yin-Yang representing the balance and harmony I seek in my daily life and art. The outer circle forming the piece into a mandala represents the energy flowing out to the world from the Yin and Yang and also my representation of the Life Force Wheel having the main 8 points for each archetype on the wheel.

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

Karin Levitski

***Witness Through Time* (2014)**

11.25 x 11.25

Mixed Media

\$250

Witness through Time, is inspired by an ancestral spirit guide whom Karin has been working with for the better part of two years. This Teacher has encouraged Karin to look back to her ancestral roots in Lithuania and Scandinavia as well as to connect with the here and now.

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.

Demetria Nanos

www.linkedin.com/profile/view?id=61090099&authToken=KyqJ

Lightning Insemination of Semele/ The Conception of Dionysos (2013)

9 x 12

Acrylic on Canvas

\$100

The mythic tale of Semele's brief liaison with Zeus in his form as a golden shower of light has been recounted many times. Zeus had been a "dying" god in his youth, as his old cult on Crete has shown. Dionysos is a younger version of Zeus in some ways, a god of wine and intoxication, inspiration & madness, playful abandon and total devotion. Dionysos is more than the god of the vine, viticulture, theater, and freedom from the bonds others put on you – he is the god of renewal, rebirth, and the realizations of one's soul. Here, the lightning crackles as the moment of conception happens. Zeus' totemic form as a snake is shown in the lightning bolt that crosses from his blue and gold starry, electric sky-world into the very being of Semele. The golden mist that Semele experienced is shown as the golden stars and lightning in the sky; the creamy division between the blue and orchid areas suggests a peeling back of edges/borders/boundaries between the invisible-Divine and the invisible-Inner Self. The lightning snake's tongue extends into Semele's realm, eliciting a cry of passion, fear, ecstasy, wonder, terror, delight, disorientation, and laughter. The lip prints and open mouth express part of this. This moment of the god's embrace is also when her maidenhead is pierced and the conception of the next dying/reborn god, Dionysos, occurs. Semele's inner being is an orchid-lilac color, a "passionate purple", if you will. The fruitfulness of both of the gods is shown in the multi-colored grape cluster, a phallus emerging where one would expect to see the stem. Semele's inner world has floating gold/peach/lilies beginning to form, the lily being the sacred flower of Zeus. Flower petals and golden sperm move through Semele's being, while a large apricot manifests in the foreground, the cleft suggesting swelling flesh, i.e., a pregnant body or breasts filling with milk. The apricot is sacred to Hera, Queen of the Gods and wife of Zeus – she was not pleased about Semele's liaison and punished Semele with death through her own desire. Upon recognition of his godhood, Dionysos went to the Underworld to meet his mother and gave her immortality, taking her to live on Olympus with the new name of Thyone, "Inspired Frenzy".

Demetria Nanos has been an artist, writer, and gardener since she was very young. She currently does watercolor or acrylic painting, cartoon, bind-rune, calligraphy, or costume detail/trim when there is time, but she most often works with gemstones, crystals, beads, metals, shell, etc. making jewelry, as well as nature and devotional pieces. She creates original designs, does repairs, and consults with other artists. She composes poems, songs, invocations, rituals, ceremonies, and verse for others as well as herself, (including a few items in "Anointed: A Devotional Anthology for the Deities of the Near and Middle East", published by Neos Alexandria). There are many presentations regarding myth, history, archetype, and metaphor at special events that she has done over the years. Her astrology and Tarot practice/research continue to inform much of her current artwork and writing. Her study of astrology and astronomy began around the age of seven, and She has been looking to the stars ever since.

Lauren Pitasch

www.intothelightacupuncture.com

Shadow and Sight

26 x 38 framed

Charcoal Drawing

\$400

Shadow and Sight is about what and how we see, depicting our perception of what we witness - left eye, right eye, our Shadow, light and dark, our masculine, our feminine.

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.

Liz Tuckwellwww.liztuckwell.com

As we navigate our external landscape we are often several steps ahead of ourselves. What this means is that our reality is most often a result of our internal landscape; an invisible driving force that is the predictor of our experiences. The invisible/interior world sends and receives so much information out into the world that we live in. Yet we often diminish this aspect of ourselves and believe that the world we live in is a result of the material and external forces that exist within it. This moves the power over our own lives to a force outside of ourselves. As an Artist I navigate often in the world of the invisible. I bring emotions, thoughts and experiences into material form via colors, brush strokes and composition of the work itself. I rarely plan out a painting, but yet allow the painting to unveil itself to me. I know that by finding a balance with my internal and invisible self and the materials and external tools available to me, the work can be revealed in its full honesty.

Golden Mean

24 x 36

Oil on Canvas

\$800

The Golden Mean is about being in the balance of co creation. Finding peace inside by surrendering, letting go and allowing the magic to guide you. We form ideas from the unknown and we create actions based on the known. One without the other leads us down shallow paths, but to find the balance, the Golden Mean and the divine harmony allows for the highest road to unfold on our paths.

Spanish Dancer

53 x 44

Oil on Canvas

\$1000

The title Spanish Dancer reflects the ebb and flow of the dance. In life, as in dance, it is essential to let go and allow the invisible force of the divine dance to unfold. This painting reflects the magic within that experience.

Liz Tuckwell is a painter currently living in Chicago, Illinois. Shortly after graduating with a BA in Spanish from Earlham College in Richmond, Indiana, she relocated to Amsterdam, The Netherlands where she dedicated herself to her artwork and her love of travel. After nearly ten years of creating art abroad, she returned to her hometown of Chicago in 2005. The main focus of her work is oil painting, which can most accurately be described as Abstract Expressionism. Liz says, "I truly began my painting career while living in Amsterdam with little more than cheap oil paints from a local Dutch market, a potato knife and paper. Later, I discovered the use of brushes, I discovered the canvas and the story begins to write itself from there. My paintings are stories that burst forth from within me, oftentimes telling me a story about myself. If we see art as an investigation into being, then my paintings are my investigation into my being; I paint what I feel, or rather what I am feeling comes through on each canvas."

Acknowledgements

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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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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.

