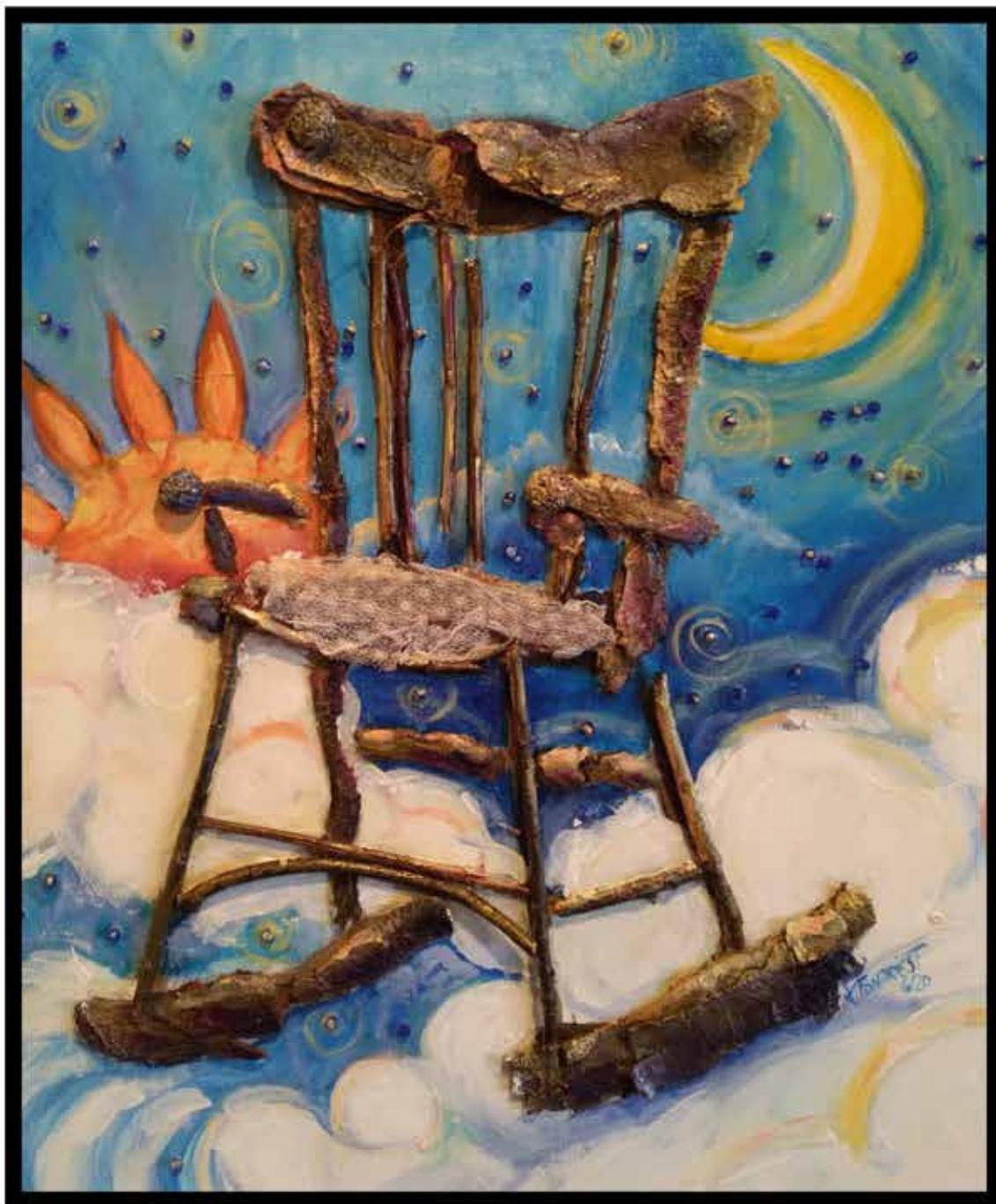


Exhibit Catalog
The Soul's Home

October 23, 2021 - January 31, 2023

*The Second of Two Multidisciplinary Arts Shows Exploring the True Self
and its Authentic Expression as Part of a Creative Community*



The Great Grandmother Rocking Chair of Creation (c) Kurt Fondriest

LIFE FORCE ARTS ENSEMBLE

1609 W. Belmont, Chicago • 773-327-7224 • LifeForceArts.org

The Soul's Home

OPENING RECEPTION

Saturday, October 23, 2021, 7 - 10 PM

Free Admission to Exhibit & Opening Reception

***View LFAE's Current Art Exhibit At
Our Many Events, Or By Appointment***

LifeForceArts.org

773-327-7224

FEATURED ARTISTS IN *The Soul's Home*

Steven Blaine Adams
Linmayu Appavu
***Beth Budesheim**
Mary Burton
***Joan Castro**
Barbara Ezell
Kurt Fondriest
John Henderson
Pat Heydlauff

Marilyn Hrymak
Colleen Koziara
Jessica Kronika
Thom Lausch
Tanzen Lilly
Lorraine Moretti
Karlene Mostek
Lisa Nomikos
Sujata Tibrewala

***First Time LFAE Exhibitor**

The Soul's Home

The second of two multidisciplinary arts shows exploring the True Self and its authentic expression as part of a Creative Community.

Celebrate your Soul's Home, the place you can express your True Self, as **Life Force Arts Ensemble** presents the art exhibit and multidisciplinary arts show ***The Soul's Home***, running October 23, 2021 – January 31, 2023 at **Life Force Arts Center**, 1609 W. Belmont, Chicago, IL 60657. Opening Reception is Saturday, October 23, 2021 from 7 – 10 PM. Exhibit hours are during events at **Life Force Arts Center**, and by appointment. Admission is free to the exhibit and Opening Reception. Workshops and performances related to the theme will be presented as part of the show. For more information, please contact Joan Forest Mage, Artistic Director, 773-327-7224, joan@LifeForceArts.org.

The Soul's Home. The place you can express your True Self is your Soul's Home. Every human being is meant to be embraced by a Creative Community that loves them for who they are, and encourages them to flourish. This Community or Tribe values, nurtures and integrates the in-born gifts, talents and unique mission that the person is designed to accomplish in their lifetime. Each individual in the Tribe is appreciated for their contribution to the community, and is respected as an indispensable part of the community. In this show, participating artists have the opportunity to express their experiences and visions of the Soul's Home through their artwork, encouraging the viewers to discover their own Soul's Home.

The Soul's Home is the second of two exhibits presented by **Life Force Arts Ensemble** based in the **Life Force Arts Method (LFAM)**, a powerful psychological and spiritual tool for understanding and building positive relationships from one's inner world to the outer world. ***The Soul's Essence*** (February 1, 2020 – September 17, 2021) explores the True Self (Soul), which is a person's individual energy field, their in-born gifts (talents) and the unique mission they are designed to accomplish in this lifetime. ***The Soul's Home*** (October 23, 2021 – January 31, 2023) focuses on the Creative Community, the tribe that embraces, nurtures and values each individual's True Self, gifts and mission. The exhibit features a wide variety of media including painting, photography, sculpture, mixed media and installation. **LFAE's** art exhibits create the sacred space for their performances, which combine dance, vocal and instrumental music, acting, storytelling and poetry as healing ritual infused with transformative power to heal and enlighten.

Life Force Arts Ensemble (LFAE) is a company of healing-teaching multidisciplinary artists who channel powerful spiritual energy to catalyze personal and societal transformation. Based in the **Life Force Arts Method**, a modern version of universal wisdom teachings that value true self and creative community, **LFAE** creates Sound Healing Theater performances and multidisciplinary arts workshops in the sacred space of our visual art exhibits.

Steven Blaine Adams

[facebook.com/stevenblaine.adams/photos](https://www.facebook.com/stevenblaine.adams/photos)



Sacred Path Smudge Fan

(2021)

Painted Turkey and
Various Feathers,
Leather and Wood

16 x 8

\$250

Sacred Path Smudge Fan

The smudge fan is a sacred and shamanic tool used for smudging with incense, for healing ceremonies, for sending prayers and energy and also to dance with. The smudge fan clears energy for a sacred pathway.

This fan is made of turkey feathers. Native Americans called the wild turkey the Earth Eagle. Turkey is a symbol of abundance. Feathers are a symbol of freedom and the element of air, connecting Mother Earth and Father Sky.

The smudge fan is a wonderful way to connect with the spirit world and also to protect your sacred space.

Linmayu Appavu

www.attractionmanifestors.com

Microcosm

(2021)

Photo on Canvas

18 x 36

\$247



Linmayu Appavu

www.attractionmanifestors.com

Microcosm

This photograph was taken on a sidewalk on Indiana Avenue, a little bit south of 32nd Street, near where I live, as I walked one morning and the light hit these tiny plants, growing unnoticed in an almost-perfect circular hole in the sidewalk, just right.

I don't know what kind of plants these are or how they got there or what caused there to be a hole in the sidewalk where plants can grow. But when I looked down and saw it, it immediately spoke to me of the growth and development, still in progress, of my work in the world and my own creative community. Underground, overlooked, officially not supposed to be there at all - but as of yet, no one had poured herbicide on this tiny botanic community.

The messages on the canvas—in plain black ink, legible only from up close—are treasured messages I have received over the years from spirit guides and from some of the people in my Creative Community. The soul connections I have made since returning to myself in 2007 - those relationships and connections that have nurtured my spirit, seen and loved me for who I am, and supported my work in the world—grew around me organically like random plants in a hole in a sidewalk. No one told them to ally themselves with me; they simply did. They know who they are. I could not have predicted or planned for meeting any of them.

The circle is an extremely important shape in sacred geometry and is the basis of the work of Shematrix, a collective of men and women with whom I work and attend events and whose mission is to ignite global awareness of the mysterious interconnectedness of all life, and to cherish each individual as a gateway to infinite possibilities. There is no hierarchy in a circle; the circle depends on every point in its circumference for its strength, and no point is more important than any other.

This is true freedom.

This is true equality.

I have attended and presented events and retreats based on the circle since 2007. The circle saved my life, kickstarted my spiritual journey, and made me an artist. And of course the Life Force Arts Method Wheel is also a circle, with its four quadrants and the Wheel of the Year spiraling onwards into eternity, ever-deepening.

Being seen, understood, and valued for who one actually is - that's a rare gift, but not nonexistent. If you haven't found it yet, I encourage you to go deeper into THAT direction - the road you were told you must never travel, but there's something inside you that simply refuses to stop asking "What if?"

FIRST TIME LFAE EXHIBITOR!

Beth Budesheim

www.bethbudesheim.com



Light of Being

(2006)

Giclee Print on Canvas
with Hand Painted Artist
Embellishments

12 x 15

\$350

Light Of Being

Within the forest she finds home both within and around her. In this place where she can re-center and relax, all her senses are soothed and nourished. The spirits of the place reveal themselves; the relationship is opening and deepening. This piece explores contemplation in nature, opening to nature's wisdom and our own inner truths. Fairies, nature spirits, Source, opening to channel and knowing oneself as supported by and connected to other dimensions.

FIRST TIME LFAE EXHIBITOR!

Beth Budesheim

www.bethbudesheim.com



Nature Time

(2018)

Giclee Print on Canvas
with Hand Painted Artist
Embellishments

12 x 18

\$370

Nature Time

The elements, colors, creatures and sacred geometry of Nature are her home. She lives here, this being of light and healing. She invites you to come. Receive. Be nourished. Be revitalized. Feel your energy flowing, your heart gem sparkling and find your place of home.

Mary Burton

marybearart.com

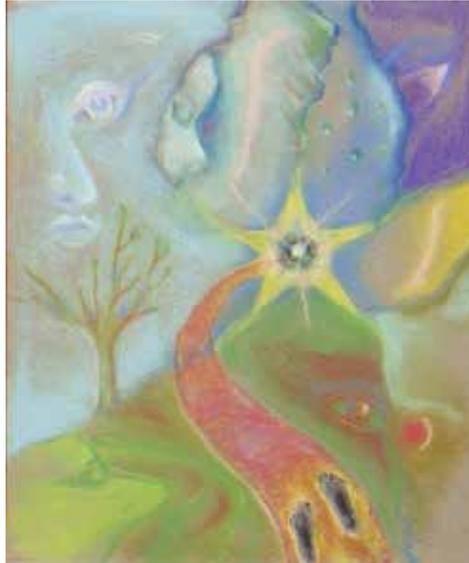
The Path

(2020)

Pastel on Paper

16 x 20 Framed

\$180



The Path

The Path is an intuitive work which depicts the first steps on the journey to the soul's greater home. The five pointed star is the doorway. The faces, helping spirits, nature (landscapes and animals) look on and give support and messages for the journey.



Sri Yantra

(2021)

Watercolor on Paper

22 x 22 Framed

\$600

Mary Burton

marybearart.com

Sri Yantra

I was introduced to Sri Yantra by Sujata Tibrewala in her class Mandala reinvented here at Life Force Arts. What started as a challenge evolved into discovery, and then a long exercise in devotion to the form. A Yantra is a geometric design in two or three dimensions, a sacred instrument for supporting meditation to achieve spiritual liberation (see <https://www.gaia.com/article/what-is-the-power-of-shri-yantra>). Sri Yantra has been called the “queen of yantras”. It is a representation of the Great Mother, the deity known as “Tripura Sundari” which means “She who is beautiful in the three states of Consciousness”, also known as “Queen of the three Worlds,” “Lalita,” and other names. She is one of the ten wisdom goddesses in the Sri Vidya tantra tradition (https://en.wikipedia.org/wiki/Tripura_Sundari).

The Sri Yantra represents the universe, the body of the goddess, shakti (divine female energy, spirit into matter and form) (represented by the downward pointing triangles), which partners on every level with shiva (divine male energy - pure formless consciousness) (represented by the upward pointing triangles).

The center of the Sri Yantra is the bindu, the point around which the yantra is constructed. As one mystic stated: “Out of the Bindhu or causal state, are manifested light and sound, which appear on a formal plane as form and name.” This is the point of creation. Shakti(s) (goddess(es) are represented by the downward pointing triangles. The aspirant is represented by the upward pointing triangles going outward as greater and greater levels of realization is reached. The aspirant grows into realization of the Divine Mother and in achieving a one-pointed mind, “merges into the indescribable Beyond, which is the Mother.” (quoted in <https://janeadamsart.wordpress.com/tag/vedic-wisdom-glyph/>).

Thus, one can mediate going outside in as well as going from the bindu outward. For example, the outer square represents the earth element. The protrusions in the outer square are the gates of the four directions, the entry points of the yantra. The yogi meditates on the outer square to master mundane emotions, such as anger, fear, and worldly desires. Going further inward, three outer circles represent past, present and future. Inside the first ring are sixteen lotus petals representing the ten organs of perception and action (tongue, nose, mouth, skin, eyes, ears, feet, hands, arms, and the reproductive organs), and the five elements: earth, water, fire, air, and space. The sixteenth petal represents the mind, which gathers and interprets information from the forenamed organs of perception and elements. In the next ring is the eight-petal lotus, and each petal governs a specific activity: speech, grasping, motion, excretion, enjoyment, revulsion, attraction, and equanimity. Within the inner lotus is the first set of interlocked triangles. Those that point upward represent the masculine principle, downward represent the feminine. These triangles also represent qualities and Shaktis. (see <https://www.gaia.com/article/what-is-the-power-of-shri-yantra>).

As far as placement of the Sri Yantra, according to Vastu (an ancient practice of divine architecture and predecessor to Feng Shui), after consecration by a ceremony, the Shri Yantra should be placed to face East. Sri Yantras are often made of gold plated copper and cleaned by milk or rose water. I noticed that in constructing the Sri Yantra on paper, it benefited greatly from application of high quality German mica metallic water color paint.

There are many methods for creating a Sri Yantra, using a compass and a ruler. I feel that I learned more from creating this image than many other things I could have made.

Just viewing the various Sri Yantras and research while creating this image has been a healing and revelatory process. Who knew that these triangles hold the secret of everything?

FIRST TIME LFAE EXHIBITOR!

Joan Castro



The Small Magellanic Cloud

(2021)

Oil Pastel and Glitter
On Sanded Paper

12 x 15 Framed

\$500

FIRST TIME LFAE EXHIBITOR!

Joan Castro

Small Magellanic Cloud

When I first saw the call for submission for art for the exhibition *The Soul's Home*, I was compelled to submit this piece, even though I have never submitted anything to Life Force Arts Center before. This is what I call a "spacescape," my interpretation of a NASA image of somewhere in the Universe. This happens to be the Small Magellanic Cloud, but the point is not this particular piece of the Cosmos, but the Cosmos itself. My Soul feels most at home when it is floating, sailing, flying through SpaceTime, connecting with the vastness of the Universe, connecting with its consciousness, connecting with the galaxies, stars and nebulae, as well as with the subatomic particles, gas and dust that comprise them. And I know that even though I am a speck within the schema of the Universe, I am nevertheless an integral part of it.

Barbara Ezell

<https://www.etsy.com/shop/Barbezell>



*In My Mother's House
Are Many Mansions*

(2021)

Mixed Media

15 x 3 x 14

\$2500

Barbara Ezell

<https://www.etsy.com/shop/Barbezell>

In My Mother's House Are Many Mansions

Seeing *the Soul's Home* from a trajectory of many mansions. I've titled the piece "In my Mother's House, there are Many Mansions" turning the phrase of Jesus into another aspect of Creator, the Feminine. I have created a wing of 12 rooms and the guiding spirits, archetypes, myths that inhabit and move through them. These are of course, part and parcels of self for these indeed move through and are part of me. I call them pieces of the grail for it is the search of lifetimes to uncover one's own Grail of the Heart towards Oneness. The Kingdom within.

Materials: Shadow Box, hand painted. Collage backgrounds, Tin jewelry mystic muse made from decorative metal tin, metallic filigree, rhinestones, antique bronze hand charm, Misc. various charms, (globe, rejuvenated jewelry parts, etc. Owl and Raven Bird animal figurines. Twigs, Pyrite, crystals, and miniature books.

The Rooms:

1 & 12, The Allies: Starting and ending with some animal allies I am drawn to, the snowy owl and blackest raven, and the wisdom and shadow side and secrets they teach me. Pure white and pure black they conjure up realms of soul for me. Alpha and Omega

2. Incarnation – Who am I this time? Images of myself through time

3. Renaissance – Life as perpetual rebirth. The pursuit of knowledge and beauty, blossoming spirit.

4. Divine Guidance – whimsical look at help from the spirit realm

Barbara Ezell

<https://www.etsy.com/shop/Barbezell>

5. Karma – Grief and revenge heavily toll over the ages in these images. Kriemhild/Gudrun, from Germanic/Norse myth and legends.

6. Explorer – Navigating inner and outer realms. Climbing heights and digging deep, often unearthing fool's gold. All that glitters...learning to use that inner compass.

7. Cycle of Time – To everything there is a season and a time for every purpose under heaven.

8. Inanna – Sumerian/ Mesopotamian myth of Inanna/Ishtar and representing all myths of the fall. The 5500 year-old myth of Inanna and her descent into the underworld. Abandoning heaven and earth she descends and casts off trappings – dies to Self and is born again (my own interpretation).

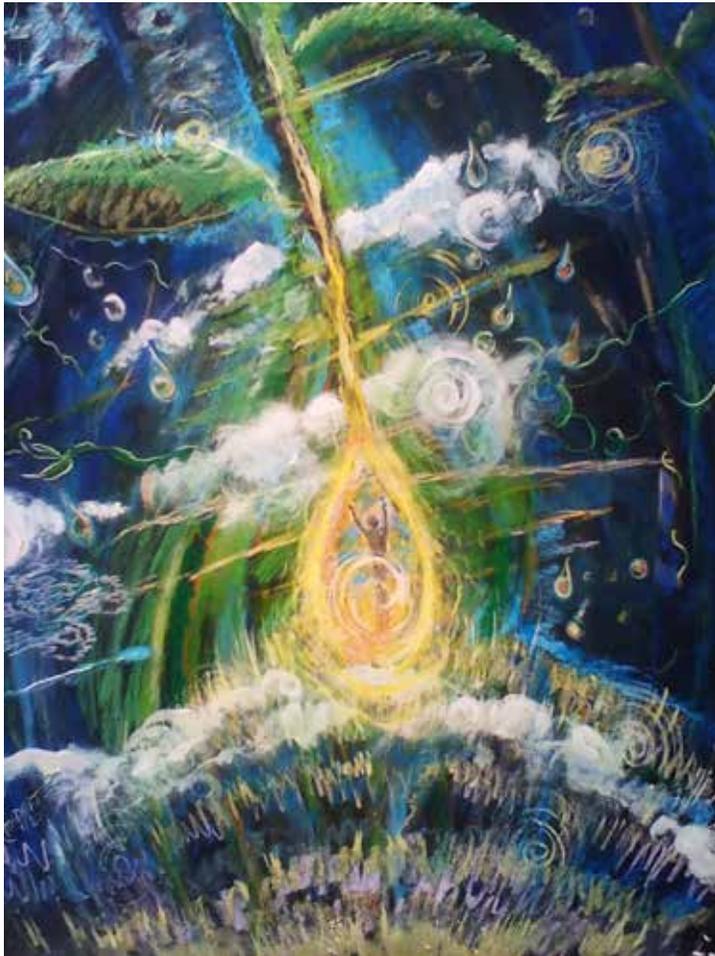
9. Subliminal – Deep dive into unconscious. Be still and listen. Let those hidden, unknown parts emerge. They will rise up and blossom from the mud, the depths. Embrace all.

10. Ancestry – Out of Africa we walk upon Earth

11. Deep Woods – As an archetype – another symbol of the unconscious and transformation. The deep woods as threshold to the underworld. “Into the Woods” in fairy tales. The heroine must go through the dark forest, along twisted paths, into the unknown to pursue her quest. Deep woods as survival path in nature, domain of Baba Yaga, and the wisdom of the crone. Chop wood; carry water. Satori. Image here of Matrona, who makes her nesting dolls deep in the birch woods. One inside the other - something always hidden.

Kurt Fondriest

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>



*A Soul Returns for Another
Earth Journey*

(2020)

Pastels on Paper

18 x 24

\$300

The Soul Returns Home for Another Earth Journey

This piece is created in my usual symbolic visual language style of storytelling. Our soul has the opportunity to return from the state of spiritual home to have another physical experience. Why does one soul decide to make another earth journey as another decides not to? For me it is our spiritual quest to experience as much from this walk of life as we are able to. Some individuals reach the level of being in a state of creation. By this I mean each experience we have had in life we share with the divine source when we leave this physical plane. The concept of creation still creating and expanding its own understanding through individual experiences is an tessential branch on my tree of life and faith.

Kurt Fondriest

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>



The Great Grandmother Rocking Chair of Creation
(2020)

Mixed Media, Bark, Beads, Acrylic

16 x 20

\$425

Kurt Fondriest

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>

The Great Grandmother Rocking Chair of Creation

The Great Grandmother Rocking Chair of Creation is a spiritual piece about our soul's lineage. Before we come into the physical world, a time of nurturing happens. I share this idea through this piece by the use of both symbolic and physical imagery. The rocking chair is symbolic of our ancestral matriarch, the grandmother who is experienced in our own unique relationship. The concept of symbolic storytelling is a familiar tone in my artwork. The imagination starts to entertain how does this grandmother look? We project our own sense of physical, spiritual and mental identity within this process. The great grandmother rocking chair of creation enables us to expand our awareness on our soul's journey from its most original state to our physical level on this walk of life .

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Abstract
(2020)
Unknown Wood
14 x 9 x 1.5
\$250



Bear
Soapstone
6 x 3 x 2
\$150

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Cleo's Asp

Dyed Conifer Laminated
Wood on Poplar Back

23.75 x 5.5 x 2

\$200



Coyote

Mahogany

8 x 3 x 1.5

\$100

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Dancing Couple

Soapstone

3 x 1.5 x 5.5

\$150



Fertility Goddess

Unknown Wood

8 x 2.5 x 2

\$200

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Goddess of Infinity

Unknown Wood

17 x 4.75 x 1

\$350



N.W. Native American Beaver

Butternut

10 x 3 x 3

\$200

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



Corn Maiden

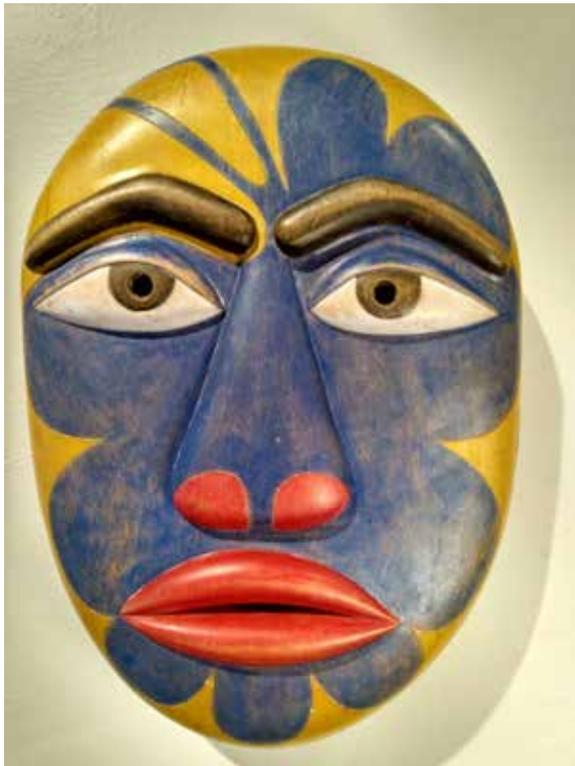
Soapstone

5 x 2 x 1

\$100

John Henderson

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>



North American Moon Mask

Dyed Maple

11 x 8 x 2

\$250



Parrot Pipe

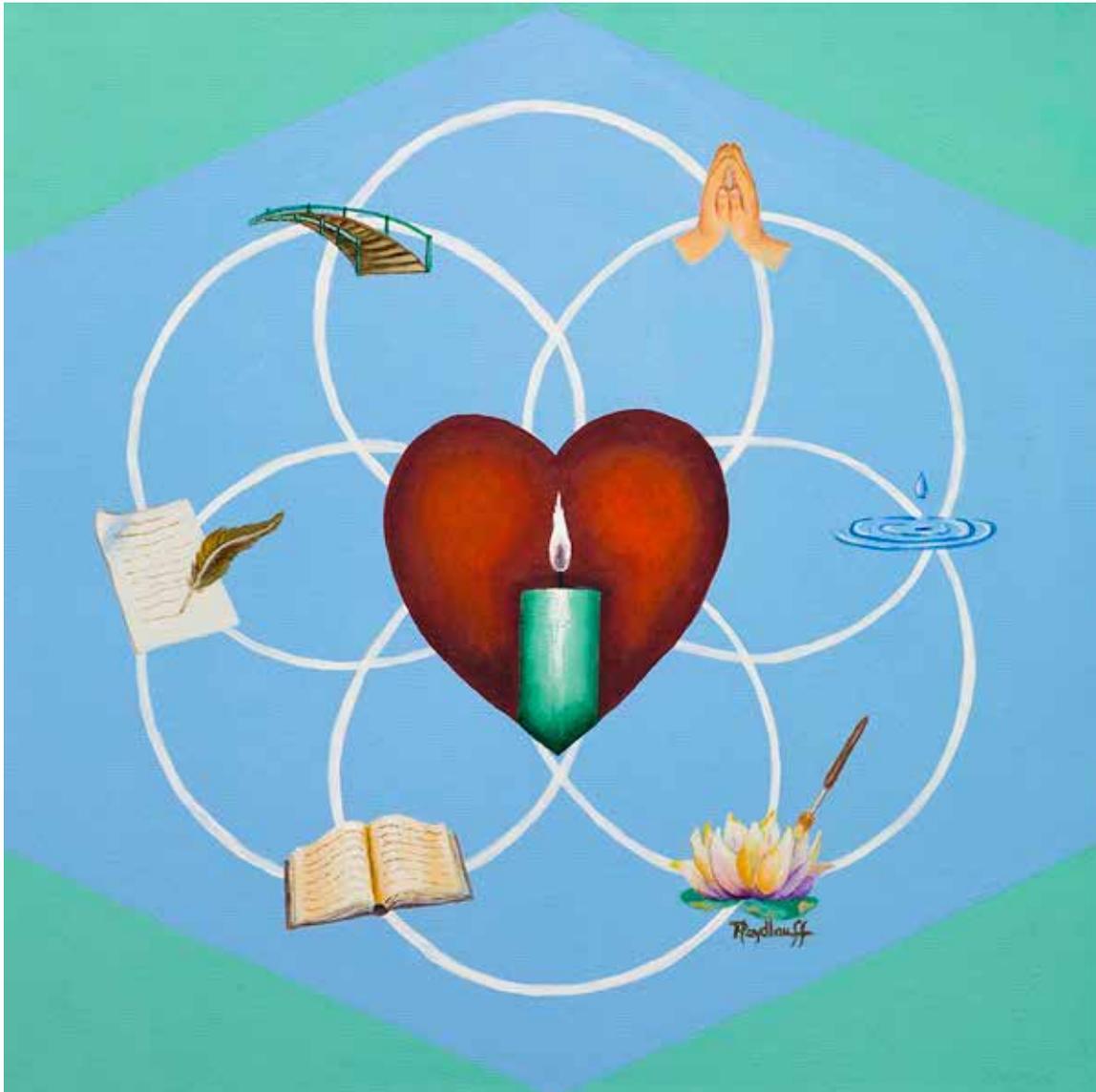
Soapstone

6 x 2 x 1.5

\$50

Pat Heydlauff

www.spiritualartwork.net



Finding Home

(2020)

Giclee on Canvas

20 x 20

\$425

Pat Heydlauff

www.spiritualartwork.net

Finding Home

Finding Home, the artwork I've submitted is a gallery wrapped canvas giclee of my acrylic original. Finding Home tells the story of my spiritual journey to find my Soul's Home, heart center or what I call my 100% connection to our Creator. It depicts the energy of my soul center from the beginning of my journey to the end, the same journey that many have and will travel.

It begins with sacred geometry, the six-sided hexagon which represents harmony, balance, sincerity, love, truth and light which leads to enlightenment. It is thought to be one of the most powerful and fascinating shapes and is found throughout nature, organized religion and spirituality. I created a six circle Mandala within the hexagon to emphasize the sacred circles of creation with the Soul Center securely cradled within the heart.

Each station around the Mandala represents the path I took to reach my heart center. Like others, I began looking for a bridge to get me to the other side but didn't know how to cross over to find what I was seeking. I began in prayer and also adopted the meaning behind prayerful hands of Namaste being used honoring the divine in you but I also quickly realized I needed to honor the divine in me. It was a natural transition to begin quieting my mind using mediation and creativity. Creativity comes in many forms, music, dance, theater, sculpting and painting to name a few. But for me my quietest time comes when I'm working with paint, brush and a canvas. I became a voracious reader seeking the truth and the way in books and journaling. But in reality, I was back where I began, at the bridge. It wasn't any one thing along this journey that helped me cross the bridge to my Soul Center and find enlightenment. It was discovering that all I had to do was seek and my eternal flame was always there to show me the way.

It is difficult to hear our small quiet voice within and find peace when we live in a world of cement cities, noise pollution, electronic bombardment and isolated environments. My passion is for my artwork to open up a world of possibilities the viewer may have never considered before and find truth and peace within

Marilyn Hrymak

<https://www.facebook.com/BabaYagaCreations>



Goddess Language

(2020)

Mixed Media
on Fibre Base

16 x 20

\$495

Marilyn Hrymak

<https://www.facebook.com/BabaYagaCreations>

Goddess Language

This piece of art is a tribute to Marija Gimbutas and her research, courage and hard work that interpreted the language of the Old European societies. Shown are fabric representations of artifacts created by peaceful and earth loving societies. The artifacts communicate with a symbolic language that Gimbutas unearthed, documented and shared. I will describe the artifacts starting from the top left.

The mammoth tusk Earth Mother figure of the Kostenki Culture near the Russian Don River is considered one of the best creations from the Paleolithic period. This beautiful pregnant naked woman (22,000 BCE) with hands stretched along the abdomen represents the connection of the fertility of the soil and the creative force of women.

The owl goddess jar lid with enormous supernatural eyes and beak is from the Vinca Culture in Yugoslavia 5200-5000 BCE. Divine tears are represented in the double bands encircling the eyes illustrating life sustaining water. Two Chevrons on the owl forehead exemplify the pubic triangle and are the designing mark of the bird Goddess.

Three thousand four hundred years ago this Minoan bird Goddess was created on the Island of Crete. The bird head has large eyes, beak and the sacred chevron marks. Three bands on her arm show another characteristic of bird Goddesses in this area. The woman's body with bird head is a Goddess connection. The flare of the embellished skirt may indicate that she is dancing.

The striking asymmetrical 4th millennium BCE vase shows seeds representing the cosmic womb of the Goddess and waters of life. Bird beaks are included. Double seeds indicate progressive duplication and abundance. This was a common style in the Cucuteni culture found in Ukraine.

The loaf shaped clay object in the lower right corner was found in Catal Huyuk, Central Anatolia, now Turkey. Dots inside rectangles on the top of the loaf symbolize human or crop fertility. The artifact dates back to 7000 BCE.

Marilyn Hrymak

<https://www.facebook.com/BabaYagaCreations>

On the Isle of Goats, Gavrinis, Brittany sits a hilltop chambered cairn sanctuary dated 3500 BCE. Twenty three upright stones line the opening passage with magnificent low relief spiral and arc carvings. Inside are womblike tombs. Free motion stitching on the background of this piece is patterned after these carvings. Gimbutas stressed the life/death/regeneration cycle represented here. Alignment with the mid winter sunrise and an important moonrise is evidence of the sacredness of this structure. Locating this so near the water makes it more sacred because water represents the primordial life source. Carved wavy lines also appear like water patterns. The concentric arcs radiate from a center vulvar opening.

Gimbutas pointed out that there is no evidence of organized war, wealth, weapons, kings and conquests in these civilizations. The high level of culture and art occurred because their energy and resources were not taken up with conquest, status and warfare. Because of Marija Gimbutas and the diversity of images she discovered, Old Europe was put on the map showing non-male centered advanced civilizations.

This wall hanging was made by arranging reclaimed hand dyed fabric on a batting base. Layers of tulle were added over the fabric arrangement. Free motion machine stitching secured the layers and added emphasis and texture. The two charms sewn on this creation are symbols of these Paleolithic and Neolithic cultures. The Hamsa Hand of Miriam, symbol of protection, healing, and blessings, represents the gifts given from the Goddess. Many hand motifs and wall prints have been found in these Old European cultures. The peace symbol in the upper left reminds us of their peace loving nature.

Colleen Koziara

www.mysticalwillow.com



The Horned One
(Lord of the Greenwood)

(2021)

Watercolor on Paper

12 x 10 Framed

\$800

Colleen Koziara

www.mysticalwillow.com

Horned One (Lord of the Greenwood)

Stand as He did
At the deep forest's edge
It was hard to be sure of my sight...(skeptic that I sometimes could be).

It might just be the light, playing tricks on my eyes

Was that the sound of a step?
Or just a small footed scurry

Could that be His sigh? tis naught but the wind.

That scent-surely leaf mold and fur bearer musk,
No more.

That touch-feather soft against the back of my neck
A branch
Nothing more
Just a branch

And so
Carefully I concoct
the reasons I need
to make this all just a dream
This thing which does not fit
in a 9 to 5 day
Which does not rhyme in a staid corporate way
Or fit the persona
I must don each day

Colleen Koziara

www.mysticalwillow.com

Efforts so steady and focused
So complete
To try and disconnect and ignore

But in the end it is futile
For there stands a Power
I have encountered before

For not in the sight or the smell or the sound
Is the knowledge which buckles my knees

Where all reason is lost
All excuses forgotten
All dreams and visions made real

For the truth you do see
Where the final answer will rise
The Magic it lies
In the depths of His eyes

and even I
cannot deny
Those eyes

Colleen Koziara

www.mysticalwillow.com



She of Many Faces

(2021)

Watercolor on Paper

12 x 10 Framed

\$800

Colleen Koziara

www.mysticalwillow.com

She of Many Faces

Spiritborn, Neverborn, Drifting
Screaming down from the heights on the back of the Northwind
She rides the air currents like a steed.
Deep throaty laughter, ripples in her wake
Echoing with the crackle of hoarfrost,
on riverbed and branch
Flashing eyes of colors everchanging
scan the farthest reaches of her domain
Holding the wisdom of all the ages within their depths.

Groaning sounds of glacial growth
Rushing breezes thru a pine forest
this is Her Sigh
Molten lava, rushing rivers, Her Life's Blood
Deep black loam, ochre clay, Her Embodiment and Physical Form

Rushing, Crashing Surf
Roiling and Rising to meet their Moon Lover
Like Quicksilver in the Moonlight
Her Birthwaters flow strong with Life.

All Powerful and Knowing
Ebbing and Flowing
Waxing and Waning
The Circle Turns
She Cries Out, Her Voice a Ringing Bell, Rejoicing in Her Absolute Power

Ringling,

Ringling,

Colleen Koziara

www.mysticalwillow.com

The alarm clock jerks back the veil
slams shut the door
rising bleary-eyed from the bed
she begins the tasks of daily life
the lover, the child, the job, the bills,
Another circle ever slowly turning
she walks it without faltering

and yet...

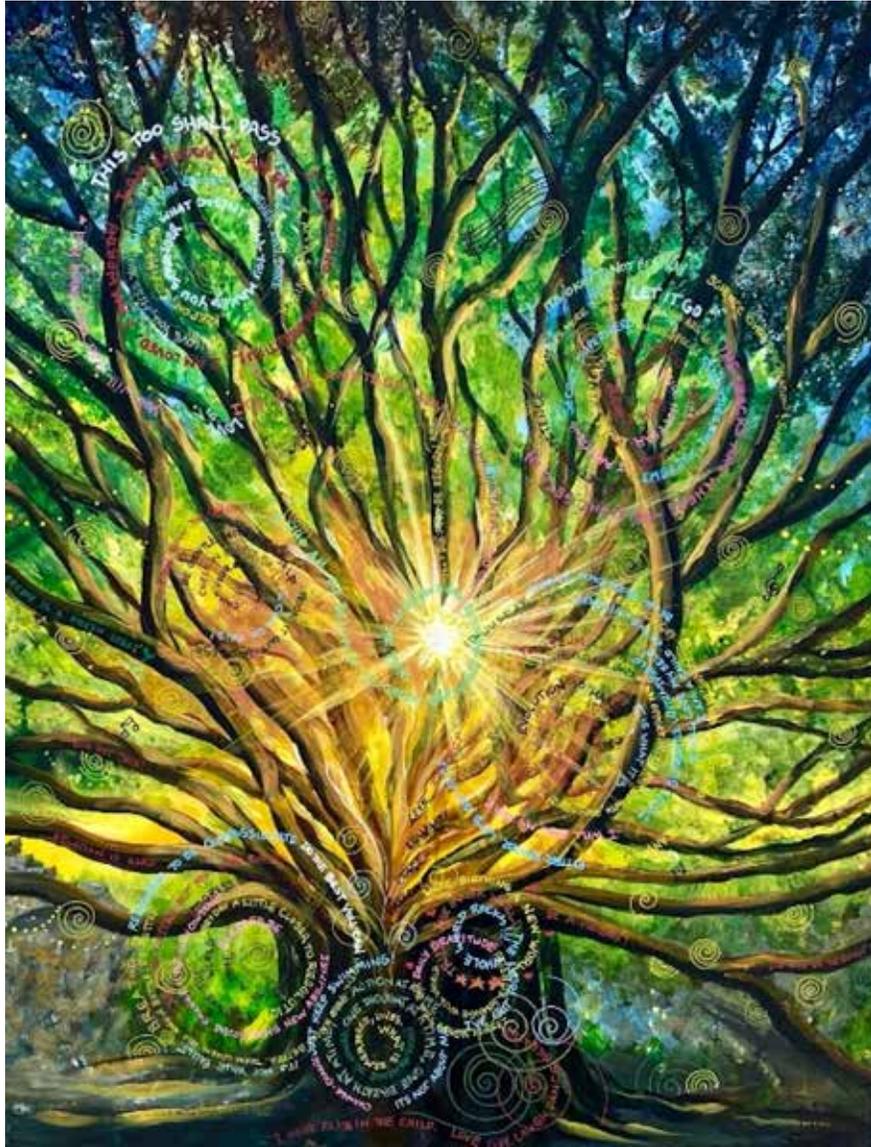
There is a fleeting moment when;
Her laughter seems Ancient
Her eyes very Wise
Her strength and compassion All-Encompassing

when we might stop to wonder...

Who Is She?

Colleen Koziara

www.mysticalwillow.com



Spirals of Change

(2020)

Acrylic on Canvas

22 x 28

\$1600

Colleen Koziara

www.mysticalwillow.com

Spirals of Change

In 2021, after almost a year of lockdown, Circle Sanctuary held a virtual Pagan Spirit Gathering.

I was charged to create a logo for this event. I fulfilled this request with the help of dozens of members of the community.

The Theme: Spirals of Change

*All proceeds from the sale of items bearing this image go directly to Circle Sanctuary.

All proceeds from the sale of the Original Art will go directly to Circle Sanctuary

Additional items bearing this image can be ordered through Fine Art America – Colleen Koziara- Artist

For more information on Circle Sanctuary see www.circlesanctuary.org

This past year of lockdown has been such a challenge.

Yes, there have been good bits and gifts,

but there has been so much hurt and distress, so much loss and sadness.

Many of us began practices to help us make it through. Some journaled or exercised,

Some ate! danced, baked, grew sourdough culture, crocheted, meditated, etc..

For some, there were mantras, memorized phrases or words used to calm and refocus our scattered energies and anxieties.

Did you have a mantra?

Did a phrase become a lifeline for you through the dark or the challenges?

Maybe a song line?

Or a line from a movie?

Maybe one bit of a favorite poem, or something your gramma used to say?

And so, these words became the spirals that carried us through the darkness, and into the light again

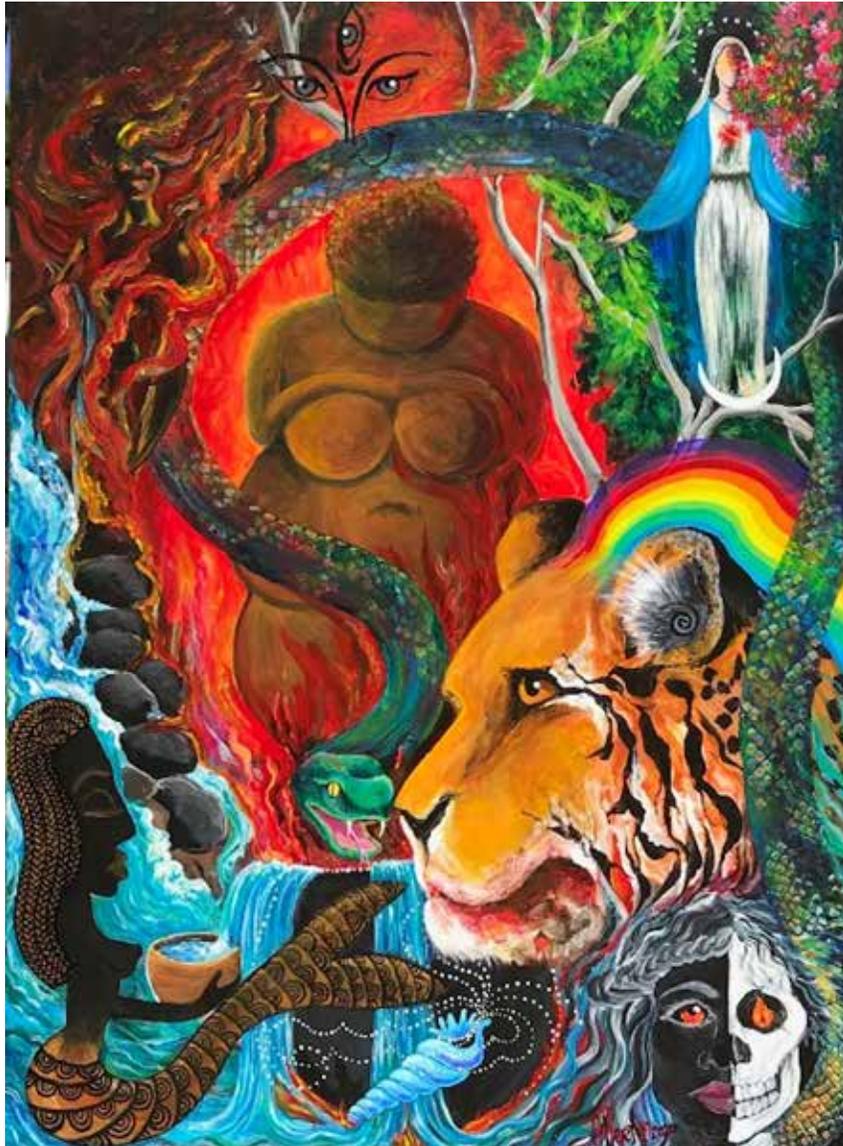
They carried us through loss to rebirth

They helped us maintain our sanity

When all seemed lost, they helped us feel - Home

Colleen Koziara

www.mysticalwillow.com



The Calling

(2020)

Acrylic on Canvas

18 x 24

\$1200

Colleen Koziara

www.mysticalwillow.com

The Calling

“Want to know why Minneapolis was burning?”

Mama. He called Mama.

At least that’s why I want to burn, why I feel like I could scream until flames rip out of my throat. He has called up great power. I want all of us to turn, all of us who have heard Mama in a store and thought it meant us. It’s time to turn. White mamas, mamas with privilege, you have been summoned. And any of us who have ever cried out Mama, we hear it too, down in our bones. It’s a cry that can’t go unanswered anymore. So Minneapolis burns. And we need to gut all the spaces in our lives where systemic racism has quarter.

I think of the other mamas who turned a tide: Emmett Till’s, for one. We speak out of the deep mystery from whence all life springs. My white people: Nurture antiracism in your life like you would a child in your arms, even if you’ve only just heard it named. Learn what it means and how to foster it. Care about it, give it space in your life. Come to understand it, even if it’s difficult and challenges everything.

Mama is coming. And the men who make order in the world should be very afraid.”

~Author - Mary Helen Kennerly

Colleen Koziara

www.mysticalwillow.com

This inspired me to write the following verse

The Calling

Mama.

He called Mama.

I feel like I could scream until flames rip from my throat.

He called Mama

He called up great power.

To all of us who have ever heard the call of “Mama” and turned because you thought it was you who was called.

It was you.

He called Mama

To all who have ever cried out themselves, “Mama!”, we hear it too, down in our bones.

It’s a cry that cannot go unanswered.

He called Mama

We call Mama

Human Mamas, Mamas from all the eons of time. Back to the first Mama of us all.

He called Mama.

He called up great power.

And it comes.

We come.

They all come.

Mama is coming.

“And the men who make order in the world should be very afraid.”

This art piece is titled The Calling. I created it to honor the protests after the murder of George Floyd, Breonna Taylor and Ahmaud Arbery, and to raise money for the legal fees for the protesters. #BLM

Our first donation from sales was \$185, made to secure.actblue on June 23, 2020.

Jessica Kronika

flyinggypsyarts.com



Nature's Enchantments

(1999)

Oil on Tapestry
Canvas

10 x 5 Feet

\$15,000

Jessica Kronika

flyinggypsyarts.com

Nature's Enchantments

This series, the *Nature's Enchantments* oil paintings on loose canvas, were created over a period of four months of intensive studio work. About a year later, I spent two months stitching the yarn borders and assembling the large wall hanging for exhibition. This painting is a series of panels, a journey through the ways in which my inner eye sees the elemental, culminating in the final panel that all is one source, Spirit, the energy beneath and within it all. This is my Soul's Home.

Nature Speaks in Cycles:

Fire is the spark, the ignition that begins life. It is the chemical reaction that leads to the unfurling of the seed in the warmth of the sun, the plumping up and greening of the leaves with chlorophyll. The connection between the two halves which causes conception. In the flames of emotion, burn the passions which lead humans to love, to have ambition, to strive for a joyous life. Fire is also the last shudder, the last firing neurons, as we are seared into death. Fire consumes us, preparing the earth for the next use of our energy, the entropy allowing energy to perpetually form, be used to live life. Fire prepares the decayed matter to again sustain life.

Earth is this decayed matter. Collected in soil and stone, Earth is firm beneath us as we walk this world. The thin crust supporting all life above the magma of the planet. It is the foundation upon which we build our lives. It is the nutrients which feed the plants and animals that sustain us. It is the dust we return to as we end our lives, "ashes to ashes, and dust to dust."

Always, the dust swirls, rises, falls. The wind lifts it, scatters it, "to the four corners." The Wind is the Air. Air which feeds our inner flame. Air which travels into and out of us as breath. From us it goes to plants and trees...they breathe it, cleanse and transform it, sequestering the carbon, releasing the oxygen. The wind carries this renewable resource to all quadrants of the world. What is your inhale and exhale, will be the same one day, for someone on the other side of the world. The storms will carry it.

Within the storm, water lifts from the river bed and the sea. Water is the rain falling over mountains. The snow and ice which melt in spring to fill the dry seeds and bulbs in the soil, and fill rivers to roaring, courses through each of us. This simple fluid expands and fills our forms. Without water, we are 60-80% less. How much smaller would we be without this simple liquid that covers 71% of the world? Water cleanses us, hydrates us, the air the soil, plants and animals. The anointment of the earth fills lakes, streams, rivers, marshes, estuaries, oceans and seas. Water is both anonymous and notorious. In storms, it strips away the coast, redefining the face and shape of the land, towns, even mountains. Yet it can be as small as a particle of fog, a drop of dew or a bead



Jessica Kronika

flyinggypsyarts.com

of perspiration. It is gentle or destructive. It is the core of all force within our veiny and nervous circuitry. It is part of what gives us and earth the gift of life.

Through these visible and physical emanations of the elements, tribes of all colors recognize the powers of our planet, Earth. All races hear the Earth speaking. It is within these formative elements that we know the unending process that is Mother Earth. Her cycles are ever-flowing, and ever-present. Each year unfolds in her predictable seasons. She exists in her chain of birth, growth and maturity, to death... all things returning to her and renewing themselves in the next life. We are part of this seasonal cycle. We are part of one another ingesting, inhaling, exhaling the same elements of life, sharing them as we must still learn to share other resources, with each other, and with the non-human members of our Earthen Family, around the world. For if a butterfly's subtle wing flap can change the nature of a storm that will occur on the other side of the world...How much more effect can the industrialized and mechanized, computerized processes of our human action make? What falls as rain, reaches the sea, fills the fish and kelp, and is served on another continent. In the meadow and the cow, the garden in the yard, the fruit on the tree in the orchard, all sup on the fulfillment of return. There is no "other world" where our actions do not impact our home. All is part of Us, Nature, our planet, Earth.

Nature cries a tear for the destruction Mankind is wreaking on her ecosystems. Imagine yourself a small crystal of mineral in the cliff wall of a quarry watching it strip away first the green and growing life that lives atop the mountain, then layer by layer removing the mountain, digging ever deeper. In another place, I am the pollinating bee or butterfly perched on a flower drinking nectar and distributing pollen to encourage fruits to grow. The water that flows into the pond that feeds these flowers is tainted with industrial and urban pollution, fertilizer, pesticides, and rather than bringing life, it brings disabling death and mutation to pollinator and flower alike. In a forest growing ever smaller, I am a leaf on a tree. The greed for lumber races faster than my tree kin can reproduce. Saplings and runner shoots cannot compete with the machines that strip the land, destroying all habitat in an effort to "efficiently" acquire. The forest loses its cohesion, the mountain is bare, and without the tendrils of nature's green carbon sequestration and firm hold on soil, the land erodes, the plants die, natural water flows are rerouted and desert comes to reside where once was lush and plentiful life, living in profusion. The natural process of seasonal fire that prepares the soil, clears dead plant life and renews the land by waking the seeds that depend on fire to crack their tough husks, lie dormant. Where man has redefined the seasonal situation, when fire comes, it is uncontrollable, it runs hotter and fiercer, as the drought that follows large scale human habitation has struck the region bone dry.



Jessica Kronika

flyinggypsyarts.com

Each one of us is a spiritual seed upon the wind, capable of choosing to nourish and steward the resources of the ground where we take root. We are a single species, Humans, divided only by the ways that we choose to separate ourselves from the larger system, for we all belong to the larger variety of flora and fauna that are the entirety of our Earthen Family. Our beautiful and unique landscapes, each has a purpose and a mutualism of various organisms who create biodiversity and participate in the breathing system that is our earth. Earth has been home to life since the first dream written in the future of a helix. Today that helix shows our relationship, DNA is life. We must remember to nourish our roots. The continuance of our existence is tied to how well we care for our habitat. The water, air, earth, and fire are our elements of survival. To live is to breathe, but without the lung that is our atmosphere, we have no support to continue life here. I seek to speak about the value I hold for the environment in all my work. I hope that I will live to see unity and cooperation begin to, as the tree, take root within human living. I hope to lead others to a greater understanding and appreciation of the way life intertwines with life and the varied ecosystem. May we open the doors of perception and open our arms to one another, embrace in acknowledgement of our kinship. Accept the simple truth that Nature has never stopped offering us: We are all One.

Thom Lausch

www.facebook.com/staineddreams

Stained Glass Designs 2020-21 Collection



Red Star

5.5 x 5 x 3

\$80



Clear Star

5 x 6 x 5

\$80

Thom Lausch

www.facebook.com/staineddreams

Stained Glass Designs 2020-21 Collection



Jack O Lantern

6.5 x 6

\$80

Mummy

3.5 x 2.5

\$30

Ghost Spirit

3.75 x 3.75

SOLD

Moonlight Rider

6 x 6

\$100



Sugar Skull

7.5 x 7

\$160

Thom Lausch

www.facebook.com/staineddreams

Stained Glass Designs 2020-21 Collection



Father Christmas

4.5 x 5.5

\$100

Candy Cane

6.5 x 3.5

\$40 Each

Christmas Stocking

3 x 3.5

\$30 Each

Drum

2.5 x 2.25

\$20 Each



Tanzen Lilly

www.tanzenlilly.wixsite.com



Friendship Bouquet

(2020)

Watercolor on Paper

14 x 11

\$250

Friendship Bouquet

Friendship Bouquet is a watercolor illustration of a bouquet of flowers. Each flower in the bouquet has a meaning based on the Victorian language of flowers. The flower meanings are either inner strengths possessed by close friends of mine, or values gained through being part of a strong network of support, which all combine to provide a home for the soul through friendship.

Lorraine Moretti



Starla's World of Magic

(2021)

Mixed Media

45 x 40 x 15

\$200

Lorraine Moretti

Starla's World of Magic

Starla is a mythical being who is my spirit guide on Earth. She arrived from the stars to activate the healing powers of the plants and stones. Invoked, she came to LFAC on Beltane 2019 during Life Force Arts Ensemble's Healing Performance titled The Communal Garden of Earth- Working and Loving Together.

My Chicago backyard is my Soul's Home and some of the plants that reside there are basil, marigold, geranium, sunflower and morning-glory. Their natural dyes were used to create talismanic prayer rags onto which I mystically embroidered their images and corresponding astrological symbols. These are tied to the branches of a tree sculpture and with Starla's (and Gaia and Hecate's) help can be ritually used as needed. This is a magical tradition of various cultures that I personally connect to an Italian strega system that teaches the energy of "As above, so below."

Starla whispers to me in the garden, "The Earth is our home and Nature gives us many gifts."

Karlene Mostek

www.karlenemostek.com



Father Sky, Mother Earth - The Soul of the Planet

Print on Fine Art, Acid-Free Paper (2021)

16 x 20 Framed

\$125

From an original artwork: Watercolor, Pastel, Ink on
Watercolor Paper (2016)

Karlene Mostek

www.karlenemostek.com

Father Sky, Mother Earth - The Soul of the Planet

Long, long before the written word, our Planet was created with Sky and Earth, not as complements to each other, but as an integrated whole. One without the other would not have given us life as we know it.

Indigenous people everywhere saw the power of the natural world as the work of forces with spiritual and natural powers that were much greater than themselves. They understood that our Planet had a “spirit soul” which was a gift of the Great Spirit, a sacred Higher Power, who breathed life into it and by whose breath, both Sky and Earth continued to exist.

Today, many of us understand “soul” as the life force within all beings that live on our Planet, whether these beings are seen or unseen by us in daily life. We understand, too, that there are relationships between all the living gifts of light, water, air, rain, snow, and wind, between rock, soil, and plants, and among crawlers, four leggeds, swimmers, and winged ones. Without all these relationships, our Planet would be without life and without “consciousness.”

This “consciousness” can adapt to a great variety of environments and changes in those environments. We also see intentional expressions of love and caring, of grieving for their young or a mate, that exists in many animals, not just in humans. All this magnificence has come to us, not from anything we have created or engineered, or could create in the future, but from the rising and dying cycles of life that exist in the seed of the Planet itself that we have yet to fully understand. From its beginning, our wonderful Home has grown and developed as one unified community from forces within itself. .. from something many call “soul” and “the breath of life, “ and we wonder at the mystery of it.

For many scientists these days, and for many others, it is no longer enough to say this all began with the “Big Bang.” That answer only leaves us hanging in the air, and begs the question: What triggered the burst of light so packed with interior energy that it began all life in the Universe? Though our Planet is such a small speck in the Universe story, it is still one of the consequences of all the rising and dying cycles that we now know exist in space. It’s only in the last 500 years, and only little by little, that human “know-how” has begun to understand the incredible evolutionary process and great orderliness that exists in the natural world on Earth, a planet that is billions of years old, and alive in a Universe that is far far older. As many many others before us have observed and asked: “If these are the creatures, who or what is the Creator?”

Karlene Mostek

www.karlenemostek.com

Giving explanations of what a particular art piece is trying to express is very tempting, and I still give way to that at times, though basically, I no longer believe that a piece is complete until viewers have looked at it from their own life experience. My personal lens is that there is a sacred infi.nite Force of Life, Who not only originated the Universe, but continues to permeate all life in it, infusing its Spirit in every being with strength, beauty and consciousness. This surely includes our small planet of Earth and Sky.

An unending circle, symbolizing infi.nity and found over and over in various ways on our Planet, since paleolithic times, was placed in the center of Father Sky, here pictured as a Bird, the traditional messenger of the Divine in many cultures. This Divine Spirit, moves around our Planet infinitely giving of itself, to each being on, above and below it, asking only that we take good care of all the gifts we have been given.

Whether we believe there is a powerful interior sacred life force within the Universe and our Planet, or even care to question how it all began, it is surely true that all of humanity has the highest consciousness and deepest life of the inner spirit we call "soul." We alone can self-reflect, self-correct, can look back on history, live in the present and plan our future. It is because of all this, that we are the the stewards of our Planet Home and responsible for its continued life .. which makes us partners with everything that is sacred in life. Will we teach this to our children? Will we learn to care for the gifts of all beings with gratitude, and share these gifts without discrimination ... before it is too late?

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy



Fly Home

(2020)

Acrylic & Mixed
Media on Canvas

10 x 8

\$398

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy

Fly Home

“Within one flies the spirit of the son, feathers of light, golden like the sun. Released from life leaving three granddaughters, two sons and two grandsons, a wife and me, standing, watching, looking, searching.

Was his time, golden edges and he was done. Spirit rose and flew away, golden light left that day. A memory of his face. Laughter and joy; a tinkling spray of wine and glasses, clicking blessings as we say, “Opa!” And drink in the love as we pray.”

“Fly Home” was created when I was at an expo in the beginning of 2020 and learned that a very special person passed in my life. In shock, I began to paint, blues and whites filled the canvas. I saw light refracted and thick, like you couldn’t see through it. I imagined the life of my loved one released from his soul’s home, happy, pain-free, flying right in front of me.

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy



Awaken

(2020)

Acrylic & Mixed
Media on Canvas

12 x 12 Original

14 x 14 Framed

\$598

Awaken

Within you see the inner shell of your soul's home shining, opening, bursting forward to reveal the hidden being within. Elements of the self, still colorless, still forming as my soul's home gradually opens, awakening to me. Bubbles pour forth. An unopened feather still encased in it's sheath, representing the awakening "me" emerging from my soul's home.

Lisa Nomikos

www.GatheringVisions.com
www.etsy.com/shop/LearntobeHappy



Sacred Light

(2020)

Chalk Pastel on Paper

Original On Loan - NFS
21 x 27 Framed

Prints Available

Artwork Available on
Wolf Magic CD, \$12

Sacred Light

In 2020 Joan Forest Mage asked me to create an image for LFAE's "Wolf Magic" cd. Sacred Light embodies the soul's home. The wolf is surrounded by the creative community expressing their true selves as they dance and sing. Feel the magic of the wolf, embraced in the sacred light of the community.

Sujata Tibrewala

www.pratibimba.info



My Beautiful World

(2008)

Printh

24 x 36

\$135

My Beautiful World

My world is very beautiful. But it needs a lot of care, because it is held together by a very delicate balance of nature. We need to take care of the balance of nature; else it can soon disappear into nothingness!! But I have faith in us and Mother Nature and I am certain she will bounce back albeit after going through a total destruction.

Biographies

STEVEN BLAINE ADAMS

[facebook.com/stevenblaine.adams/photos](https://www.facebook.com/stevenblaine.adams/photos)

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 LFAE's Associate Artistic Director and also its store designer. The son of an astrologer and Tarot reader, Steven has been doing readings professionally for over 30 years, combining the wisdom of Tarot with the healing properties of stones. He attributes meditation, art, ritual and spiritual connection as instrumental catalysts in his path towards healing.

LINMAYU APPAVU

www.attractionmanifestors.com

I am an artist of dance and of song and of painting and of photography and of fashion and of poetry and of earth and plants, but primarily I am an artist of life and of love.

All the work I create comes through my connection with universal energy, of which I first became fully conscious in 2007, and is informed by my training in shamanic healing and energy work and my study of manifestation, spiritual warfare, prayer, the Holy Bible, and the Law of Attraction.

BETH BUDESHEIM

*FIRST TIME LFAE EXHIBITOR!

<https://www.bethbudesheim.com>

Beth is an artist, intuitive and energy healer. Her artistic work sprang out of her experiences seeing the energy field as communications of color, symbol and imagery. She received a BFA in painting but her unique voice as an artist ignited when she began exploring energy healing in the mid 1990's. Beth has had her art featured on magazine covers, the popular We'Moon datebook, and blogs. She's been commissioned for murals, intuitive paintings, self published the Prayer-Cards Oracle deck, and has facilitated group art events. Beth has also enjoyed showing her artwork at art fairs and holistic expos. Recently she participated in the local animal shelter's art fundraiser which involved painting a large colorful 4x4ft pet portrait. Growing up in the midwest and now living in New Mexico, Beth spends her time seeing clients, painting, walking in nature, practicing meditation, yoga, and has recently started taking improv classes. Through her art she hopes to bring people in connection with their own inner resources, their innate goodness, inspiration, deep mystery, peace and well-being.

MARY BURTON

marybearart.com

Mary Burton (B.A., SUNY Albany; M.F.A., School of the Art Institute of Chicago) the child of diverse parents (Northern European and Russian Jewish) grew up on a farm in upstate New York where she was blessed to be immersed in the beauty of nature and life forms.

Observations of light and dark, trees, the seasons and natural phenomena as well as an ongoing quest for meaning inspired explorations of form and line in drawing, printmaking, painting, videography and video image processing. She has exhibited with the Chicago Artists Month, School of the Art Institute BareWalls, School of the Art Institute Fellowship Exhibition and others. A lifelong searcher and student of mysticism and spiritual sciences, her studies include comparative religion, mysticism, symbolism, yoga philosophy, spiritual astrology at the Temple of Kriya Yoga, A Course in Miracles at Unity Church in Chicago, music studies at Old Town School of Folk Music and New Tuners music theater workshop under John Sparks, as well as working for the Urantia Foundation (publisher of The Urantia Book. Most recently, she has completed Levels 1 - 3 of the Life Force Shamanic Training program as well as the Ritual Leaders Practicum). Mary's family has been in what is now the U. S. since the 1600's. Her hancestor, Mary Bliss Parsons, was accused and acquitted twice for witchcraft in Cambridge and Boston, Massachusetts.

JOAN CASTRO

*FIRST TIME LFAE EXHIBITOR!

When I studied history throughout graduate school and then taught it for 25 years at Chicago Public Schools, I realized that art was an important indicator of a particular time and place. So when I retired, I decided to explore my own artistic ability and started taking classes. I took painting and drawing classes at Lill Street Art Center, then studied with Tommy Reyes for a few years. To broaden my scope, I added workshops such as the ones with Colleen Koziara at Life Force Arts Center. Then, last year during the pandemic, I plunged into art classes on the world wide web, devouring YouTube videos, participating in "Drawing Together" sessions through the Frick, taking another class from Lill Street online and a series of live workshops through a British company called Something Less Boring. Though I use acrylics and watercolors, I prefer working with the creamy textures of oil pastel.

BARBARA EZELL

<https://www.etsy.com/shop/Barbezell>

I am a librarian/educator as a vocation, and an artist with expressions in various media. I have an MFA in film/video and create personal films. I make hand decorated shrines and pendants, pins and earrings from decorated tin, epoxy clay and rejuvenated jewelry, and also shadow boxes featuring my jewelry. I call my sculptural pieces Mystic Muses. I have been in several Life Force Arts Ensemble exhibits, and have been a member artist of Woman Made Gallery and exhibited in a few WMG shows as well as at Chicago State University. I have participated in local Chicago craft shows and art fairs as a paper marbling artist and have exhibited at several Chicago Public Libraries.

KURT FONDRIEST

<https://www.facebook.com/Healing-Seed-Expressive-Arts-Ministries-236992586698427/?>

Kurt Fondriest is an expressive arts therapist at Misericordia home in Chicago, where he has worked for almost 30 years. He is an ordained nondenominational minister and certified pastoral counselor, holding a PhD 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.

JOHN HENDERSON

<https://sites.google.com/view/northsuburbancarvers/members/john-henderson>

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 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 online. 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 in origin of style. Some pieces, especially Egyptian, cannot vary too much from the original, for them to be recognizable as the intended subject. North West Native American styles allow much more artistic interpretation. 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 make 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.

PAT HEYDLAUFF

www.spiritualartwork.net

Two decades ago, Pat Heydlauff left a stressful position in the corporate world to search for balance and a deeper meaning in life. She found it – in front of an easel. And it wasn't long before she – and others – realized she had a genuine gift.

Much of Heydlauff's art is spiritual; it's art with a message. Her spiritual works are thought-provoking, evocative and inspiring. She uses these elements to incorporate inspirations, balance and harmony into our lives today. Heydlauff is a Feng Shui and "flow of focus" expert, and her work has a sense of movement to it, drawing a sort of visual road map to a life of less clutter, less stress, and more harmony. Most viewers see something new each time they view her work. And many people have purchased her art for the express purpose of bringing balance and harmony to their homes.

Pat Heydlauff's spiritual art is meant to take the viewer on a visual journey that ends up as a personal journey, as well, holding up a world of possibilities that the viewer may have never considered before. It is calming and colorful, and often reminiscent of a gentler time and place. With lush color and tranquil movement, it's designed to evoke a sense of joy in the viewer.

Pat Heydlauff was asked by the prestigious Saatchi Gallery of London to exhibit her artwork in their online gallery. And her spiritual piece called "Ascension" was chosen for publication in the "Best of Florida Artists and Artisans" book, 2006.

"Painting," she says, "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."

Heydlauff has exhibited at a variety of galleries and shows, among them the Juanita K. Hammons Performing Arts Center, (Juried Show), Springfield, MO; the Jupiter Town Hall Gallery of Art, the Friends of the Arts, Juno Beach, FL, the Eissey Theater Gallery at PBCC, Palm Beach Gardens and Life Force Arts Center. Her paintings are also displayed in such diverse places as the City Hall of Branson, MO, and the home of actress Barbara Billingsley.

But Pat Heydlauff, a Florida resident, is also a widely-published writer, author of two books, Feng Shui So Easy a Child Can Do It and Selling Your Home with a Competitive Edge. She's a noted leadership and productivity speaker at civic, philanthropic and corporate events. And she consults with businesses, organizations and individuals on how to create engaging workplace environments to unleash the flow of focus and personal environments to increase prosperity.

MARILYN HRYMAK

<https://www.facebook.com/BabaYagaCreations>

Marilyn Hrymak makes up-cycled creations by transforming mundane items such as pre-owned clothing into meaningful art and accessories. Themes express social justice, Goddess, and emotional growth. She is a retired FACS teacher, grandmother and political activist with an MA in Family Relations. Exploring the world in search of Goddess is one of her favorite hobbies. Memberships include Association for the Study of Women and Mythology, Woman Made Gallery and Kishwaukee Valley Art League.

COLLEEN KOZIARA

www.mysticalwillow.com

Colleen says: I grew up in nature with a love for 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. What most amazed me 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. I lived my most formative years immersed in these images and I came to see a personality in nature. It is the years I spent seeing this "secret" face and magic of nature and the stories that it told, that filled me with a desire to make art.

I create images which portray the spirit and humanity of nature and thereby the nature of humanity and spirit. With my work I intend to capture a moment of magic. That moment where the infinite and the finite merge and it is possible to see the magic once again in all things. I strive to make each of my works a window. I think my best works give the viewer a feeling of this deeper magic being mirrored within themselves.

Colleen Koziara attended the American Academy of Art in Chicago, and currently splits her time working with our Elders and the Arts. Colleen gives workshops and seminars on a variety of topics; Body Art; Custom Tattoo Designs; Visionary Art; Commissioned pieces manifest from the visions and dreams of her clients. Colleen has illustrated more than 20 books and has been presenting, writing and providing art for Circle Sanctuary since 2002. She is an award winning designer of programming for seniors, and author of *Taking Flight! A Senior Whole Life Wellness Handbook* for seniors and caregivers.

Colleen has been an active member of the Pagan community for almost 30 years, is an Ovate member of OBOD, and a Reiki Master. Her work pulls its symbolism, hidden images, flow and color patterns from her experiences and studies. Colleen describes each of her works as “Doorways to the Center”, through which she hopes the viewer will travel to seek that which is hidden deeper within the image, and possibly on their visual journey, find doorways of their own to mysteries hidden deeper within themselves. Her pieces give voice to the connection between the natural world and the magical realms, helping to reaffirm the magic within that we all knew so well as children.

JESSICA KRONIKA

www.flyngypsyarts.com

My art stems from a dialogue between my spiritual connection to the world of nature and the concepts of goddess mythology. I practice a non-denominational variety of private pagan spirituality, heavily influenced by the ways of meditation, multiple cultural connections to the empowering female divinity and a sense of finding the sacred within Nature. My artistic style incorporates elements of realism and surrealism, in concept, approach and rendering. I utilize many media, striving for the best tools to depict the images I see within. I hold a Bachelor of Fine Arts degree in printmaking and installation, as well as an Associate of Fine Arts degree in painting and drawing. My works draw on the tangible and spectacular aspects of nature, incorporating study en plein air of my subjects as well as research into the lesser known elements of the lives of mythic women, and historical depictions for inspiration.

THOM LAUSCH

www.facebook.com/staineddreams?mc_cid=8c4c3c0cd0&mc_eid=57e85590bd

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 gifts for friends and neighbors. They suggested that he should make items and sell them professionally. Thom creates designs that he hopes others will enjoy as much as he enjoys making them.

TANZEN LILLY

www.tanzenlilly.wixsite.com

Tanzen Lilly graduated from the School of the Art Institute of Chicago (SAIC) in 2013 with a BFA. She is originally from Brooklyn, NY, and currently lives in Chicago. Tanzen works in a variety of mediums including oil and acrylic painting. The subject matter of her work is often based on photographs, memories, and dreams.

LORRAINE MORETTI

Lorraine Moretti received her M.A. in Inter-Arts from Columbia College in Chicago with a thesis of performance poetry. She participated in the Jack Kerouac School of Disembodied Poetics Summer Writing Program in Boulder, Colorado, and has read her writing at many venues over the years. Lorraine taught classroom, art and E.S.L. in the Chicago Public Schools and for the Archdiocese. She is a graduate of the Life Force Arts Shamanic Training Program under Joan Forest Mage and has exhibited her visual art in several of Life Force Arts Ensemble's exhibits. Lorraine, AKA Lolo Gypsy Beatnik Priestess of Poetry, often holds poetry workshops at LFAE that utilize Tarot, Full Moon and Willow energies to create healing art. She is a member of Life Force Arts Ensemble, LFAE's performing company which bases their work in the Life Force Arts Method.

KARLENE MOSTEK

www.karlenemostek.com

Karlene was born in Chicago and is a lifelong resident there. From grade 7 to the present, she has found art to be a meaningful way to express the many things that happen in life. • She took classes in a variety of art schools, while working full time. Then, in the late 90's, she read the life story of Black Elk, the Lakota Sioux holy man, and felt that she had discovered a key to a door which, for her, had been locked for too long. She wanted to learn far more about American Indian ways of relating to nature.

"Learning more," meant visiting more than twenty-five of our national parks, wildlife refuges, and several American Indian reservations, particularly the Hopi in Arizona and the Lakota Sioux in South Dakota. These visits were led by amazing guides in biology, wildlife, geology, marine biology, archeology, and astronomy. Between park visits, she volunteered for several years at one of the American Indian centers here in Chicago, helping to serve and share meals, and participating in prayer circles when they were open to both native and non-native persons.

All these experiences helped her to understand that the Earth is indeed a very rich community of life which joins both human and other than human in deeply connected ways, It meant listening and being alert to a community of gifted beings that intertwine with each other and integrate into one great unified community on Earth.

Over the years, Art has become a tool for her to show the life and beauty of the Earth and a way to help others understand what is at stake in Earth preservation. For more art, the experiences behind the images, and for Earth Action, please visit her website: karlenemostek.com.

LISA NOMIKOS

www.GatheringVisions.com • www.etsy.com/shop/LearntobeHappy

It's never too late to live your truth to create the reality you desire. DREAM BIG. I graduated from Ray Vogue School of Design, Chicago for Illustration and worked for a number of years as a full time graphic designer, until deciding to raise a family and freelance. My love for art was forgotten in the hustle and bustle of living. Creatively I decorated my home with faux painting, occasional paintings for people, home decorating and house staging for friends, but I rarely drew or painted for fun. In 2011 two friends encouraged me to share the slowly growing art gallery decorating my walls - telling me it was selfish not to share. Overcoming the fear, I took small steps to move forward into the unknown.

Since before college images had gathered in my head, waiting to be released. Surreal worlds coming to my consciousness during sleep, daydreaming, yoga and living. My art is energy art reflecting positive and uplifting inner visions. Subject matters range from flower pots, animals, swirls, butterflies and fairies to spiritual subjects of angels and Christian and Hindu saints. In the landscape of my mind spin worlds unseen by the human eye. Multicolor leaves capturing sparkling prisms of light after a rain storm; birds with wings spread wide splashing sun showers in a shallow puddle on the side of a dusty road; petite white petals snowing slowly to the ground below—my goal is to spread light and joy in the images I draw and paint.

I love the world of abstract as well and create intuitive energy portraits of people, animals, guides, saints and angels on a number of surfaces like paper, canvas and drums. I have co-created with my business partner Lisa Gniady a number of meditation tools including: oracle card decks: *Soul Reflection Inspirational Oracle Cards, Clarity of Life Cards, New Vision Oracle Cards, Lemurian Code Activation Cards, Journey to Lemuria Activation Cards, Inner Child Meditation Cards*, plus affirmation and inspirational cards: *Believe-In Affirmation Cards, "I Love Me" cards.*

SUJATA TIBREWALA

www.pratibimba.info

Sujata Tibrewala is a self-taught artist who in 2009 gave up her electrical engineering career for her first love, art, and now uses her knowledge of science to spread art and issues close to her heart. Born in India, Sujata had successful solo exhibits and conducted many art workshops, some of which resulted in student exhibitions. Sujata moved to the U.S. in 2010 and currently resides in San Jose, CA. Her works are on display at many galleries including Regional Commission of Arts, St Louis and Marine Foundation, California. Her noted exhibitions include Life Force Arts Ensemble, Chicago IL; Gateway gallery, St Louis MO; Lalit Kala Academy; and Jawahar Kala Kendra, Jaipur, India. Sujata is an artist member of many artistic organizations including the St. Louis Artists' Guild, Women's Caucus for the Arts, and Art Concoctions. Starting from her school days, Sujata won many awards, and her art has received rave reviews in leading print and electronic media of India and USA.

About Life Force Arts Ensemble

Life Force Arts Ensemble (LFAE) is a company of healing-teaching multidisciplinary artists who channel powerful spiritual energy to catalyze personal and societal transformation. Based in the Life Force Arts Method, a modern version of universal wisdom teachings that value true self and creative community, **LFAE** creates Sound Healing Theater performances and multidisciplinary arts workshops in the sacred space of our visual art exhibits.

Life Force Arts Ensemble was founded in 1988 as a non-profit, tax exempt 501 (c) 3 organization to present the dance and performance work of company founder and director Joan Forest Mage. The organization opened its own venue in Chicago in 2008.

Life Force Arts Ensemble presents an average of 15 performances and workshops each month: a total of over 1000 life-transforming events featuring 300 presenters in the last 13 years.

The Soul's Home is our 39th LFAE Artistic Project. Each **LFAE** Artistic Project runs approximately 18 months, and includes a juried art exhibit, performances and workshops based on a theme of the Life Force Arts Method. Our art exhibits have featured the work of over 175 artists from throughout the U.S. and the world, including Canada, Costa Rica, England, Egypt, France, Guatemala, Ireland and South Africa.

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Many, many thanks to our Donors, whose generosity makes LFAE possible!

Life Force Arts Ensemble has over fifteen events a month creating transformation through the arts based in the Life Force Arts Method. Please check our calendar & sign up for our email list.

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Design: Lisa Nomikos
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