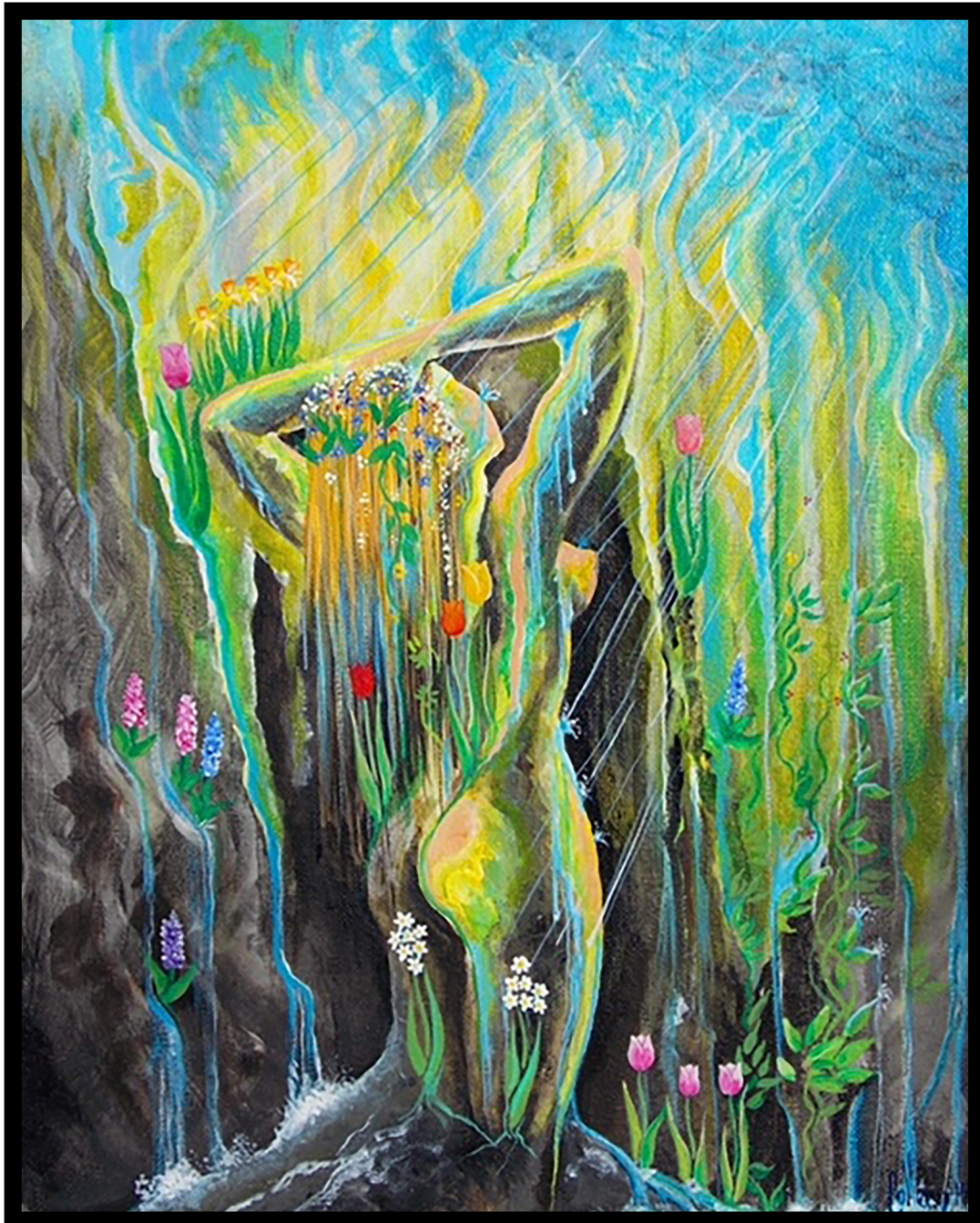


Exhibit Catalog

Conscious Body, Living Soul: From Sentience to Sovereignty

February 17, 2023 - June 30, 2024

*The First of Two Multidisciplinary Arts Shows About How Being Alive, Feeling
and Conscious Relates to Sovereignty of Spirit, Land and People*



Spring Showers (c) Colleen Koziara

LIFE FORCE SHAMANIC ARTS & HEALING

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

Conscious Body, Living Soul: From Sentience to Sovereignty

OPENING RECEPTION
Friday, February 17, 2023
7 - 10 PM

Free Admission to Exhibit & Opening Reception

View Exhibit At Our Many Events, Or By Appointment

LifeForceArts.org

773-327-7224

FEATURED ARTISTS IN *Conscious Body, Living Soul*

Steven Blaine Adams

***Natalja Aicardi**

***Heather Baker**

Mary Burton

***Jimmy Clark**

Sally Cooper

Barbara Ezel

***Brian Fagan**

Kurt Fondriest

Sofia Girlando

John Henderson

Marilyn Hrymak

Colleen Koziara

Thom Lausch

Tanzen Lilly

***Jacob Moreland**

Lorraine Moretti

Karlene Mostek

Lisa Nomikos

Szmeralda Shanel

Jessica Marie Thompson

***Lyn Wilder-Dean**

***First Time Life Force Exhibitor**

Conscious Body, Living Soul: From Sentience to Sovereignty

Conscious Body, Living Soul: From Sentience to Sovereignty

The first of two multidisciplinary arts shows about how being alive, feeling and conscious relates to sovereignty of spirit, land and people.

Celebrate your Sentience, being alive, feeling and conscious in your body, as **Life Force Shamanic Arts & Healing** presents the art exhibit and multidisciplinary arts show ***Conscious Body, Living Soul: From Sentience to Sovereignty*** running February 17, 2023 - June 30, 2024 at **Life Force Arts Center**, 1609 W. Belmont, Chicago IL 60657. Opening Reception is Friday, February 17, 2023 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.

Conscious Body, Living Soul explores sentience, which means being alive, feeling and conscious. It is a trait humans share with many life forms. A bird is sentient: it has feeling and awareness; a block of wood is not sentient, it does not have feeling and awareness. A sentient being moves, breathes, senses and has agency.

When do you feel most alive? The artwork in ***Conscious Body, Living Soul*** encourages the viewer to be sentient, feeling, alive and present.

A sentient being feels a connection to nature. You realize that you're not isolated, but are part of something larger. Many cultures recognize the connection between individuals and the greater, encompassing sentient Web of Life. Conversely, when people lose soul, they look less alive: their senses are dull, they disconnect from nature, from their body and their own aliveness. They become machines, instead of living souls. This exhibit and its associated performances and workshops invite you to reawaken your sentience.

Conscious Body is the first of two Exhibit Seasons on two major topics of our times, Sentience and Sovereignty, and their relationship. More information on these concepts will be published soon by **LFSAH** Artistic Director Joan Forest Mage.

Conscious Body, Living Soul is the first of two Exhibit Seasons presented by **Life Force Shamanic Arts & Healing** in 2023 - 2026 based in the **Life Force Wisdom Wheel**, a powerful psychological, spiritual and artistic practice for understanding and building positive relationships from one's inner world to the outer world. ***Conscious Body, Living Soul*** (February 17, 2023 - June 30, 2024) focuses on Sentience: being alive, feeling and conscious: an embodied soul.

Conscious Body, Living Soul: From Sentience to Sovereignty

Spirit, Land & People (July 26, 2024 - January 15, 2026) focuses on Sovereignty: a deep look at who and what we respect as autonomous fellow living beings.

The exhibit features a wide variety of media including painting, photography, sculpture, mixed media and installation. **Life Force** Artistic Director Joan Forest Mage says, "It's fascinating to see the interpretations that artists have about the theme. At **Life Force**, our art exhibits create sacred space in which our performances and workshops become healing rituals, infused with transformative power to heal and enlighten our audiences."

Curators For Conscious Body, Living Soul

JOAN FOREST MAGE

LFSAH Founder, Director & Curator

Joan Forest Mage is a shamanic artist, healer and teacher based in Chicago. She founded **Life Force Shamanic Arts & Healing** in 1988 and has curated **LFSAH's** 40 art exhibits. Joan created the **Life Force Wisdom Wheel**, which uses the arts for spiritual healing, and is the basis for all the work of **Life Force**. A Certified Movement Analyst (Laban Institute, NYC), Joan has over fifty years of experience as a dancer, vocalist and director, including three music albums and 45 years of teaching dance, yoga and fitness. Joan received a Master of Arts Degree from De Paul University's School of Continuing and Professional Studies, with the focus area "Creating Healing Ritual Through the Arts." First awakened to energy work through her profound experience of the energy of music and dance, Joan began doing shamanic healing in 1995 and created the extensive **Life Force Shamanic Training** program in 2001. She has studied shamanism and healing ritual with numerous teachers. Joan specializes in "training trainers": artists, teachers and healers who want to develop the spiritual dimension of their professional work.

STEVEN BLAINE ADAMS

Associate Artistic Director & Curator

See Biography Section

Exhibit Catalog &
Life Force Wisdom Wheel
Graphic Design

LISA NOMIKOS

See Biography Section

Conscious Body, Living Soul: From Sentience to Sovereignty

What is an Exhibit-Season at Life Force?

By Joan Forest Mage

What do we mean by an “Exhibit-Season”? Our purpose at **Life Force** is to catalyze personal and societal transformation through artistic, educational and healing programs based on the **Life Force Wisdom Wheel**.

To do this, we create Exhibit-Seasons: multidisciplinary artistic projects that run approximately eighteen months and are based on themes related to the **Wisdom Wheel**.

An Exhibit-Season is a combination of a visual art exhibit created by our visual artists, and a theater season created by our performing Ensemble. You can think of it as:

- The art exhibit is the “set” of our shamanic theater productions
- The shamanic theater productions are site-specific performances created for the exhibit
- The exhibit becomes a sacred space for the healing energies of the performances & workshops

Just as a church may have beautiful artwork, stained glass windows, etc., our space at **Life Force** becomes the container for the energies of the artwork to create spiritual upliftment for the audience and participants. I often say that the paintings “talk” to each other and work together to facilitate the healing!

We start an Exhibit-Season by sending out an open Call for Artists that explains the theme of the show and gives suggestions for visual depictions of those themes. The Call for Artists for the exhibit ***Conscious Body, Living Soul: From Sentience to Sovereignty*** states “A sentient being moves, breathes, senses and has agency. When do you feel most alive? The artwork in ***Conscious Body, Living Soul*** encourages the viewer to be sentient, feeling, alive and present.” Two suggestions for visual art depictions of this theme were “Landscapes that draw the viewer into the place (forest, jungle, river, oceans, desert, etc.)” and “Fanciful paintings of humans morphing into animals or nature.”

Once we have received all the art submissions, we do a jury to choose the artwork that best exemplifies the theme. Then we spend time carefully designing the exhibit: placing pieces that complement each other in energetic groupings to create various statements about the theme.

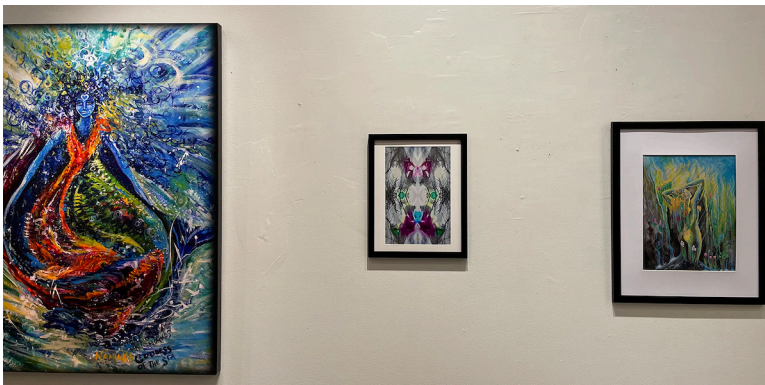
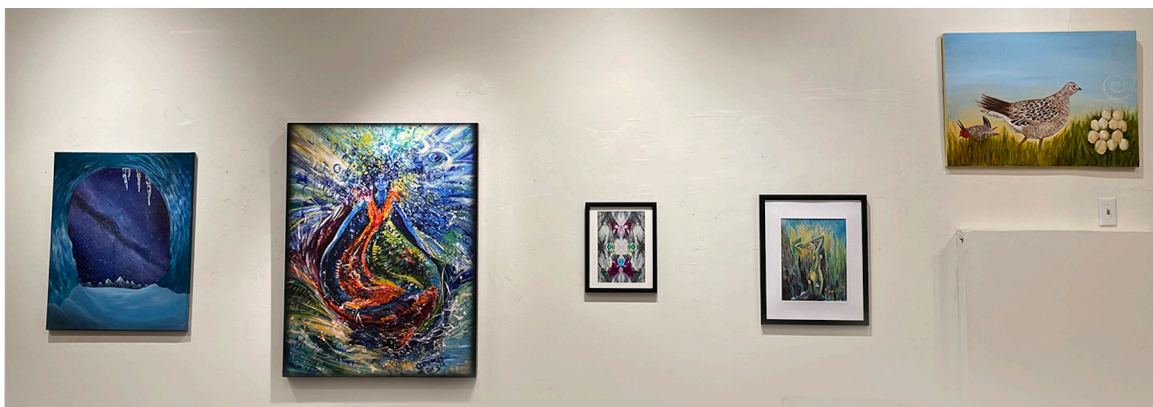
Some of the design has to do with external factors such as the color palette, texture, materials and genre, but more important is what part of the theme the artwork expresses.

Conscious Body, Living Soul: From Sentience to Sovereignty



In these photos, you can see the design of three different sections of the exhibit.

On the east wall, are depictions of an icy cave next to the *Goddess of the Sea*. Putting these two next to each other gives a powerful energy of water in its various forms, such as the transition from ice to water. We have “a landscape that draws the viewer in” and “humans morphing into animals or nature.”



Next, we see a fairy-like abstract, followed by a Spring Goddess/ Mother Earth and then a bird with eggs, leading us into spring. These follow the suggestions from the Call for Artists “humans morphing into nature” and “animals as sentient beings.”



You can feel how each grouping has a different energy, and also that a flow of energy is created between the groupings.

Conscious Body, Living Soul: From Sentience to Sovereignty



Here we see the south wall, which has the **Wisdom Wheel Fusion** collaborative artwork, as well as some small, painted woodcarvings that have powerful energy to frame the central artwork. From the Call for Artists, these are “Depictions of the feeling of an element, air, earth, water or fire that makes you feel most sentient.”



This photo of another section of the exhibit shows brightly colored artwork depicting plants and animals, made with a variety of materials that help us feel the theme of sensing and aliveness.

Of course, the best way to appreciate the exhibit is in person! Please join us if you can, and experience for yourself the energetic effect it has on you.

About Life Force Shamanic Arts & Healing

Life Force Shamanic Arts & Healing (LFSAH) creates artistic, educational and healing programs based on the **Life Force Wisdom Wheel** to catalyze personal and societal transformation. We honor and nurture both the individual and the community and the connection between them. Our staff of artists, teachers and healers commune with soul and spirit to create Exhibit-Seasons that include a visual art exhibit and Shamanic Theater performances offered locally at our venue In Chicago, and worldwide via a virtual platform.

- Exhibit-Seasons of visual art exhibits & Shamanic Theater
- Life Force Shamanic Training** (year-long program)
- Voice Movement-Energy classes
- Individual Shamanic Healing Sessions

If You Are...

- seeking spiritual healing
- a visual, literary or performing artist who wants to explore the spiritual aspects of your art
- a psychologist or other healer who wants to explore the spiritual aspects of your profession
- having spiritual or intuitive experiences and need to understand them
- looking for healing through the arts

Life Force Shamanic Arts & Healing is the place for you!

Life Force Shamanic Arts & Healing 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.

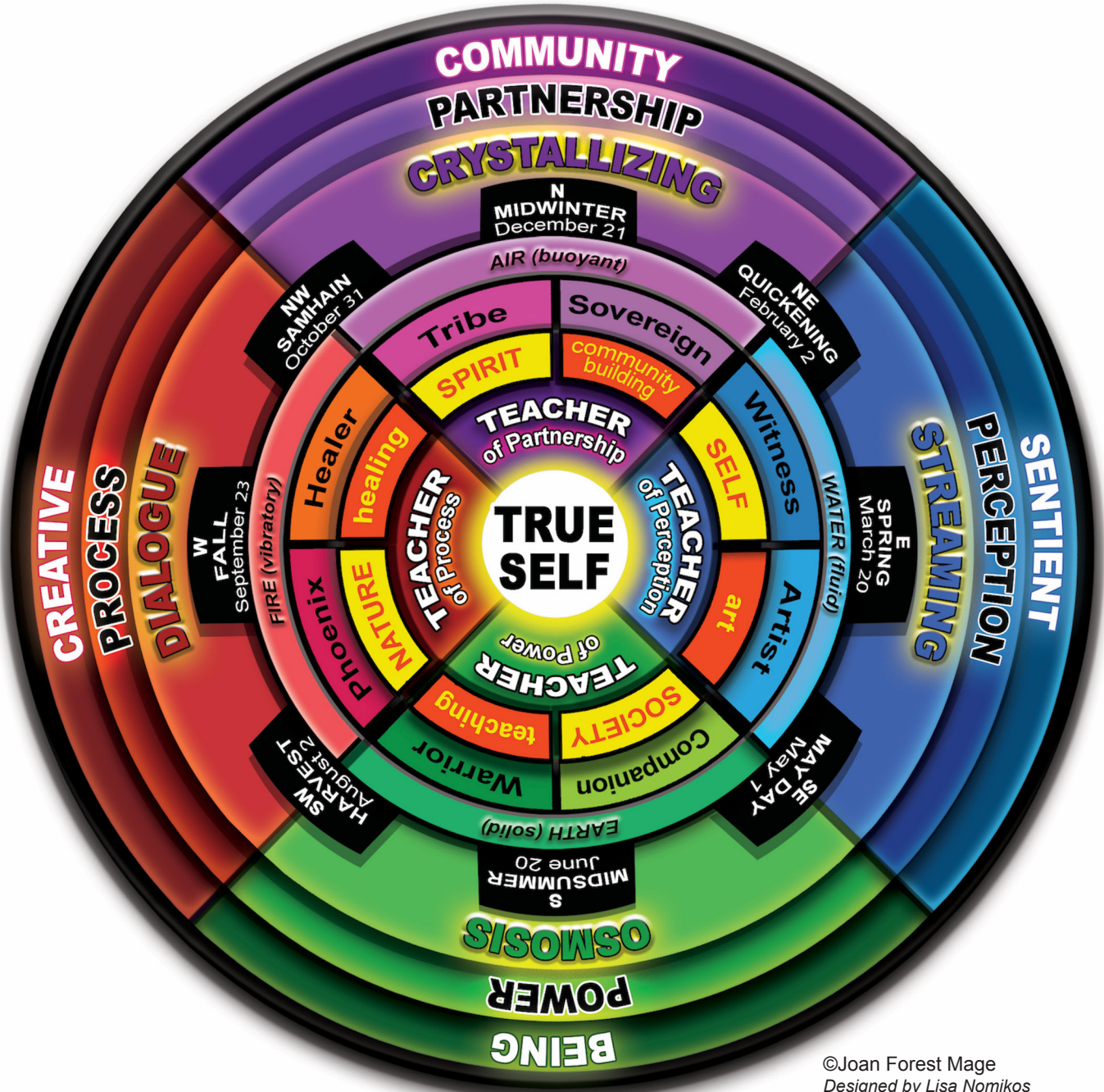
Life Force presents an average of 15 performances and workshops each month: a total of over 1000 life-transforming events featuring 300 presenters in the last 13 years.

Conscious Body, Living Soul: From Sentience to Sovereignty is our 40th LFSAH Exhibit-Season. Each **LFSAH** Exhibit-Season runs approximately eighteen months, and includes a juried art exhibit, performances and workshops based on a theme of the **Life Force Wisdom Wheel**. 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.

Conscious Body, Living Soul: From Sentience to Sovereignty

Life Force Wisdom Wheel (LFW)

By LFSAH Founder and Director Joan Forest Mage



©Joan Forest Mage
Designed by Lisa Nomikos
GatheringVisions.com

Conscious Body, Living Soul: From Sentience to Sovereignty

By Joan Forest Mage

The **Life Force Wisdom Wheel (LFW)** is a powerful psychological and spiritual tool, rooted in the arts, for building positive relationships from one's inner world to the outer world. It is a contemporary version of universal wisdom teachings that value true self and creative community. I discovered the **Wheel** beginning in 1985 through my work in the performing arts, and it is the basis of everything **LFSAH** does. All of our artistic and educational programs explore various aspects of the **Life Force Wisdom Wheel**.

I received the **Wisdom Wheel** through inspiration. The model as a whole took me almost forty years to develop, from 1985-2023, although the core concept, the 4 Skills of Streaming, Osmosis, Dialogue and Crystallizing, have remained consistent from the beginning. The **Life Force Wisdom Wheel** is based on the principle that nurturing the unique gifts of each individual creates a healthy, well-functioning community. **Life Force Wisdom Wheel** training is carried out through exercises in the arts, personal growth, shamanic journeying and healing ritual.

In 1985, after fourteen years of study and professional performing experience as a modern dancer, I set out to create my own unique artistic expression. I soon found myself "downloaded by the Universe" with concepts and practices that were clearly spiritual and had profound cathartic and healing effects on audiences and students. It was obvious that I was creating something much larger than dance in the usual Western concept of art.

I spent the next ten years studying all kinds of spiritual and psychological practices, especially those connected to the arts, to understand what I had discovered. By the early 1990's, I realized that the system I had synthesized, which is called the **Life Force Wisdom Wheel**, is similar to the ancient indigenous teachings that many cultures call the medicine wheel.

Although, in a sense this system originated from one person, it is based on universal principles. It is an honor and a privilege to contribute to manifesting these perennial teachings in the world at this time.

The **Life Force Wisdom Wheel** is a model of health rather than pathology, based on principles drawn from both ancient and modern sources, including shamanism, an ancient form of spiritual healing found in virtually every culture. The **Wheel** guides participants from personal healing through spiritual wellness and finally to live an empowered and contributive life. Through knowing and practicing the principles of the **Wheel**, people's lives can be healed and empowered.

LFW is not based in a particular ethnic culture or religious belief. Rather, it is a contemporary combination of psychological, spiritual and artistic practices in a non-denominational approach to greater wholeness. We work with core principles of cross-cultural shamanism, which focus on the direct experience of the intuitive/spiritual realm. **LFW** seeks to connect people to the spiritual side of life in a way that individuals of various beliefs and life experiences can embrace in their own way, discovering their own truth.

Conscious Body, Living Soul: From Sentience to Sovereignty

Wisdom Wheel Fusion

*Steven Blaine Adams, Mary Burton,
Sally Cooper, & Lorraine Moretti*



Wisdom Wheel Fusion

(2023)

Adams, Burton,
Cooper & Moretti

Mixed Media

40 x 40

\$1600

Conscious Body, Living Soul: From Sentience to Sovereignty

Wisdom Wheel Fusion is a collaborative artwork created by Steven Blaine Adams, Mary Burton, Sally Cooper & Lorraine Moretti. Each of the four artists who created the collaborative piece *Wisdom Wheel Fusion* has taken some or all of the **Life Force Shamanic Training program (LFST)**, which includes the classes Lessons of the Wheel and Wheel Journey Course that help students find their spirit guides.

Mary Burton explains, “Sally Cooper suggested that a group of artists do a collaborative project for the upcoming exhibit **Conscious Body, Living Soul**. Joan has been teaching classes for many years based in the **Life Force Wisdom Wheel**. Over the years there have been many beautiful artworks exhibited and powerful live performances done at **Life Force** embodying “spiritual practice rooted in both the arts and universal wisdom teachings about the skills of being human.” To paraphrase Sally, however, no one has specifically created a work based on their experience with the **Life Force Wisdom Wheel**.

“On May Day of 2022, while at lunch at the Warbler in Lincoln Square, Joan, Sally, Lorraine and Mary discussed Sally’s idea: there would be four artists, each artist would do a quadrant of the **Life Force Wisdom Wheel**. A group artwork would be created. As ideas do, it grew into a reality over the following months. Four artists (Steve, Lorraine, Sally and Mary), four Quadrants, one wheel. Thus, the collaborative art project *Wisdom Wheel Fusion* was born.

“In Joan’s Wheel Journey Course, each student has an opportunity to find their personal spirit guides for each of the Archetypes of the **Life Force Wisdom Wheel**. Wheel Journeys are life enriching experiences.

“During class there is discussion about the section of the **Wheel** we are exploring, followed by a Shamanic Journey meditation, during which we focus on a particular Quadrant and its Archetypes in depth, and what that means for each of us individually. After the Wheel Journey, we have an option to share our experiences with other members of the class. For me, a rich assortment of spirit guides has become available during this practice and sometimes messages are received.”

[Please continue reading for the artists’ essays
on their sections of *Wisdom Wheel Fusion*.](#)

Steven Blaine Adams

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



Pathway to Healing

(2023)

Mixed Media

20 x 20

\$400

Conscious Body, Living Soul: From Sentience to Sovereignty

Steven Blaine Adams

facebook.com/stevenblaine.adams/photos

Pathway to Healing

This third Quadrant of the **Life Force Wisdom Wheel** is about the Archetypes of the Phoenix and the Healer. The symbols I have chosen are the Phoenix, the Lotus, candles, tree, healing hand, dove, healing crystals, symbol for the sun, Egyptian Eye of Horus, Ankh, and the Staff of Asclepius.

All these symbols are about healing and transformation. I felt connected to this particular Quadrant because going through the health challenges I have had to endure in my life. These are some of the symbols that helped me through my process of healing.

This is the Quadrant of Creativity on the Wisdom Wheel. The Lesson is Process, Nature is the Community, Healing is the Field of Human Endeavor, Fire is the Dynamic.

All the symbols are about the creative process: the Phoenix rising from the ashes; the beautiful lotus flower blossoming from mud in the depths of the earth; the candle, a means of communication used to send healing to others and for meditation. Candles use the element of fire for transformation and healing.

The Staff of Asclepius is an ancient symbol of healing, and the snake and its venom are also used for healing. Crystals derive their healing power from the natural energy of the earth. Crystals are receptors for healing, drawing on the energies of the earth within the crystal for healing.

The Dove holds the olive branch, the symbol for peace and the healing of relationships. The sun's energy is also a healing element. The Egyptian Eye of Horus is the symbol for protection. The Ankh is the Egyptian symbol for longevity and enlightenment.

All of these symbols are placed along the sacred pathway for healing that I have created in my painting.

Mary Burton



East Spirits

(2023)

Mixed Media

20 x 20

\$400

Conscious Body, Living Soul: From Sentience to Sovereignty

Mary Burton

East Spirits

For the collaborative **Wisdom Wheel** project, I chose the first Quadrant of the Wheel. This is the Quadrant of the Principle of Sentience. The Lesson is Perception, Self is the Community, Art is the Field of Human Endeavor and Water is the Dynamic.

I associate water with beginnings as we are born in fluid. Coincidentally, my favorite place for Wheel Journey practice outside of class is by the Chicago River which is easily accessible.

In my portion of the Wheel art piece, there are three spirit guides represented. Going clockwise, first is Hathor, blue cow sky goddess. She is the Witness Archetype on my version of this quadrant, the observer who absorbs what is around her. She is a learner and perceiver.

The next guide is Crow, the Artist Archetype. Crows are creators, survivors, speakers, tricksters, collectors, and have generational memories, all good qualities for an artist.

Toward the center is the Teacher of Perception which I have represented as King of the Wind. When the wind blows, I know where I am, my boundaries, and where I begin.

The Perception quadrant also relates to Spring, specifically, Imbolc (February 2) and the Vernal Equinox (March 20), so I have depicted an egg and tree forms for beginnings, renewal and growth.

Sally Cooper



Arjuna & Krishna

(2023)

Mixed Media

20 x 20

\$400

Conscious Body, Living Soul: From Sentience to Sovereignty

Sally Cooper

Arjuna & Krishna

This is the Quadrant of Being on the **Life Force Wisdom Wheel**. The Lesson is Power, Society is the Community, Teaching is the Field of Human Endeavor, and Water is the Dynamic.

The Archetypes of this second Quadrant of the Wheel are the Companion and Warrior. In Hinduism, Krishna is a major deity who helps the warrior Arjuna as a companion and advisor.

When I meditate, my main spirit guide is Krishna; specifically the more mature, wise Krishna depicted in "The Bhagavad Gita". In this epic, Krishna advises Arjuna about the battle that Arjuna is distraught about, given the fact that many of his opponents are kinsmen. On a more spiritual level, Krishna's advice is also on levels of consciousness. It is a battle of Light's triumph over the Darkness and decisions made for the common good.

Krishna is always depicted in hues of blue or black. This denotes his relationship with the rainy season, flooding the earth with the much-needed element of water. I chose red for Arjuna as he is the disciple or companion who is absorbing the wisdom that Krishna offers to him, like the life force of blood.

Also, the lotus was my choice as some of my shamanic journeys include me and others standing in the Ganges with lotus blossoms and the ashes of those who have passed away, or becoming reincarnated, flowing downstream.

The peacock feathers are synonymous with Krishna's headdress and clothing. The tail feathers of the male peacock denotes the "Third eye".

The centerpiece is my interpretation of a chess board, which is a game of conflict and strategy.

Lorraine Moretti



The Sacred Heart Chakra

(2023)

Mixed Media

20 x 20

\$400

Conscious Body, Living Soul: From Sentience to Sovereignty

Lorraine Moretti

The Sacred Heart Chakra

This is the fourth Quadrant of the **Life Force Wisdom Wheel**, the Principle of Community. The Lesson is Partnership, Spirit is the Community, the Field of Human Endeavor is Community-Building and Air is the Dynamic.

Within the **Life Force Wisdom Wheel**, my quadrant is located in the season of Midwinter and is represented by the Full Wolf Moon of January. The Archetype is the Teacher of Partnership, the Skill is Crystallizing and the Element of the Air of Ideas. This is all surrounded by the spiritual color of Purple. The Sacred Heart Chakra contains the Energy of Love. Love is the emotional thread that connects all sentient beings to each other and to the spirit realm and the soul and is enriched with blood and sorrowful thorns. A reaching hand is used for community building, making connections to tribe and family and enabling us to feel compassion. We experience the scent of roses, passionate flames and all of nature that branches out toward the universe. Through these practices, humans will be able to maintain their sovereignty. It is important to remember in these times of ubiquitous technologies that the Heart is NOT programmable!

The Full Wolf Moon (A pagan poem from unknown authors)

In Midwinter, listen carefully to the hungry howlings
feed your soul and spirit
and, like her, self-reflect.
Cold and dark, this time of year
the Earth lies dormant
awaiting the return of the Sun, and with it, life.
Far beneath the frozen surface
a heartbeat waits
until the moment is right,
to Spring.

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie



***To receive
to welcome and embrace
judgment free
and to find
form and space for what has been perceived within
that wants to be expressed now
and now
and now
and now...over and over again
to listen to and value
every part of the self
is a cyclical journey from being sentient to being sovereign.***

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie

The sketches for this artwork started as a collection of “napkin art” that came to me during Covid times in 2020. I was working at the restaurant, and I had to wash my hands more frequently than usual. So I used many napkins, which also felt kind of like a big waste; so one day, at the umpteenth time I was drying my hands, I opened up the napkin and I was surprised to see something that the water drew on the dry napkin and grabbed a marker on the counter, to capture it, before it dried up and vanished. This started a new ritual and practice for me to stay tuned in and present with myself and all the energies that were moving at such unsteady times and kept doing it during my shift, in between orders, for as long as it lasted, before the rules and needs of the restaurant business changed again and again. It was very much a time of experimentation, responding to the crisis and all the policies they kept trying to make to keep people “safe”. And until I could, I sketched what came through, to find safety in my connection and collaboration with spirit and water...So I collected something like 35-40 napkin art pieces.

I created the artwork in the *Conscious Body, Living Soul* exhibit by copying some of the images that I had drawn on the napkins onto paper, and then making them into three collages that I painted.

This collection and its process of creation is very much connected to the theme of CONSCIOUS BODY and BEING SENTIENT, because it has to do with knowing what you feel and think, as well as being present in your body and open to see. These pieces are the result of that ability, of that awareness and that openness to receive, to let whatever inspiration, message, feeling come through me as the channel, and become visible. And in this case, it was water sketches and messages, which I perceived and expressed with markers and ink onto napkins.



Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie

It's a process that puts you in touch with your nature and nature itself, because there's no premeditation or planning and the logical mind and ego are not involved; it's simply being a vessel, an authentic listening. In order to do that, there is a level of consciousness that you need to have in your body and also a level of openness to perceive what is not perceivable to the untrained eye; it's symbolic, unexpected, nonlinear. It's something that you don't look for - but it comes to you when you are ready, you can catch it in a brief and quick moment.

These pieces are also reflecting back questions I would pose myself, so they are also transformational and divination tools to better understand myself and touch base with my feelings and thoughts.

Some of the napkin art was meant for specific people who crossed my path at the time and needed a specific message that came through to me.

"Little did I know on my restaurant shift,
I ended up doing some shamanic art
healings and readings!"

I think that everything becomes more meaningful when you're connected to this flow of life force, always available, because it's like being in effortless dialogue of co-creation with people, objects, nature and spirits; you're never alone and always close to potential and awe.

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie



Peace Offering

(2023)

Collage, Mixed Media

9 x 12

\$444

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie



*Now I See You and
You are Beautiful*

(2023)

Collage, Mixed Media

9 x 12

\$444

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Natalja Aicardi

www.instagram.com/nataljatheselkie



I'm Flying Home: All of Me

(2023)

Collage, Mixed Media

9 x 12

\$444

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Heather Baker

www.hbeeart.com / Instagram: @hbee_art



Reminder

(2022)

Turquoise, quartz,
sand, mesquite leaves,
seeds, charcoal
stain on plywood

7 x 8

\$650

Reminder

I had a unique experience studying human remains in college that made me see things differently. I have a deep respect for life, knowing that someday my physical existence will end. Life is excruciatingly hard sometimes, but I still maintain that it feels like a gift to experience it in this body with the rest of the world. There is some energy that animates this body. It radiates from the inside and mingles with the outside, and although I can't say what it is, I have a feeling that it will continue on far after my body dies.

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Heather Baker

www.hbeeart.com / Instagram: @hbee_art



Man's Best Friend

(2019)

Seeds, stones
and paint
on plywood

17 x 21

\$1100

Man's Best Friend

I've had some very strong friendships and bonds with animals. Spending so much time with them and trying to communicate on a different level than I'm able with my human companions creates a unique relationship. Although this image is of a canine, it's inspired by my relationships with all my nonhuman family members. They too have a special energy or radiant light that is sourced beyond the physical realm. I've always loved the seemingly pure honesty and innocence of my animal friends (although they can be quite sneaky sometimes!). They just live in the moment. It's refreshing and I love them deeply.

Conscious Body, Living Soul: From Sentience to Sovereignty

Mary Burton



Dreambird

(2022)

Acrylic on Canvas

22 x 30

\$300

Conscious Body, Living Soul: From Sentience to Sovereignty

Mary Burton

Dreambird

A small brown and white hen in the center moves from the male behind her towards a nest of eggs under a spiral traced in the sky. She moves from her past toward her future. This painting is based on an image I saw while waking up one morning this past December of a bird in profile, pheasant shaped, colored white and brown, with no comb. Taken by this image, I wanted to know what type of bird it was. A trip to Lincoln Park Zoo was not fruitful. There were many exotic birds there, but nothing like the one I saw.

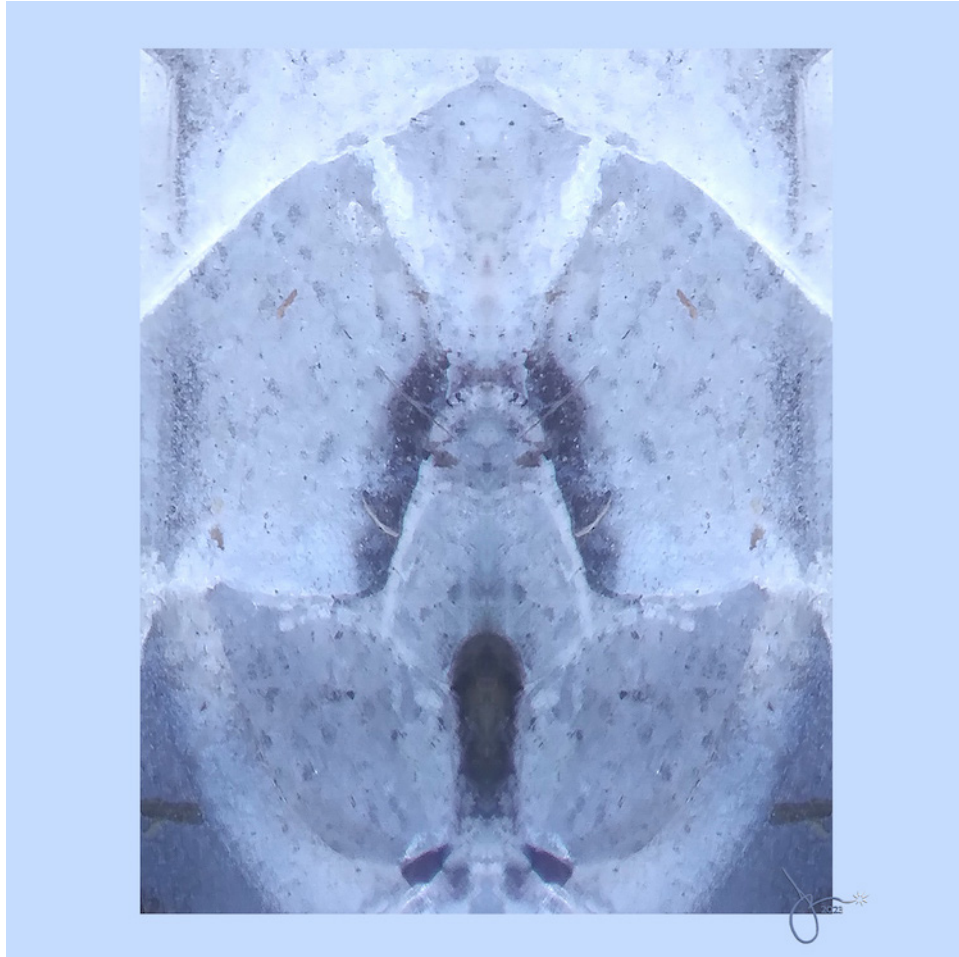
So, after searching the internet, the closest match was a bird called a Lesser Prairie Chicken. Despite its name, it is not a chicken. Rather, this is a type of grouse that lives in the prairies of Kansas, Oklahoma and Texas and is in danger of extinction because their habitat is in prime oil drilling and cattle ranching areas.

These birds are known, like other grouse, for their mating dance. The males puff their brightly colored air sacs which they use to make cooing and singing sounds, point their feathers, and parade back and forth to attract the attention of the females who choose their mates from the performers.

Joan directed me to Jamie Sams, Medicine Cards who says "Grouse medicine...is an invitation to the dance. Grouse celebrates the Divine Source through its sacred spiral dance, and offers this dance to you as a gift. You can spend a lifetime learning Grouse's lesson on how to harmonize your dance with Mother Earth's cycles, and how to offer the dance as a creation of selfless beauty."

FIRST TIME LIFE FORCE EXHIBITOR!

Jimmy Clark



Winter Comfort

(2022)

Photographic Print

19 x 19

\$360

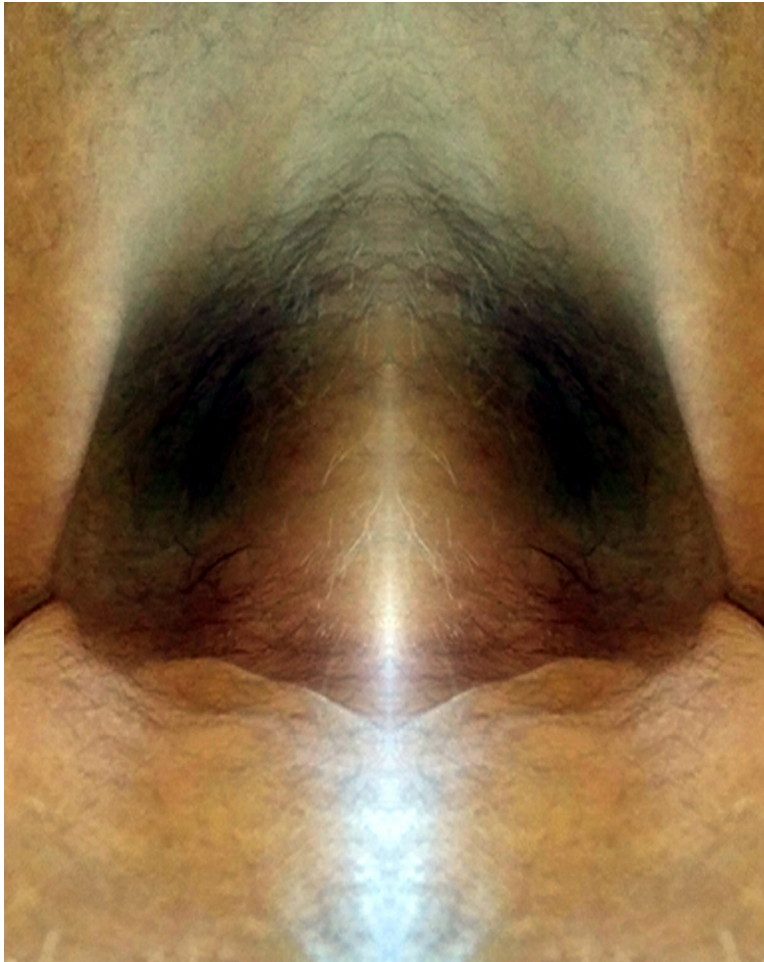
Winter Comfort

In “Winter Comfort” every viewer sees a polar bear as the dominant subject in the image. I found this -by chance- in mirroring a section of a photo of a frozen puddle. I did no further image manipulation. Most viewers, scanning the image from top to bottom, will then see a rabbit or a seal - sitting on the bear’s lap, perhaps. The animal Spirit comforts the viewer.

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Jimmy Clark



Throat Chakra

(2022)

Photographic Print

12 x 15

\$140

Throat Chakra

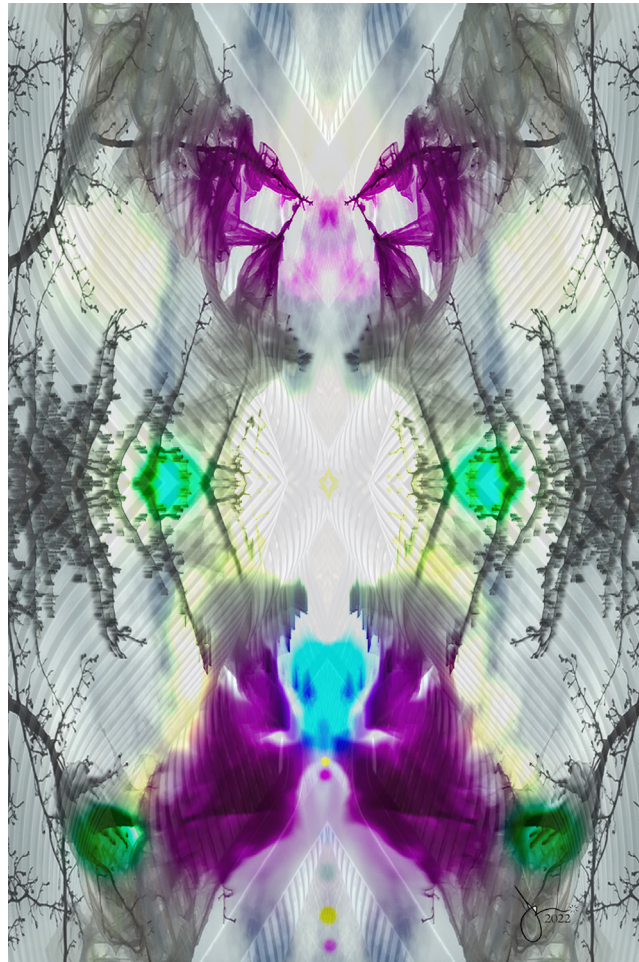
“Throat Chakra” is from a portion of a photo of part of my own conscious body. There is an internal spirit energy found which seems to illuminate the dark cave of the piece. I see distant lightning. Some see a skeletal image in the light.

Earth, Air, Water, Fire.... Lightning!

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Jimmy Clark



A Kiss in the Garden

(2023)

Photographic Print

12 x 15

\$160

A Kiss in the Garden

In “A Kiss in the Garden” I used Photoshop to “smudge” the mirrored photo of trees with plastic opaque tarp stuck in their branches. (The setting on the smudge tool automatically added color.) There, I found two “people” seated across from each other near the bottom, two dancers dressed in purple in the trees above, and the silhouette of a meditating person at the very bottom, center. This piece conveys three aspects of sentience; Dance, Communication, and Thought/Meditation.

Conscious Body, Living Soul: From Sentience to Sovereignty

Barbara Ezell

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



Prima Autumnal

(2021)

Mixed Media

13 x 16

\$800

Conscious Body, Living Soul: From Sentience to Sovereignty

Barbara Ezell

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

Prima Autumnal

Prima Autumnal is a personal work I created as a sampler for the different media forms my creative expression takes (using tin, making mosaics, working with polymer clay, et al. The main character is Prima Autumnal (myself in my prime) in an idyllic nature setting, where I feel most sentient. I'm interacting with my environment in an organic way.

The image is from a photo of one of my favorite spots at The Morton Arboretum, manipulated in Photoshop and transferred to canvas. I was born in September and love the Autumn. In this work, I am part of the earth and nature, with images of birds and insects and eggs and metals and gems and pottery and fabrics, in a swirl of colors that reflect Fall.

Flittering in and out of the picture (in my mind) are some creative and spiritual elements: my unseen muses who inspire and hold me in their wake to support and astonish me. They hover above and influence, and give me pause with messages. I am alert, listening to them.

There is much going on as I envision a wholly "everything is moving" scene within this static picture. We are at "the still point of the turning world." Angels and saints and the wheel of a chariot turning – She (me) in patchwork dress, spinning and clinking and tingling. Nature is in flux with birds, eggs, butterflies, angel wings – all aflutter. I am levitating, I am grounding. I am morphing into multicolor leaves carpeting the earth. I embrace everything. I am Alive in every nuance in this Sacred Wood – Everything is Alive.

FIRST TIME LIFE FORCE EXHIBITOR!

Brian Fagan



Little Soul Man of Sentience

(2023)

Acrylic on Board

17 x 21

\$100

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Brian Fagan

Little Soul Man of Sentience

Being alive doesn't come from the world without.
Rather it's kick-started by the Little Soul Man who occupies from within.

Little Soul Man - THE HARBINGER OF SENTIENCE!

He carries a beaten and weathered instrument

Strings stretched and broken

Wood chipped and warped.

But that playing!

Little Soul Man dances between two opposing titans!

The eerily familiar, yet completely unknowable, Black shadows!

The boiling hot Red light of absolute awareness!

Red and The Black clash - A BIG BANG!

Little Soul Man pockets left behind shrapnel from the collision of those two
Behemoths and

begins to play that tired old instrument.

Harsh, discordant notes that drop down to the Black sludgy depths of impulse. Billowy chords
that rise up to the Red feverish heights of inspiration.

Two incongruous melodies realizing a third - SENTIENCE!

Sentience.

A melody felt.

An experience without words.

Words are buzzkill to Little Soul Man's rhythm;

Words are buzzsaw that take out the legs of life.

When you scream that dark furious rage;

When you are consumed by the bright heat of another's skin;

When you murder;

When you create;

When your Red and Black collide...

You're possessed by Little Soul Man's tune;

dancing to the music of sentience.

Conscious Body, Living Soul: From Sentience to Sovereignty

Kurt Fondriest

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



The Summoning

(2021)

Oil Sticks on
Black Pastel
Paper

9.5 x 12

\$175

The Summoning

This piece reflects the aspect of sentience that involves our earthly desires to commune with our divine spirit. This desire is a symbolic ritual in as many ways as it is an actual ritual process experienced by the individuals.

The desire to awaken our souls is more than simple consciousness. Rather, it is consciousness feeling the spiritual desire of divine awakening.

We find ourselves trying many rituals to summon our divine awareness. This can be a life-long process to discover the culmination of our human experience, to finally translate into our spiritual awareness expanding.

Conscious Body, Living Soul: From Sentience to Sovereignty

Sofia Girlando



Through the Mind's Eye

(2023)

Acrylic on Canvas

24 x 12

\$230

Conscious Body, Living Soul: From Sentience to Sovereignty

Sofia Girlando

Through the Mind's Eye

This painting represents motion and change of oneself in a place between lives. In the left lower corner is Anubis, God of Death, who is revered as one of the most significant Gods of Egypt. Possessing powers to walk between life and death, Anubis is Protector of Egypt and mummified pharaohs' tombs, preparing remains for the Afterlife. Anubis is a guardian of life's balance.

The central figure, with her back to us, contemplates both her past self and future growth, emerging, finding joy in the journey of life and soul. Is she me, am I her?

In the far distance you see the silhouette of one of the oldest religious, artistic, and political architectural structures of the Byzantine period, Hagia Sophia, which means the Holy Wisdom, dedicated to the Wisdom of God. Originally built in 360 CE as a Greek Orthodox Church, it became a mosque in 1453 (over a thousand years later) after the area was conquered by the Ottoman Turks. It remained a mosque for 570 years until becoming a museum in 1935. Almost 100 years later, it became a mosque once again in 2020.

Hagia Sophia, is spiritually charged with powerful energy and healing powers, standing as a symbol of purity, resilience, and peace through all its transitions.

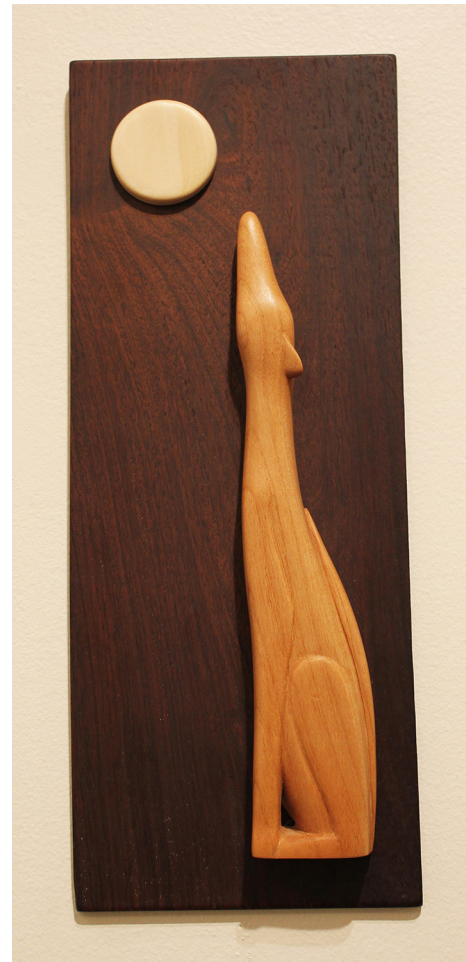
Surrounded by many planets near and far, with dark and daylight skies, we find an enduring presence of calm and serenity.

John Henderson

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



Phoenix
(2020)
14 x 15
\$250



*Coyote Howling
at the Moon*
(2022)
6 x 15
\$100

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Paleolithic Fertility Goddess

(2022)

8 x 12.5

\$250



Flame

(2022)

5.5 x 17.5

\$200

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Flying Dragon

(2022)

9 x 14

\$250



Gecko

(2021)

8 x 19

\$250

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Dragon Skull Wheel
(2022)
23" Diameter
\$200



Dancing Orcas
(2020)
Butternut
6 x 10 x 2.5
\$300

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Greek Fertility Goddess
(2015)
Mahogany
3.5 x 12.5 x 2
\$250



"Astrea" Goddess of Innocence
(2021)
Basswood
2 x 8.5 x 3
\$150

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Small Female Torso

(2020)

Pink Ivory

4.5 x 5 x 4.5

\$80



Celtic Kneeling Fertility Goddess

(2021)

Dyed Basswood

4 x 8.5 x 3

\$250



Shaman Headdress

(2022)

3 x 9 x 1

\$100

Conscious Body, Living Soul: From Sentience to Sovereignty

John Henderson

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



Snailuman
(2020)
Dyed Butternut
12 x 9.5 x 2
\$400



African Goddess of Innocence
(2015)
Mahogany
3.5 x 18.5 x 5
\$300



Happy Orca
(2017)
Butternut
12 x 16 x 3.5
\$500

Conscious Body, Living Soul: From Sentience to Sovereignty

Marilyn Hrymak

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

Michigan Song

(2017)

Mixed Media
on Fiber

15 x 18

\$205



Michigan Song

I feel very alive when I enjoy summer in Michigan. Wildlife, beautiful lakes, shady trees, wild flowers, plentiful fruit, warm dunes and sunny days are all part of it. The Michigan state bird, robin, often stays around to enjoy this season as well.

Up-cycled fabrics sewn in a crazy log cabin pattern makes up the background with machine embroidered butterflies and oak leaves embellishing it. The happy chirping robin is made of free motioned stitched scraps with zipper teeth making the beak. Legs and toes are appliquéd twine. Cream colored textured ruched fabric symbolize a floating cloud with the lower orange ruching representing a bed of Michigan wild flowers. I am grateful for the many gifts I receive when I visit Michigan

Conscious Body, Living Soul: From Sentience to Sovereignty

COVER ART

Colleen Koziara

www.mysticalwillow.com



Spring Showers

(2017)

Framed
Photo Print

17 x 21

\$115

Spring Showers

Having slumbered long beneath Her blanket of snow, the Earth awakens slowly but happily from Her Winter sleep. Stretching languidly, She steps, face forward, into the Spring rains and breezes. The coating of dirty snow and ice, sand and salt, soggy leaves and small bits of wet and plastered trash slowly washes from Her hair and Her form, and as they do, She is reborn. The colors of Her finest Spring dress born from her very skin. The wind blows her hair dry and coaxes forth every last blossom, as it feeds Her with its energy and warmth. She is ready to make flowers again.

Conscious Body, Living Soul: From Sentience to Sovereignty

Thom Lausch

www.facebook.com/staineddreams

*Stained Glass Designs
2023 Collection*



Lotus Buddha

(2023)

Stained Glass

9 x 7.5

\$80

Conscious Body, Living Soul: From Sentience to Sovereignty

Thom Lausch

www.facebook.com/staineddreams

*Stained Glass Designs
2023 Collection*



White Moon Lotus

(2023)

Stained Glass

8 x 6

\$60

Conscious Body, Living Soul: From Sentience to Sovereignty

Thom Lausch

www.facebook.com/staineddreams

*Stained Glass Designs
2023 Collection*



Blue Moon Lotus

(2023)

Stained Glass

8 x 6

\$60

Conscious Body, Living Soul: From Sentience to Sovereignty

Tanzen Lilly

www.tanzenlilly.wixsite.com



Anima Mundi
(2023)
Paper Collage
19 x 25
\$300

Anima Mundi

Anima Mundi, meaning World Soul, is a collage representation of all walks of life and all environments within planet Earth. It illustrates the interconnectedness of life in all its forms, the rich diversity of life and experience that is all around us. Everything that is needed to sustain life and give it meaning exists here on this planet, among us.

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Jacob Moreland

www.twobirdsphoto.com



Path Through the Trees

(2021)

Photograph on Canvas

30 x 40

\$720

Path Through the Trees

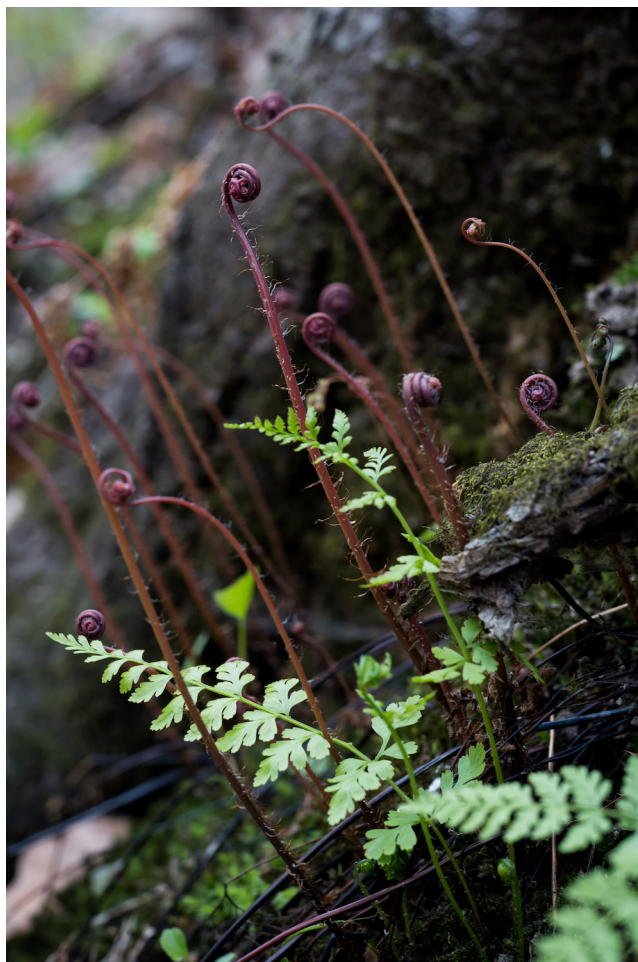
“May I enter? I intend to be respectful and to tread lightly on this path. I am thankful for the loving energies of sunlight and nature that I encounter on this walk.” On entering this tunnel of trees I say a quick prayer to the nature spirits that live in the place named Midewin National Tallgrass Prairie. I feel the power of the land and plants as it welcomes me and helps to restore my mind, soul, and body. I am at peace. I am whole. Midewin is healing and it’s grateful to be allowed to return to its natural state after years of being used for farming and industry. I am grateful to be allowed to experience that healing as well.

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Jacob Moreland

www.twobirdsphoto.com



Unfurl

(2021)

Photograph on Canvas

20 x 24

\$400

Unfurl

Stretch out! Winter is over. It's time to rebirth new stems and new leaves. Unfurl and uncoil. The sun welcomes you to fresh beginnings. The soil surrounding your roots is fertile. It's full of promise and creative energy. It's time to show your splendor and reach for all that you are meant to be. Allow yourself to receive your full potential. Summer is coming and you are ready.

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Jacob Moreland

www.twobirdsphoto.com



Water Dance

(2022)

Photograph on Canvas

20 x 24

\$400

Water Dance

Ripple, flow, and swirl. Sunlight dances across the current that moves quickly. Unseen forces break and bind over and over again to create subtle movement. There exists a delicate sound that softly rushes. This dance of sound and sight soothes the soul and quiets the mind. Listen to the invitation to take off your shoes and put your feet in the stream. It's cool and wet as it slides across your skin. Soften your gaze, open your ears, and feel the water caress and calm your senses. Be here now and dance with the water spirits.

Conscious Body, Living Soul: From Sentience to Sovereignty

Karlene Mostek

www.karlenemostek.com



Inner Moon

(2004)

Watercolor Pastel and
Ink on Watercolor Paper

21.5 x 25

\$500

Conscious Body, Living Soul: From Sentience to Sovereignty

Karlene Mostek

www.karlenemostek.com

Inner Moon

The swan is one of the oldest animal symbols in the world and sometimes is thought of as a sign of the poet, the mystic or the dreamer. It is found often in fairy tales and folklore, where it usually signifies beauty and grace.

The ballerina in this picture is poised here with the beauty and grace of the swans who are with her. The mystery of a moonlit sky seems to stream down into the world of both the sea and the ballerina's own spirit. The shoeless foot of the dancer, hidden in the water, balances her, and connects her to the invisible, inner world of her true self. This true self is shown here as the only part of her body in her natural color. The other foot, covered with a dancing shoe, symbolizes her life in the active, outer world. She is balanced in both worlds at the same time.

This piece grew out of the sighting I had, one December, of two beautiful swans at the lakefront on the far north side of Chicago. About the same time, The American Ballet Company was performing "Swan Lake" in a downtown theater in Chicago. The sighting of the swans, and the ballet company in Chicago, came together for me ~ and I remembered a moonlit sky over the lakefront from a few years before.

On a night before Easter, I was standing outside of the chapel at Loyola University's north side campus, looking out at a full moon casting a path of light across the lake. There were no swans at that time, no ballet company performing in Chicago, but the moon and the lake seemed joined in something holy and sacred. That lakefront memory became the setting for this painting.

Few of us who see a full moon, streaming light down along calm waters, forget it easily. It touches something deep and beautiful within us ~ a mysterious feeling of bonding and unity with all that is living. Even when such experiences have long passed, they can rise from inside us without being called. The Spirit of the natural world loves to surprise us and wisely teaches us that we will always belong to it, and that we will always be one with it.

Lisa Nomikos

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



Goddess Pele Empowered

(2023)

Giclee Canvas Print

32 x 42

\$888

Conscious Body, Living Soul: From Sentience to Sovereignty

Lisa Nomikos

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



Namaka, Goddess of the Sea

(2023)

Giclee Canvas Print

32 x 42

\$888

Conscious Body, Living Soul: From Sentience to Sovereignty

Lisa Nomikos

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



Kuaila Turtle Goddess

(2023)

Giclee Canvas Print

30 x 40

\$855

Conscious Body, Living Soul: From Sentience to Sovereignty

Lisa Nomikos

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

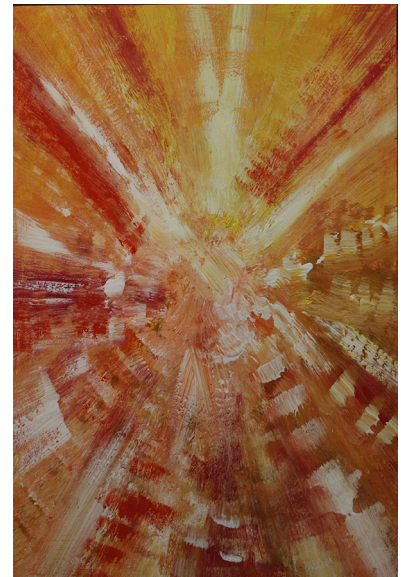
When Joan Forest Mage asked me to create three large canvases for the upcoming exhibit, *Conscious Body, Living Soul: From Sentience to Sovereignty*, I wasn't sure that I could finish them on time. In the past, art creation was very much a slow, tedious, "mental" job. I would need to think about what I wanted to create and methodically plan it out, using photos and references. Now, however, my artmaking process is very different.

It is a spiritual, intuitively flowing practice that combines prayer, intention and ritual to allow the guidance of the Divine, and all of my Guides & Guardians of the Light, to flow naturally into whatever I'm to share with others. It's a practice reflecting the wisdoms I've learned over my lifetime from my childhood background in Catholicism and as an adult, being a student of the Self-Realization Fellowship focused on the teachings of Paramahansa Yogananda, my Shamanic Training at **Life Force Shamanic Arts & Healing**, Usui Reiki, Goddess & Angelic Reiki, Light Code Reiki, Cranial Sacral Reiki, Meditation and numerous women's empowerment retreats facilitated by Intuitive Life Coach Lisa Gniady.

So, when Joan asked me to paint three 30x40 pieces in a fairly short amount of time, I said "yes," of course. I know that when I align myself with my spiritual practice, everything flows and I can accomplish what seems impossible.

My first step was to "tap into" what sentient means and feels like to me. Immediately I began to paint on all three wooden canvases. In two hours time, the abstract textured backgrounds poured forth. They could have been complete "as is", but I knew and sensed that each held a larger story within the layers of paint.

After allowing them to dry, I began with the orange background canvas. In my mind, I saw a woman with her arms raised. Quickly and easily she emerged from the depths of the paint. "I am empowered," she stated. "I am feeling, thinking, whole. I am ALL and more. I embrace being strong and feeling." The Hawaiian *Goddess Pele Empowered* was born.



Conscious Body, Living Soul: From Sentience to Sovereignty

Lisa Nomikos

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



Next, the green/blue background called to me. The colors were in sharp contrast to *Pele's* oranges, reds and yellows. Waves of water, movement and fluidity---thoughts kept flowing into my mind. I saw a mermaid swimming in the abstract. Messages of dolphins and sea creatures were constant.

As I painted, the *Goddess of the Sea* created herself. To my surprise I discovered that the Hawaiian Goddess *Pele* had a sister named *Namaka*, the goddess of the sea. The two were complete opposites - the yin yang, hot/cold, wet/dry, water/fire.

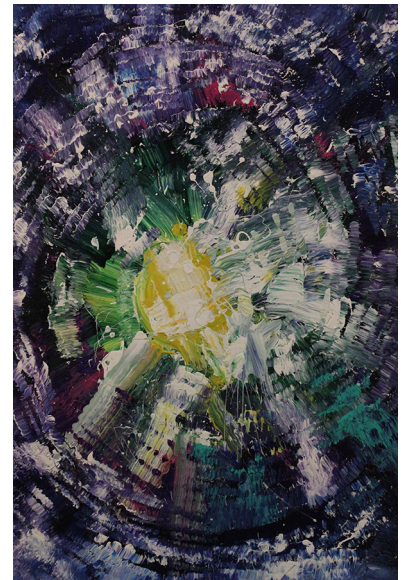
Namaka, Goddess of the Sea seemed to say, "I am sentient. I flow with the movement of the sea teeming with life. I am empowered. I am strong in my movements. In my arms you always float safely."

And finally, it was time to finish the 3rd painting that had an abstract spiral of purples and blues, with a golden sunburst in the center. At first this image was harder for me than the others. I was so close to accomplishing my task of the three canvases. I kept catching myself using my "thinking mind" instead of tapping into the Divine for guidance. I knew I could not force the art to flow.

Creation is always timing. Sometimes when things slow us up, there is a reason. The answer about what the image wanted to be, came from an unexpected source, my daughter's friend Mary, who exclaimed "it's a turtle!"

And it was! I couldn't unsee it.

Out of curiosity, I researched to see if the Hawaiian goddesses *Pele* and *Namaka* had a turtle sister. They didn't, but instead I found that there is a Hawaiian turtle goddess named *Kuaila*. The legends say that she turns into a child to play with the children on the shore, and shapeshifts back into being a turtle to swim out to sea nightly. I found it fascinating that a turtle would want to be human. Why? Usually humans want to transform into an animal or bird to escape life. The turtle goddess became human to receive the human gifts of play, joy, friendship and love.



Conscious Body, Living Soul: From Sentience to Sovereignty

Szmeralda Shanel

www.spiritualartstherapist.com



The Fool

(2023)

Mixed Media

11 x 14 x 7

\$119

The Fool

Inspired, free, curious, innocent, careless, foolish, and wise, The Fool in the Tarot is card 0 and represents unlimited potential. The Tarot deck is divided into major and minor arcana cards. The Major Arcana represents major life events, stages of life and levels of consciousness, while the Minor Arcana represents minor life events, circumstances and people. The Fool travels through the deck meeting all kinds of people and having a multitude of experiences, good, bad, painful, joyful, frightening and beautiful. This is referred to as The Fool's Journey. As we each move through life, traveling on our own unique paths, we are all The Fool.

Conscious Body, Living Soul: From Sentience to Sovereignty

Jessica Marie Thompson



Emergence

(2023)

Oil on Canvas

24 x 30

\$1100

Conscious Body, Living Soul: From Sentience to Sovereignty

Jessica Marie Thompson

Emergence

The cave is symbolic of the womb. I chose the moment of emergence to symbolize the first moment of sentience, in a landscape devoid of other sentient beings. It raises the question "Am I alone? Is anyone out there?"

Some people believe they, alone, have sentience. It creates a very selfish life. Some people think only humans have sentience, a life which is kind to people, but justifies many environmental and animal abuses. Some people think humans and animals have sentience, which leads to a caring, often vegan, life. Some people think all living things, including plants and perhaps even single-celled organisms, have sentience. This leads to a life of stewardship. Some people think all things, including mountains, our planet, and the universe itself, are sentient. This is a shamanic life.

FIRST TIME LIFE FORCE EXHIBITOR!

Lyn Wilder-Dean

www.etsy.com/shop/ddubdidthis



Dream of the Mystery

(2023)

Acrylic on Water
Color Board

16 x 12

\$90

Conscious Body, Living Soul: From Sentience to Sovereignty

FIRST TIME LIFE FORCE EXHIBITOR!

Lyn Wilder-Dean

www.etsy.com/shop/ddubdidthis

Dream of the Mystery

Dream of the Mystery attempts to capture my ambivalent relationship with sentience. I have struggled with deep depression for decades; yet even when I have felt helpless, hopeless, and trapped in waking life, in my dreams I have been free. I often look forward to sleep because I know I will be thrilled by a new breathtaking story, curated to my own eccentricities. I can express my personal truth most clearly in dreams. So, the painting presents a framework of black, lit by a moon and a star to tell us that it is night. Rainbow clouds suggest something more beautiful and harmonious than daily life.

At the core are three abstract humans, swelling out of the Celtic Tree of Life. From left to right, the humans are: contemplating (masculine form), stretching (androgynous form), and performing (feminine form). My mind plays with gender in a way that I cannot with my body. I add it, subtract it, bend it, twist it, and connect all of its aspects to the basic impulses of life. These swim back through generations like the roots and branches of the Tree. My maternal heritage is almost entirely Celtic; my mother says we come from “a long line of Irish geniuses and madmen.” The Tree’s flowers bring hope, reminding the viewer that life is constant renewal even if one’s circumstances seem disastrous.

Behind the Tree and the humans is a wash of emerald. It reminds us that our understanding of “life”, “nature”, and even ourselves is only a map, not the territory of the Mystery, AKA “God” or the “Divine”. Now, I was never given the gift of faith. Over the years, I have explored several different spiritual paths, throwing myself into each of them wholeheartedly; it is only in the months since I have discovered painting that I have come to terms with my agnosticism. I now know peace in its liminality. It is my job to ask the questions, not to have the answers. This painting asks:

What is Life without Mind?

What do you see when you look at the spaces between and beyond individual trees, flowers, people?

What manifests?

What is the Mystery?

You’ll have to find your own answer.

Conscious Body, Living Soul: From Sentience to Sovereignty

Biographies

STEVEN BLAINE ADAMS

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

Completed Life Force Shamanic Training Level 1

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 **LFSAH's** store designer, and is on the curatorial committee for **LFSAH'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.

NATALJA AICARDI

FIRST TIME LIFE FORCE EXHIBITOR!

www.instagram.com/nataljatheselkie

Completed Life Force Shamanic Training Level 3

Natalja Aicardi is an international multi-disciplinary artist, theatre creator, energy practitioner, teacher, yoga witch from Italy via Croatia and Sweden, based in Chicago since 2005. She left her hometown, family and friends as a teenager because she was called to find out who she was, away from what was familiar. She figured things out in her own way, using her own strength and intuition. She's learned to speak up and say NO to inequality and emotional abuse and she built the courage to say YES to her voice and her creativity.

As she trained for years in various artistic disciplines while also juggling motherhood, it became very clear to her that making art and expressing who she is through movement, dance, music, art and theatre was not only something she loved to do, it was something necessary to do for her physical, mental/emotional and spiritual well-being and that of her children. This launched her to explore the integration of the arts with the healing arts, shamanism, sound healing and yoga in more depth.

Then **Life Force Shamanic Arts & Healing** opened its doors to Natalja and gave her a home and a community to continue to develop and share her gifts. Performing, collaborating and making others feel comfortable in their own skin is her passion and being a member of **Life Force Shamanic Arts & Healing** means doing all three. Natalja's dream is to help people retrieve their unique gifts and build a safe and free world where all voices matter and respect each other, using all the artistic and healing tools in her toolbox. After all, isn't it true that when we all live our dreams, our hearts are at peace and our minds are put to good use for the highest good of all? You can catch her in shows, leading classes and workshops or doing creative healing sessions. You can follow her on <https://www.instagram.com/nataljatheselkie/>

Conscious Body, Living Soul: From Sentience to Sovereignty

HEATHER BAKER

FIRST TIME LIFE FORCE EXHIBITOR!

www.hbeeart.com / Instagram: @hbee_art

Heather grew up in rural Northern Illinois and learned to draw at a very young age and has been an artist ever since. She developed her plant collage style while in art school at the University of Illinois, Chicago, where she graduated with a BFA in photography and a BA in anthropology.

Plant collage has been Heather's main form of artistic expression for the past 14 years, highly influenced by her love of the outdoors. She draws on her adoration of the colors and textures she sees while immersed in the woods and prairies. The intricate details of her work draw people in and invites them to see how the plant and rock materials can be transformed into images of animals, skulls, and mandalas. Grasses become fur, leaves become feathers, and stones and seeds form geometric patterns. Heather's work has an arching theme of her respect for the many forms of life in earth, including her own life and the connection she has with the world around her.

Asside from being an artist, Heather is an avid hiker/backpacker and spends as much time as she can advocating and working for Illinois prairie conservation and restoration.

MARY BURTON

Completed Life Force Shamanic Training Level 4

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 1-4 of the **Life Force Shamanic Training** program. Mary's family has been in what is now the U. S. since the 1600's. Her ancestor, Mary Bliss Parsons, was accused and acquitted twice for witchcraft in Cambridge and Boston, Massachusetts.

Conscious Body, Living Soul: From Sentience to Sovereignty

JIMMY CLARK

FIRST TIME LIFE FORCE EXHIBITOR!

I grew up in Flint, Michigan. I studied the visual arts at a community college full time for a few years. Michael Moore created a documentary film about Flint. –I was there for the premiere of course...very funny indeed!

Then I left.

I brought all of my art and desires to Chicago in 1996. At that point I'd been working with vinyl record albums for two years. Painting them, collaging them, breaking/reassembling them. I called them Consciousness Disks. (CD's) I always strive to come up with clever titles for my pieces. For my "CD"s I had names that were related to Human Consciousness. I continued creating the discs until 2021.

I've been in Chicago nearly twenty-seven years now. I have always been a multimedia artist and I studied digital/internet arts at Columbia College, Chicago. I've been able to hold jobs in a few places that helped foster my creativity: a 1-hr photo lab/portrait studio, and twice in custom picture framing. From sound to silk-screening and from portraits to silly putty, I am creative with anything I can get my hands on! My current focus is on the digital manipulation (Photoshop) of my own photography. Most recently, I have been mirror-imaging random portions of a photo, to see what I can find...

In the realm of quantum science, there is a theory that [human?] consciousness created matter- not the other way around. If this theory is correct, it would mean that [our] consciousness is to be found in everything that surrounds us. Living plants display a form of awareness, in that they turn their leaves toward the sun. My pieces show examples of "hidden consciousness" by providing recognizable images found 'hiding' in the subject matter, often of a microcosmic level. I feel like a geologist hunting fossils!

Everywhere I look, I see life. Every bit of life can be made into art. That process brings the conscious sentience into the realm of the inanimate. We call it art.

I am not saying that ice puddles and trees have sentience, but perhaps a trace of consciousness tucked away, waiting to be rediscovered.

SALLY COOPER

Completed Life Force Shamanic Training Level 1

Sally Cooper is a Chicago-based poet, artist and jewelry designer. Legally blind since birth, Sally says. "I never let being blind stop me from exploring my dreams." Her passion is making art accessible to those with disabilities, especially for those with visual impairment. Sally has exhibited her artwork and jewelry in numerous **Life Force** exhibits and is on the **Life Force Shamanic Arts & Healing Foundation** Board of Directors. She completed Level 1 of **Life Force Shamanic Training**.

"I am honored to collaborate with Steven Blaine Adams, Lorraine Moretti and Mary Burton on *Wisdom Wheel Fusion*. It has been an intimate look into my colleagues' inner interpretations of the four directions, elements, and seasons. We are transitioning into Spring again and it has been a long and positive process."

Conscious Body, Living Soul: From Sentience to Sovereignty

BARBARA EZELL

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

I have been a librarian/educator for 30 years as a vocation, and an artist with expressions in various media. I have an MLIS and MFA in film/video and create personal films. I've been a member artist of Woman Made Gallery and exhibited in a few WMG shows and at Chicago State University. I have participated in local Chicago art fairs as a paper marbling artist. I have also exhibited in previous **Life Force Shamanic Arts & Healing** exhibits.

Currently, I make pendants, pins and earrings from decorated tin and rejuvenated jewelry, and shadow boxes featuring my jewelry. I call my sculptural pieces Mystic Muses. Recently I have participated in craft shows and exhibited my shadow boxes at Austin-Irving branch of The Chicago Public Library. I have an online ETSY store: <https://www.etsy.com/shop/Barbezell>.

BRIAN FAGAN

FIRST TIME LIFE FORCE EXHIBITOR!

Completed Life Force Shamanic Training Level 3

Prior to becoming a psychotherapist, Brian traversed along an apparently directionless route. Originally from the east coast, Brian was introduced to art through film and theater. In the year 2000, he was Delaware's Young Playwright of the Year and attended art school where he studied writing for film and television. This led to a short stint working in video production, and then an even shorter stint teaching, before settling into a ten-year long career along the Chicago river as a licensed boat captain.

It was during his tenure as a boat captain that Brian realized that the path he had been traveling was merely a detour. But what was his true path? A recovered childhood dream provided necessary insight. At 12-years-old, Brian fantasized about being Dr. Sigmund Freud, complete with cigars, a grey beard, and Viennese accent. Once reclaimed, Brian recast this childhood image as a lantern to light the way. He returned to school to become a psychotherapist, which introduced Brian to psychological schools that went beyond psychology. The Jungian school introduced Brian to archetypes, universal images that connect us all. The existentialists cried out for meaning in a meaningless world. The Psychodramatists and Gestalt practitioners externalized inner wounds and pathology into dramatic recreations. Expressive arts demonstrated the power of metaphor. What started as a career change became a complete personal transformation that reached down to the soul and up to the spirit.

Brian's personal pursuits soon became as meaningful as the professional. Brian re-energized his love for the written word, specifically poetry and novel writing. What started as a passing interest in shamanism turned into formal training, providing Brian with even more ways to communicate with spirit to reach the soul.

In the service of the soul.

Despite artistic attempts in his earlier life, it has only been in recent years that Brian has understood creativity at its deepest and most profound; a gateway to, as well as a reflection of, the soul. *Little Soul Man of Sentience* is one such reflection.

Conscious Body, Living Soul: From Sentience to Sovereignty

KURT FONDRIEST

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

Dr. Kurt Fondriest is an expressive arts therapist at Misericordia Home in Chicago, where he has been working for over 32 years. He is also an ordained non-denominational minister and certified pastoral counselor, holding a Ph.D. in Holistic Ministries. His work is based on his life with a chronic pain condition called fibromyalgia. Dr. Kurt sees life as a ministry, a way of expressing one's spiritual connection to others. One of the greatest gifts our creator gives us is the power to love unconditionally; it is through this gift we find ourselves and our work. Let us always remember to not keep the gift of unconditional love but to share this divine blessing with all.

SOFIA GIRLANDO

Art is inherently a part of my life. I grew up around creative people who inspired my ambitions and passion for the arts. I've created in a number of different artistic mediums. My art expresses an emotional or internal struggle that I have, that we all do. I'm thrilled to be exhibiting at **Life Force** again! I enjoy being part of the **Life Force** community. The classes and gatherings are a platform to better understand my own artistic abilities and expand mentally and spiritually with others.

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 the 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.

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MARILYN HRYMAK

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

Marilyn Hrymak makes up-cycled creations by transforming mundane, worn items such as pre-owned clothing and notions into meaningful, eye catching art. Themes express social justice, Goddess, ecology and emotional growth. Favorite materials include reclaimed jeans, cotton scraps, beads, charms and lace.

Marilyn is a retired FACS teacher, grandmother and political activist. Exploring the world in search of Goddess is one of her favorite hobbies. She earned an MA in Family Relations and lives in Sycamore IL and Free Soil MI. Memberships include Association for the Study of Women and Mythology, Woman Made Gallery and Kishwaukee Valley Art League. Her art can also be seen at [BabaYagaCreations.Facebook.com](https://www.facebook.com/BabaYagaCreations).

COLLEEN KOZIARA

www.mysticalwillow.com

I grew up in northern Wisconsin on a farm, on an island. In this place without movie theatre or even good TV reception, I 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 my life. 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 spiderweb 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 childlike sense of wonder and inspired me to create both then and now.

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 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.

I strive to make each of my works a doorway through which the viewer may journey. Where this journey takes them is up to them.

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 is a visual artist who works primarily in painting and print medias. Core aspects of their work include the exploration and interpretation of the human subconscious, universal consciousness, and spirituality. Tanzen grew up in Brooklyn, New York and currently lives in Evanston, Illinois. They received a BFA from the School of the Art Institute of Chicago.

JACOB MORELAND

FIRST TIME LIFE FORCE EXHIBITOR!

www.twobirdsphoto.com

Completed Life Force Shamanic Training Level 2

Jake Moreland is a professional photographer and artist based in Downers Grove, IL. He owns Two Birds Photography which specializes in family portraiture and weddings. When painting, he mainly focuses on the mediums of oil and acrylic and also uses mixed media in order to create the effect he is looking for. The subject of his art often focuses on the intuitive and introspective. He uses art to find healing, wholeness, and direction in life. Frequently, images of strange creatures and figures will make their appearance in his sketches and Jake tries to bring them to life in paintings. He is the father of three sons and has a rescue cat and hamster. When not photographing professionally or making art you can find him hiking, picking up trash on his walks in the neighborhood, taking photos in nature, at record stores and thrift stores, or hanging out with his kids.

LORRAINE MORETTI

Completed Life Force Shamanic Training Level 4

Lorraine Moretti, AKA Lolo Gypsy Beatnik Priestess of Poetry, 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 Chicago venues. Lorraine taught classroom, art and E.S.L. in the Chicago Public Schools and for the Archdiocese. She is a graduate of Levels 1 – 4 of the **Life Force Shamanic Training Program** under Joan Forest Mage and has exhibited her visual art in several of **Life Force** exhibits. Lorraine holds poetry workshops at **Life Force** that utilize Tarot, Full Moon and Willow energies to create healing art.

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

Completed Life Force Shamanic Training Level 3

I mistakenly thought that I was not an "artist of the times", that my art did not reflect the world in which I lived. Watching the news, reading FaceBook or social media, talking to others - most is negative. Sadsness, pain and suffering is everywhere.

Yet, in sharp contrast, everything I create is purposely positive. But it is not weak. It is the "art of the times". See, the choice to share the type of art that I create is a direct reaction to the world in which I live. The art is the instrument to inspire others, to balance the negativity all around.

I am a spiritual artist.

My artwork is spirit-guided to move one forward on a path of insight and clarity. It is uplifting, healing and transformative. I am fascinated by self-expression through abstract and surreal energy painting, drawing, writing, meditation and more. As a conscious graphic designer, I understand the creative process and nurture my clients so they can accomplish their goals.

Lisa Nomikos has a Bachelor Degree in Communications Design with a focus on Illustration. She has worked as a graphic designer/illustrator since 1991. Her art career has naturally evolved and become her "vocation" as her interests have shifted into the realm of spiritual, intuitive art, meditation, reiki, and shamanic practices based in the **Life Force Shamanic Arts & Healing Method™**.

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SZMERALDA SHANEL

www.spiritualartstherapist.com

Szmeralda Shanel MA, LPC, REAT is a visionary artist, expressive arts therapist and holistic healer. Her work is inspired by dreams, mysticism, folklore and her personal spiritual practice. For Szmeralda, creating art IS a spiritual practice. She works with a variety of materials to create power figures or what may also be called Spirit dolls and creates these for the purpose of personal empowerment, healing and transformation.

Szmeralda started making dolls when she was completing her degree in Expressive Arts Therapy, and very quickly doll making became one of her favorite healing arts to work with. As an artist, Szmeralda's dolls have been featured in several art shows in Chicago.

JESSICA MARIE THOMPSON

I grew up in South Texas, where I studied art for many years under Ruth Ann Taylor. I went to college at Tulane University in New Orleans where I got a Bachelor of Arts, focusing on studio art. I have lived in the Chicago area for 10 years. While I still struggle to define my own style, one of the overarching themes of all my works is the interaction of light and shadow, particularly unconventional light, shine, and glow. Some of my favorite themes are the sanctity of nature, the sanctity within, and the struggle with darkness, difficulty, and doubt. I also like to paint abstract work, partly as personal therapy and partly as a pure study of composition, itself.

LYN WILDER-DEAN

FIRST TIME LIFE FORCE EXHIBITOR!

www.etsy.com/shop/ddubdidthis

Artist. Writer. Public Health Professional. Some people would see these as conflicting professional impulses. Lyn's only concern is to be true to herself while nurturing what she loves in the world.

Lyn grew up in the western suburbs of Chicago, received an undergraduate degree in English from the University of Iowa, and has also attained a Master's degree from UIC's College of Applied Health Sciences. She began pencil sketching at the age of 11, but has never trained as an artist beyond basic public school classes. In the summer of 2022, Lyn discovered acrylics painting via a community center, and immediately dove in.

Lyn describes her mind as "fanciful, troubled, and often roiled by turbulent emotions." She loves painting because it is one of the few things that can consume all her attention and allow her to feel that she is connected to the world. Her recent showing in Batavia, Gentle Paths, showcased her favorite subject matter: flowers (especially orchids), animals, and feminine grace. Her artwork for this exhibit, *Dream of the Mystery*, is one of her first attempts to break through realism into representing the timeless symbols that actually dominate her inner life.

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Many, many thanks to our Donors, whose generosity makes **Life Force** possible!

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Over fifteen arts & healing events each month.

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our online journal

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Conscious Body, Living Soul Catalog
Design: Lisa Nomikos
Editor: Joan Forest Mage

Many thanks to Lisa Nomikos for her incredible job of graphic design for the **Life Force Wisdom Wheel**, including the many detail charts of the **Wheel** she created for use in the Shamanic Training classes.

Look for Joan's book on the **Wisdom Wheel**,
designed by Lisa, to be published in 2023.

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