

# ***Spirit Guides***

## **Exhibition Guide**

**Art exhibit – performances - events  
January 25 – April 4, 2013**

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

**WENDY ALLEN**

***For Those Who Have Eyes to See***

**2010**

**22 x 28 framed**

**Mixed Media**

**\$500**

The reason I paint or quilt is that while creating - time and mind stop to open a doorway to the truth of myself. This truth is an intuitive intelligence from which causeless love arises. This love longs to share itself with others. The works conceived are designed as portals into a deeper truth. My heart desire is for the work to invite the viewer into a direct experience of their personal Divine.

Iconographic images are created from a wide range of spiritual traditions, a Transcendent Christ, A Triple Goddess, Plant Spirits, or an African Angel, gaze out welcoming communion. The initial invitation into the "Light", is through lavish collaging of fabrics, images, and reflective embellishments. The expanded invitation is for each of us to recognize in the gaze of these beings our own sacred selves and to Awaken to our highest nature. The intention placed in my work is that the art communicate "Deeksha", or a blessing from each of our Personal Divines to the viewer.

*For Those Who Have Eyes to See* is a reflection of the luminous, magical world that is always there for us if we move into the moment and open to receive it's Glory. This is a tribute to the Fairy Loka (dimension) and it's beings who can help us to open our eyes, and through this come into deeper relationship with Mother Earth.

I received a B.F.A. from Drake University and later, a Masters in Counseling from the University of Iowa. Since then I have taught art in public schools, been a practicing psychotherapist, including 15 years as an art therapist. More recently I have become a Oneness Blessing giver and was initiated as a Oneness Trainer at Oneness University in India. Now I am focusing on creating art and doing the Oneness work full time.

**LORETTA ANGELICA**

***Veil of Dreams***

**11x14 Digital Photo painting on Metallic Photographic paper**

**\$175**

Creative expression, for me, is as natural and necessary as breathing. From within an eclectic and nurturing home, I've been making 2 and 3 dimensional visual art since I was three years old. I love exploring and experimenting with diverse techniques. It's like learning other languages or playing different musical instruments. Each medium brings out new ways to commune with my soul and articulate what is in my heart. My tendency to layer various textures and finishes is how I suggest the multi-dimensional aspects of life.

I would classify my work as Visionary or Sacred Art. The ideas percolate through my subconscious understanding of physics, music, mandalas, crystal formations, esotericism, archaeology, spirituality, geometry...My creations are detailed and intricate, a blending of ancient & futuristic, real & ethereal, earthly & celestial elements. Guided by my intuition, I bring the formless into form.

These most recent works embody my Journey of Reconciliation and Healing, after an unfortunate hit-and-run accident in 2005. Through all my efforts to return to health, I found the greatest teacher, the Art inside me, ever-present. Guiding and whispering to me, "This is the way..."

ACCEPT where you are now... Even if you can't do what you used to do, YOU CAN STILL CREATE... Work with what you have."

I stopped comparing the abilities I have now, with those of my past. I stopped judging whether computer-generated art is really art. My Soul generates the art. The computer is a new medium I've added to my tool-box.

So, I've learned to draw and paint with the computer. Mixed-media pieces can now include pencil drawings, water colours and photography, combined with Gimp, Photoshop and Tess Mathematical software.

Sculptures are made of lightweight, easy to manipulate elements like recycled Styrofoam, potato chip bag Mylar, bamboo skewers and toothpicks. I may never be able to construct the Living Peace Labyrinth I invented back in 2002, so I built a scaled architectural model instead.

Meanwhile, the Art inside me is revealing new ways to bring my works to fruition. I hope my art resonates with you. My goal is to inspire self-reflection, self-awareness, self-healing and self-love.

#### **ANNA APPLGATE**

*Tirgata*

**2005**

**9 x 8.5 Clay, acrylic paint**

**NFS**

As a spirit guide, *Tirgata* depicts the ancient Syrian fish goddess Tirgata, cognate with the Phoenician Atargatis, consort of the ocean god Dagon. She was an invaluable guide during the four years I spent living on Oahu, teaching me how to successfully traverse the waters of Life and Death during a psychically turbulent time. I had a profound experience of her during a near-drowning incident in 2004 on Waimea Bay on Oahu's North Shore, as well as more pleasant encounters with her children such as squids, puffer fish, sea turtles, and a hammerhead shark while enjoying my daily routine of a morning swim in the waters of Ewa Beach.

#### **PETER BULLOCK**

*Positively Green*

**24 x 24 Mixed Media**

**\$200**

From my "Plus Positive" series

Not a cross, but a plus sign illustrating one of the positive portals to the spirit realm. Meditation focused on the positive portals opens the path between worlds allowing for communication and the meeting of the viewer's own allies on the otherside. My art is designed to connect the audience with Spirit, and create positive personal spiritual awakening, healing, or evolution.

I like the concept of recycling materials and using them in nontraditional ways (giving them new uses). In the past I've used other paper goods like candy wrappers and used lottery tickets. This got to be too expensive, plus I was eating a lot of candy. I needed something that was both interesting and that I could buy in bulk. I discovered antique postage stamps. I purchase them by the kilo, separate them roughly by color and use them in combination with paint. I'm not

interested in the countries they represent, but I try to keep some variation so as to keep up the visual interest of each picture.

I relate to the spirit realm for direction and to help me make decisions. Sort of as a combination sounding board and personal counselor. I see the spirit realm as a force of good, and thus represent the portal in a positive way, as a plus sign. Some people may interpret this as a cross, but what is a cross but a positive plus sign?

**SHARON BECHTOLD**

***Athena***

**2013**

**14 x 19**

***Basswood***

**NFS**

**FRED CASSELMAN**

***Other Shores***

**2000-2012**

**35 x 22.5 Mixed Digital Media**

**\$400**

***Watty's Crystals***

**2009-2012**

**35.5 x 20 Mixed Digital Media**

**\$375**

My spirit guide is nature--the gods and goddesses of Earth and Sky. They are my collaborators, my co-creators. They work with me to create a sense of harmony, love, and wonderment through my art. I have fun exploring the World with my camera, my Mac computer, and my imagination. The finished images reflect a sense of harmony, love, and beauty. Life is good.

I print my work on 100 per cent cotton archival paper using an Epson 7900 Pro printer. The finished prints are mounted on Dibond aluminum composite substrates. A layer of Renaissance Wax is applied to protect the surface of the print.

*Other Shores* is a vision of the beyond. The blue colors in the print have an almost otherworldly intensity to them. *Watty's Crystal* is a tiny crystal outcrop in a large rock. Watty (Mr. Watson) was our beloved Terrier, and this rock had a special meaning to him--it was one his favorite objects to pee on (but never on the crystal itself). Our pets can be our spirit guides also, leading us to fascinating discoveries.

**BEV DE MEYER**

***Female Buddhist Monk***

**9 x 11 Framed Print**

***Chinese Lady***

**9 x 11 Framed Print**

***Tariq***

**9 x 11 Framed Print**

***Native American Healer***

**9 x 11 Framed Print**

***Atlantean***

**9 x 11 Framed Print**

***Nubian Healer***

**9 x 11 Framed Print**

From a very early age I have been able to see spirit forms and visions, predictions. The very first drawing I did was when I was two years old, a little pencil sketch of a North American Indian wearing a headband with feather and plaits, smoking. My mother kept the drawing in a photo album which unfortunately got lost after she passed away two years ago. I have also had many prophetic dreams and seen spirit forms all my life. This gift is something my family seemed to possess as I remember my grandmother telling me many wonderful stories about her experiences and those of her mother and grandmother.

In the 70's I did a number of spirit portraits in pastel, always done with my right hand whereas I am naturally left handed. During the drawing some information about the person would come through, as it does today. I was then able to write a little about the spirit. Most of the portraits were of guides .

During the 1980's I decided to stop doing the portraits and readings in order to focus on bringing up the family and concentrate on illustrating and other artwork which included book illustration, portraits and architectural studies. One of my artistic strengths is a gift of perspective and an ability to do representational drawing, hence I can accurately draw the spirit image.

Over the past few months I had been thinking more and more about my ability to do psychic portraits and I had the opportunity to explore this once again while I was overseas for three months. What has been more amazing has been the reaction of people who have seen and sometimes recognized the drawings, as if they had been meant for their eyes, too many to be called mere coincidences.

I have no control over who will appear in the drawing, the information is channeled through me, I am the instrument.

**JUDY DEMCHUK**

***Awakening***

**32 x 36 Textile Paint and Marker on Silk**

**\$999**

The hawk is one of my spirit guides. The hawk appeared during a turbulent period in my life about twelve years ago. The hawk appeared during meditations initially. Over the years, I noticed hawks more frequently in my physical environment and saw hawks as a sign for me. I am always happy to see them. I make note of what I am thinking about at the time I see a hawk. The hawk for me is about clarity...taking a higher perspective of situations.

Judy Demchuk is an award winning Chicago area artist. Her creativity has been cultivated by her parents who were gifted in the arts. She excelled in her professional life in both corporate and graphic arts careers, but chose to pursue her inner drive to create art in the traditional arenas. In 2001 she changed directions towards fulfilling her heart's desire; drawing inspiration from her rich professional, educational and life experiences. While she incorporates the influence of her Japanese American heritage into her art, her flair for diversity drives the assortment of media and materials she uses in her creations.

As a graduate of various schools and art institutions, she explores unusual methods in which she can express her concepts freely. Judy holds a B.F.A. in Graphic Design and a B.S. in Computer Science with a second major in Psychology.

Judy's illustrations have been published nationally and her paintings exhibited in galleries throughout the Midwest. She continues to create art in various media, including acrylic paintings, murals, numerous silk scarves series, children's book illustrations, customized animal carriers and suitcase compositions for the children of Court Appointed Special Advocates, CASA program in DuPage County, Illinois and the Evangelical Child and Family Agency in Illinois.

### **BIANCA DORSEY**

***With the Divine Eye: Amethyst***

**2006**

***36 x 36 Oil on Wood, Amethyst Crystals, and Gold Leaf***

**\$10,000**

*With the Divine Eye: Amethyst* is elemental. The figure is absorbing the energy of both the lightening as well as the beauty of the rainbow. The type of crystal used in this painting is dark amethyst, being the stone that represents spiritual attainment. The figure is basking in it all, being free and her natural self.

*With the Divine Eye: Amethyst* is part of a With the Divine Eye series channeled by my godmother. Her spirit guide shows her spiritual paintings for me to do that she proceeds to describe in great detail.

My godmother and I have an intense past life connection. My inclination is to do spiritual powerful paintings of women, but these channeled piece are the most complex pieces...and energetically powerful pieces that I've ever done... They place a goddess within a natural environment and connecting with stone and elemental energy...Everyone gets what they need to from these paintings....

I use my paintings to show people how beautiful they are, how strong & empowered they are and how spiritual they are. I do this by painting everyday people as Divine, so they can see the light within them. The images in my paintings often come to me in visions. I get a lot of spiritual guidance in my life and in my work. I listen to spirit guides, my intuition and my heart in manifesting my creations. Meditation keeps me spiritually centered so I can be open to receiving guidance about my work and my life. The most important thing when I create a piece is staying true to the vision

My medium is often silk or wood and mixed media because I enjoy the absorbency of these mediums. I often attach gemstones, fabric and other media to bring the energy of these objects into the paintings. The way I mount my paintings on silk with a border of silk or another fabric, is like a thangka (A Thangka is a Tibetan painting on cloth. It is typically of a spiritual nature and often considered sacred). Having lived two years in Seoul, Korea I have a lot of Asian influence in my artwork that reflects my life.

The paintings are intended to inspire inner peace and a heightened spiritual awareness for all. I wish for others to get in tune with or get a glimpse of their higher selves through my creations.

### **KURT FONDRIEST**

***My Spiritual Self Roams My Physical World***

***39 x 31 framed Pastels on Canvas***

**\$1,200**

My spiritual connection to my higher self is visualized through my artwork by the imagery created. I will follow the voice of my creativity as I'm experiencing a vision of my inner world reflected through the symbols in my paintings.

## **DOROTHY GRADEN**

### ***Guardians***

**2012**

**24.5 x 30 Giclee Print**

**\$450**

### ***Anticipation***

**2012**

**24.5 x 30 Giclee Print**

**\$450**

**dorothygraden.com**

*Guardians* The world is organized into at least three realms - the above, the middle and the below. The Guardians watch over the Spirit Guides that reside in the underworld. Each Spirit Guide embodies specific powers that can help the human who is entering a visionary experience. The human on the Vision Quest travels to a remote area, fasts, prays, and enters a trance world, passes through a crack in the rock wall and asks for guidance. They are presented with the guide or guides that they most need to make their life complete.

*Anticipation* Spirit Guides can be playful and whimsical, but one can still enter the "cave" to ask for knowledge. Dogs can see the spirits and often follow them around.

Twenty five years ago my sister, daughter and I set out for an adventure in the American Southwest. We traveled through New Mexico, Utah, Arizona and Colorado hunting for ancient Anasazi ruins. We climbed mesas, hiked nearly vertical cliffs, boulder "hopped", waded through canyon rivers, explored caves and rock ledges. We found many ruins as well as the markings on walls and floors that the Ancients left. These markings are defined as "Rock Art".

Now, every summer for the past 25 years, we plan a new pilgrimage to visit the ancient ancestors. I have viewed and photographed Rock Art in Texas, New Mexico, Arizona, Nevada, Colorado, Montana, Wyoming, Utah, Hawaii, Bonaire, Hawaii, and Ireland. There are so many sacred sites to see and each one brings cultural and artistic as well as spiritual vision. The styles vary by century, cultures and clans. Many are mystical and inspiring. Some are 10,000 years old. I was invited to present my field findings and lecture at Cork University in Ireland as well as the Russian Academy of Sciences in Moscow. My photographs have been published in the Theosophical Society's journal, *Quest*. I draw with great admiration, respect and humility for the ancients who inspire my work. Some images represent world views, spiritual rituals, hunting magic, time keeping, vision quests, and more.

## **VIVIAN GUTIERREZ**

### ***Woman of Atlantis***

**2012**

**12 x 12 Mixed Media on Canvas**

**\$275**

**Artegutierrez.com**

"Woman of Atlantis", represents a spiritual guide who comes to bring us a precautionary message coming from her civilization.

**Vivian Gutierrez** was born in Matagalpa, Nicaragua in 1973. In 1980, her family moved to San José, Costa Rica during the Nicaraguan Revolution. At a very young age she found herself fascinated with poetry, and different art expressions. Vivian moved to the United States at the age of 26 and has exhibited in Costa Rica, the United States and Mexico. Vivian is an animal lover, a vegetarian and fond of meditation. She presently resides in Michigan with her husband, her three children and their two dogs.

Gutierrez is a palette knife artist working with mixed media, oil and other materials. She recently published a book of poems and inspirational writings, titled "Glimpses". Her book, bilingual in English and Spanish, presents a series of poems that takes you through her spiritual quest. Her visual art goes hand in hand with her poems, complementing each other.

The subject of spirituality and respect for women's strength has always been Gutierrez's main subject and theme. She says, "The environment we live in frequently dismisses the feminine qualities of empathy, simplicity and cooperation with others. Emotional vulnerability to the sufferings of others does not translate to me as a submissive insecurity; on the contrary, it is strong in compassion and humanity. Women build circles of love that keep expanding, touching the lives of many as a great lesson of inner strength and feminine wisdom."

**John Henderson**  
**Large Fairy**  
**Butternut Wood**  
**\$495**

**Highway Fairy**  
**Butternut Wood**  
**\$300**

**Whale's Tail**  
**Butternut Wood**  
**\$250**

**Owl**  
**Canary Wood**  
**\$175**

**Lava Lamp**  
**Mahogany**  
**\$200**

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



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

**PATRICIA HEYDLAUFF**

*Evolving*

2007

*24 x 20 framed Giclee Print*

\$325

[www.spiritualartwork.net](http://www.spiritualartwork.net)

**HANNA KARATKEVICH**

*Crossing Over*

2012

*16 x 12 Acrylic on Canvas*

NFS

Hanna Karatkevich is a massage therapist and is currently studying to be an acupuncturist, as well as being a student in Mage Shamanic Training. *Crossing Over* was created in the workshop "Libation: Painting as an offering to the Ancestors" with Sujata Tibrewala facilitating, held at Life Force Arts Center on November 15, 2012. Hanna says, "Through this painting, I rediscovered the ability I had as a child to communicate my visions of the spirit realm through visual art."

**KARIN LEVITSKI**

*Flight of Fancy*

2012

*Acrylic on Wood*

\$120

*Dance Around The Flame*

2012

*8 x 8 Acrylic on Canvas*

\$90

*Autumn Fire – 2012*

*Acrylic on Wood*

\$50

Karin has been creative as long as she can remember. She has always had an interest in artistic expression of all sorts, including but not limited to painting, straw weaving, needlework, crochet, jewelry making. Much of her artwork has roots in traditional folk art, particularly from Scandinavia, especially Norwegian Rosemaling. Using traditional brush strokes and non-traditional colors, Karin creates artwork full of color and soul which is sometimes whimsical, has elements of humor

or spiritual inspiration, and is flavored with traditional art forms. For her, creating art is a means of escape from the mundane and a journey into the sacred and an opportunity to connect with and be surprised by messages from Spirit. She is always surprised by the finished product of any of her artwork.

For the upcoming Spirit Guide exhibition, I have been encouraged by my spirit allies to create images inspired by them. The pieces I am submitting have mostly been inspired by my connection with a Spirit Guide who chooses to be called the Dark Witch, though there are some hints of my connection with the spirit of Bear. The Dark Witch has come into my life to teach me about my inner core and about my Ancestors of Spirit and to be a source of courage. She is a healer and Witch, who is of the dark and dances around flame. She is the Goddess who connects all. She is a Hedge Witch who moves in both the light and the dark. She has a strong connection to fire and to the moon. The piece "Dance Around the Flame" is one aspect of her that she has shared with me on several occasions in journey space. She inspired me to have the courage to submit my art for consideration in this exhibit.

**KARLENE MOSTEK**  
***The North Wind Sings***  
**20.5 x 16.5 framed Print**  
**\$45**

**[www.karlenemostek.com](http://www.karlenemostek.com)**

Wolves are probably the most misunderstood of all wild mammals. Stories portraying them as bloodthirsty killers and symbols of evil or sorcery abound. Native Americans, however, understood the wolf as a true brother that valued family life, was highly intelligent and hunted only enough food to feed the pack. Native Americans highly valued the wolf as a teacher as they observed that a wolf pack lives by practices that greatly resemble the ways humans govern themselves. There are positions of authority, and various levels of place within the pack. All members are responsible for the caring of the pups. Both the poem and this art piece, with its suggestion of the northern aurora lights, attempt to illustrate the wolf as the symbol of the free spirit in the wilderness.

The North Wind Sings is planned as a book of writings and artwork to be released March 2013.

*"The North Wind Sings"*

*Whiteness of wind,  
Breath of the wild,  
~Wind Song~  
~Earth Song~*

*Howling whiteness  
of swirling snow  
of chilling cold,  
Settles into stillness,  
Gentle white stillness.  
Footsteps swish through the snow.*

*Wind song ~ Earth song  
Memory of the wild,*

**DEMETRIA NANOS**  
*Rising Star of Morning*  
**20 x 26 Pastels on Canvas**  
**\$220**

**SHARYL NODAY**  
*Whether it be Seen or Unseen, Conscious or Unconscious, It is the Light That Guides Us All*  
**30 x 24 oil on canvas**  
**NFS**

These are portraits of the Spirit World, from the world of non physicality. The Being in the Center is Susan, a dear friend as she is being called the Light, the tetrahedron shape. Spirit has often said this shape can act as a teleportation device. Dear Susan, may your journey to the other side be smooth and filled with Light.

**SZMERALDA SHANEL**  
*Amazon Priestess*  
**2012**  
**19.5 x 13 Mixed Media**  
**NFS**

*Conjure Woman – 2012*  
**10 x 6 Mixed Media**  
**NFS**

Szmeralda Shanel MA is a visual, performance and ritual artist. She holds an MA in expressive arts therapy and has been working as a teaching artist for 15 years. As an expressive arts therapist consultant and educator she works with individuals as well as communities focusing on the healing aspects of the creative process. Szmeralda is a priestess with the Fellowship of Isis and the Temple of Isis, she is the founder of the Iseum of Black Isis, a temple dedicated to Goddess Spirituality and Sacred arts.

These Spirit Dolls represent a “team” of spirits that work with and guide me. They each have very specific things that they teach me and support me in doing and being. The Conjure woman is a spirit of the Root Woman or Hoodoo lady in the African American healing and folk magic tradition. She guides in various magics, healing herbs and medicines, and divination. The Amazon Priestess is a warrior spirit, her concerns are courage, truth, justice and righteous anger. Also it is important to note that these are not the spirits actual names, they are descriptions or generic names that represent a larger group or energy/function of the spirits.

**LIZ TUCKWELL**  
*The Invitation*  
**2012**  
**21.5 x 17.5 framed Acrylic on Canvas and Gold Leaf**  
**\$600**

Liz Tuckwell is a painter currently living in Chicago, Illinois. Shortly after graduating with a BA in Spanish from Earlham College in Richmond, Indiana, she relocated to Amsterdam, The Netherlands where she dedicated herself to her artwork and her love of travel. After nearly ten

years of creating art abroad, she returned to her hometown of Chicago in 2005. The main focus of her work is oil painting, which can most accurately be described as Abstract Expressionism.

She states, "I truly began my painting career while living in Amsterdam with little more than cheap oil paints from a local Dutch market, a potato knife and paper. Later, I discovered the use of brushes, I discovered the canvas and the story begins to write itself from there. My paintings are stories that burst forth from within me, often times telling me a story about myself. If we see art as an investigation into being, then my paintings are my investigation into my being; I paint what I feel, or rather what I am feeling comes through on each canvas."

**SIERRA GOLDEN EAGLE UNDINE**

***Dream Eagle***

**2012**

**38 x 27.5 framed Oil on Canvas**

**NFS**

***On loan from the Red Bear Collection of Native American and Mythic Art***

The Eagle is a powerful symbol in many cultures. The Eagle Spirit Guide brings the healing energy of Air (spirits, ancients and ancestors)... of Soaring Bigness, Greatness, and Magnificence without struggle. The eagle is a symbol of having vision in one's outer life, and connecting to the big vast picture. In Native American traditions the eagle is the outer shaman... to guide one to soar on the Wind's of Life. In this painting, the Spirit Eagle watches over the immense cosmic landscape, ever aware of the big picture.

This painting is dedicated to Red Bear, who guided me to find my true calling in art.

**Dream Healer**

**2011**

**30 x 25.5 framed Oil and Acrylic on Canvas**

**\$1400**

In this painting, a Shaman Spirit Guide visits a woman through her dreams. A cloudy starscape, representing the enigmatic state of sleep, is the setting for this encounter. The mysterious Shaman Guide heals the woman as she sleeps by bringing dreams that teach and show her what she must learn in order to grow. The fire that surrounds the sleeping woman symbolizes the alchemical transformative power of dreams... bringing things from the unconscious depths, up into our conscious minds.

This painting is dedicated to Sitting Wolf, the love of my life.