

What Do We Know?

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Spiritual Art - Virtual Exhibition

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Foreword and Exhibition Curated by  
Karen van Hoey Smith

Mentor  
Visual Artists Association  
#vaaworkingartist



# Foreword

“When religion, science and morals are shaken and when the outer supports threaten to fall, man turns his gaze from the external to the deeper essence within him.”

Blavatsky, H. (1881). Origin of Theosophy

This collection of artists have been working from this deeper space and creating artwork from this essence.

The common ability to move past the noise of modern life has brought these artists together to investigate / discover if the word 'Spiritual' is in fact the word to describe this movement.



Over hundreds of years, there have been cycles of creators who feel that they are expressing a physical form of an external presence - either that they are converting a message, expressing a feeling or simply do not know where it comes from, but it 'just does'.

We are here to ask you to stop and really think and explore these origins. Are 'Spiritual' or 'Intuitive' the correct words to encapsulate this? Or are any words needed even though we live in a present that needs to define and confine every move or movement?

We have no name...no 'ism' or 'ist'. This is purely the beginning of open-minded humans who wish to explore and converse about that inner state that starts creativity and makes that first mark.

One common denominator is that we have the ability to stop or remove ourselves from the noise of life.

From this point, the spark of creativity comes and that first mark is made. Is this purely living in the present and innocence prevails? Or are we channelling parts of our brain and psyche that are unknown to us in our main lives?

Eleanor Heartney comments in her 2020 essay in ArtWorld that there is now an acknowledgement that previous art movements were inspired and created from a spiritual basis and that other modern artists have their stated points of reference but "none of this has gelled into a collective movement".

We are not presuming to make a change or be the beginning of any historical movement, but we are openly admitting that the cyclical feelings and following mark making are indeed from the unknown and this may be considered as Spiritual, and this may be the time to openly say the word out loud and be proud of it.

# Artists

Ana Delgado

E. Alana James

Karen French

Kirsten Todd

Kristen Palana

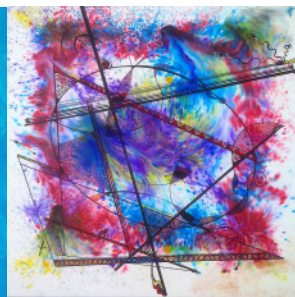
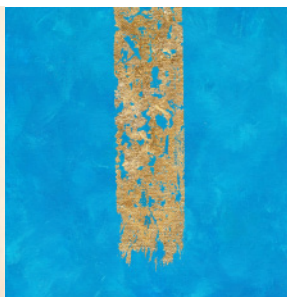
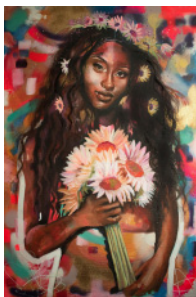
Ozlem Yikici

Sadie Bridger

Sarah Brabbin

Vicky Paul

A Variety of  
Styles and Meanings





# Ana Delgado

My photographs are centered around the concept of a conscious life force energy that permeates all things.

I am fascinated by the idea that there is an invisible force that connects us all, and that it is this energy that gives us life and vitality.

My photographs aim to expose the essence of this energy, to make it visible and tangible, and to celebrate the mystery of our natural world.

Ana is a photographer who lives and works in Brooklyn, New York.



# E. Alana James, EdD

My work is encapsulated by the meaning of the Sanskrit word Dharma - or the spiritual purpose/ experience we are all meant to have as live embodied beings.

I frequently use landscape as a universal symbol of an experience.

As an example a "moment in time" bubble with a scene capturing the moment winter turns to spring captures the essence of when we get a glimpse of our Dharma and move towards it.

Alana is a digital collage artist living in Ireland.



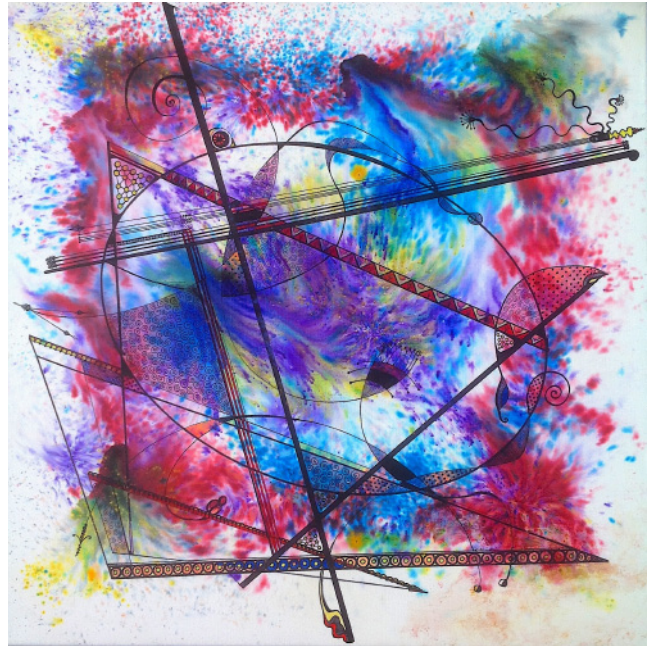
# Karen French

I enjoy sharing the inherent possibilities of numbers, shapes and colours to effect very personal changes through their use as symbols and tools in spirituality and self-development practices.

Archetypal symbolism, especially sacred geometry, is my passion.

My intention is to convey the effect of transformative alchemy through art for a personal perceptual experience.

Karen is an author, painter, and speaker living in Oxfordshire, UK



# Kirsten Todd

I have always known I was different and didn't fit in with people and with the conventions and norms of society. I have always known my origins are not of this planet.

Creating art is a release, a freedom, entering an altered state, as I become in flow and in tune with the colour, paint and canvas, bringing a connection to the Divine, creating a working meditation. It is in this flow that the piece of work is developed and the creation is born.

Being an intuitive medium, I channel energy which is then imbued into the painting as I work, putting that energy into every piece.

Kirsten is a painter, medium and Reiki Master/Teacher living in Chorley, Lancashire UK.



# Kristen Palana

I draw the world not as it is  
but how I wish it could be.

I use symbols, icons, and patterns with  
cross-cultural significance combined with color  
psychology to help soothe, heal, and reinvigorate  
weary idealists.

Inspired by the lofty mission statements and  
development goals used by the world's top  
organizations, my images are a call to action to  
visualize better outcomes for our lives,  
communities, and the planet.

Kristen Palana is an American/Portuguese  
multidisciplinary artist based in Malawi.





# Ozlem Yikici

To me, spirituality is that connection I have with Allah, God, the Universe.

It's that peace which comes from within but comes through from an external Force.

Spirituality makes the complex digestible. These works came through a vision.

The idea to emulate the four seasons using the same techniques.

Ozlem is a painter who lives and works in London.



# Sadie Bridger

The importance of something bigger than myself has been a part of my life since the very beginning.

As I grew up, I often found myself wondering about the conventions that we as females face.

In this selection of photographs, I contemplate the symbol of the veil compared to the religious stories of Mary Magdalene.

I emphasize the challenges that women face spiritually and I ask, how does this search resolve itself into a place of union and greater understanding?

Sadie is a multimedia artist in New York City.



# Sarah Brabbin

Spirituality to me, is a profound connection to the world around us - a world that we experience through all of our senses – physically, emotionally, spiritually.

I'm never more in touch with my spirit than when I'm in nature. A lot of us have become disconnected from nature, yet we remain part of it. Slowing down and creating the space to notice and appreciate reconnects us.

We notice the smell after a thunderstorm, the tiniest little bug and how their wings are rainbow coloured like stained glass in the sunlight and our hearts are filled with wonder and gratitude.

Sarah is a sculptor living in in the UK.



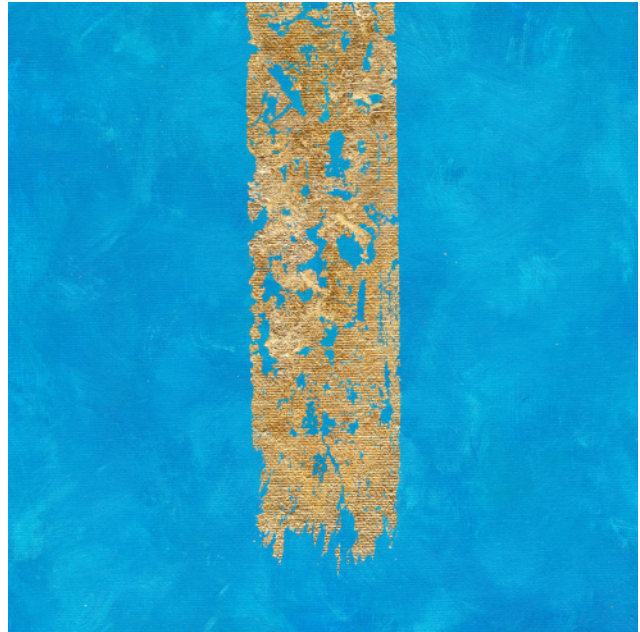


# Vicky Paul

For me, spirituality is everything from mediation and energy, such as the chakras featured here, to psychic connection and receiving messages from departed loved ones. It is the essence of the creative process.

My work conceptualises this unseen world; Universal energy, transformation, psychic experiences, consciousness and chromology, to take the viewer on a journey of profound and positive transformation.

Vicky Paul is an artist, intuitive and energy healer and lives in the UK.



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Be sure to catch the entire  
exhibition online

<https://eaj-exhibit.art/global-collective-spiritual-artists/>

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