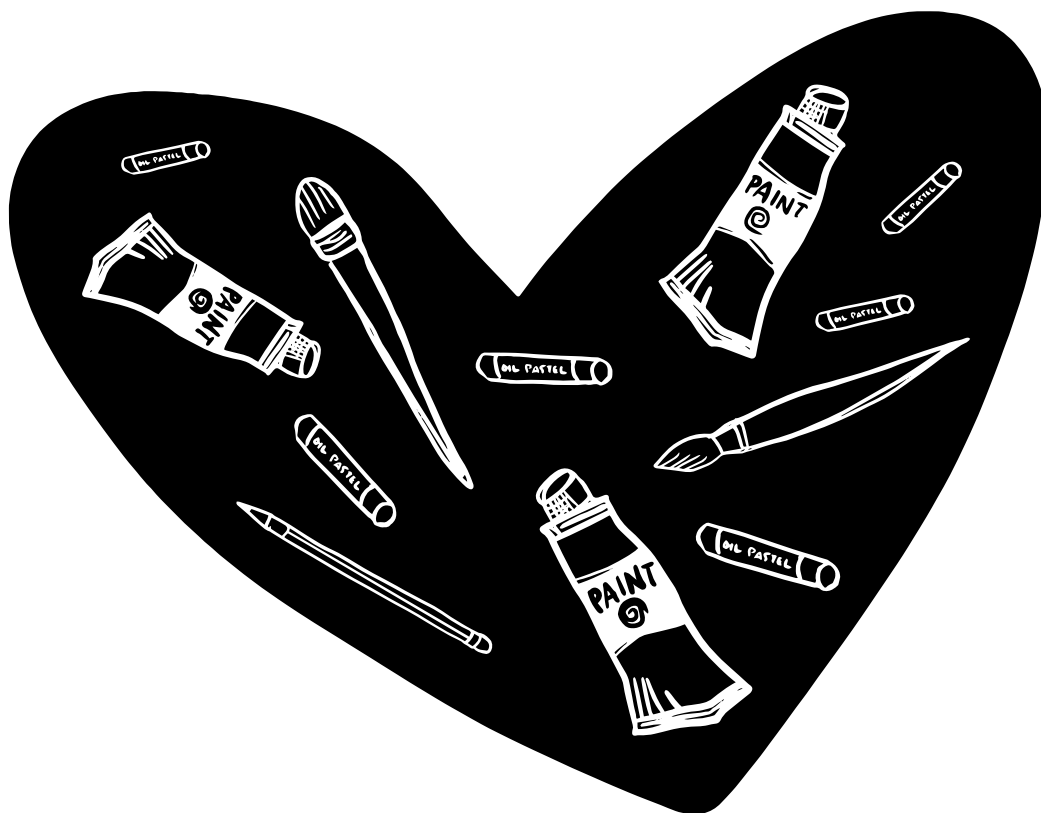




PAINT FEARLESS[®] EXHIBITION

JUNE 7 - AUGUST 6, 2024

CONNIESOLERA.COM

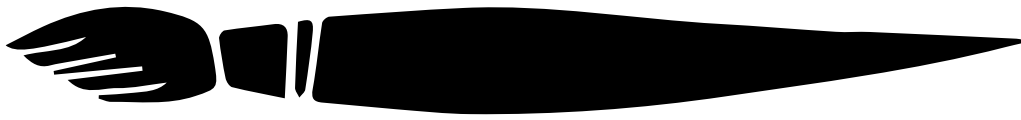


SECOND ANNUAL

PAINT FEARLESS® EXHIBITION

JUNE 7 - AUGUST 6, 2024

WWW.CONNIESOLERA.COM



ABOUT THE EXHIBITION

Buckle up, art lovers! You're about to dive into the catalogue from the second annual Paint FEARLESS® Exhibition—a showcase that's less about pretty pictures and more about bold, fearless, soul-stirring creativity.

This year my BOW artists brought their A-game. They committed not just to making art, but to growing as artists. They got comfortable with being uncomfortable, pushed their creative boundaries, and were willing to try new things—even when it meant venturing into the unknown.

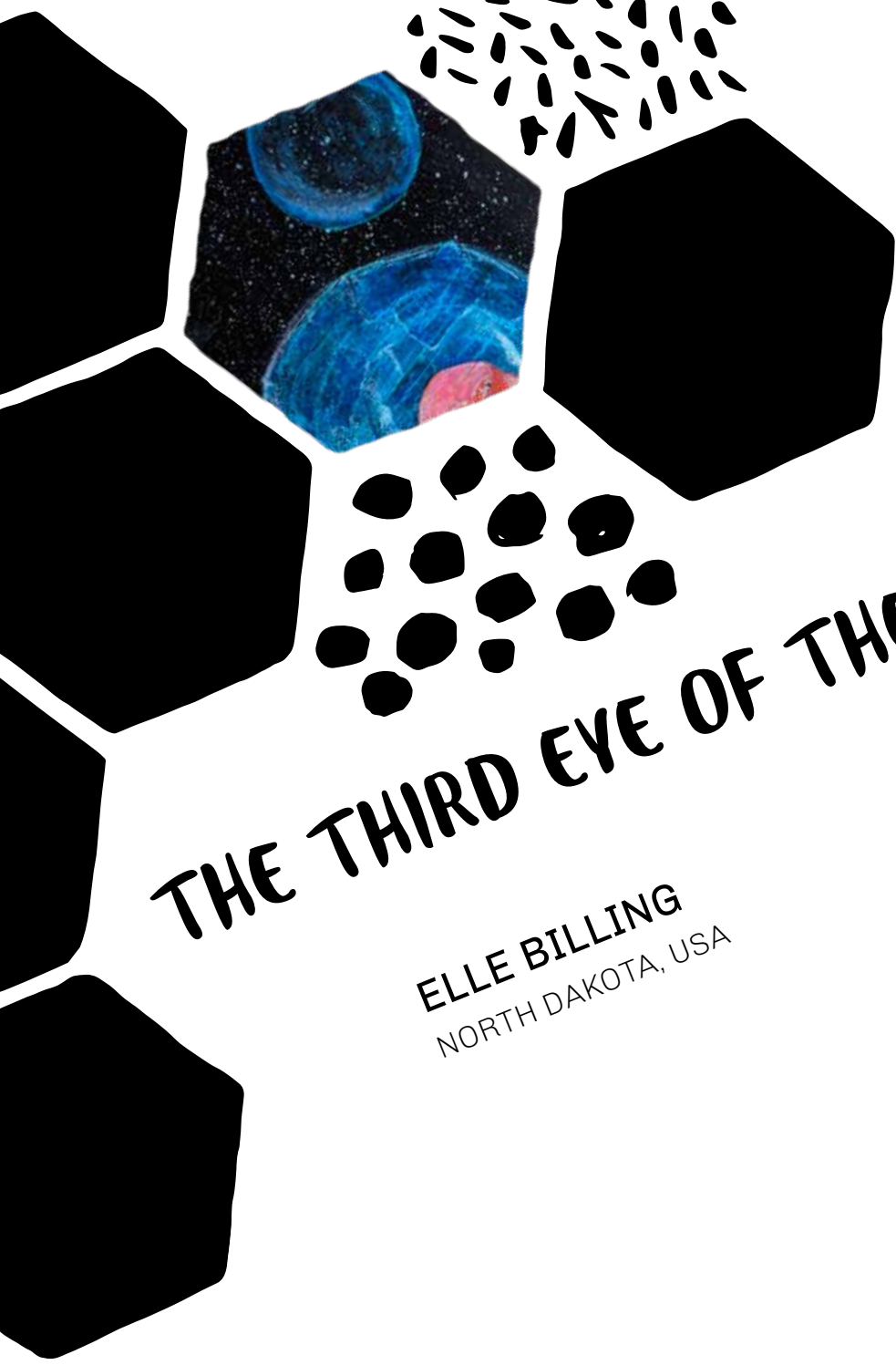
For six intense months, we journeyed together. We had our Monday check-ins, where we bared our souls and shared our progress. Every Tuesday, we gathered on Zoom for inspiration, support, and a bit of creative mischief. And yes, I was right there in the trenches with them, creating my own secret body of work and sharing it only with my BOW crew.

This year's exhibition is the stunning result of that shared adventure. What you'll see in this catalogue is just a slice of the incredible art we created. It's packed with soul, love, vulnerability, and pure creative fire. These pieces aren't just art; they're the physical manifestation of each artist's journey—a journey filled with surprises, growth, and the occasional tears as well.

A huge thank you to my amazing BOW artists. You've shown what it means to embrace the unknown and follow your artistic instincts with reckless abandon. Your work is not only beautiful but also deeply inspiring.

With Great Love,

Connie Solera
Artist, Mentor, Writer
ConnieSolera.com



THE THIRD EYE OF THE STORM

ELLE BILLING
NORTH DAKOTA, USA



Mother

Mixed media on paper

9" x 12" (23cm x 30cm)



A Glass Can Only Spill What it Contains

Mixed media on paper

9" x 12" (23cm x 30cm)



Original Lifeline

Mixed media collage on paper

9" x 12" (23cm x 30cm)



ART, CULTURE, ADVENTURE

TRACY B. BRAVE
SASKATCHEWAN, CANADA



Diego Payaso

Acrylic paint and oil pastel on watercolor paper with collage and hand-stitched embellishment

10" x 24" (25cm x 61cm)



Clown School OAX

Acrylic paint and oil pastel on watercolor paper with collage

17" x 24" (43cm x 61cm)



Sonoran Desert

Acrylic paint and oil pastel on watercolor paper with collage

17" x 24" (43cm x 61cm)



MUSIC MY LIFE

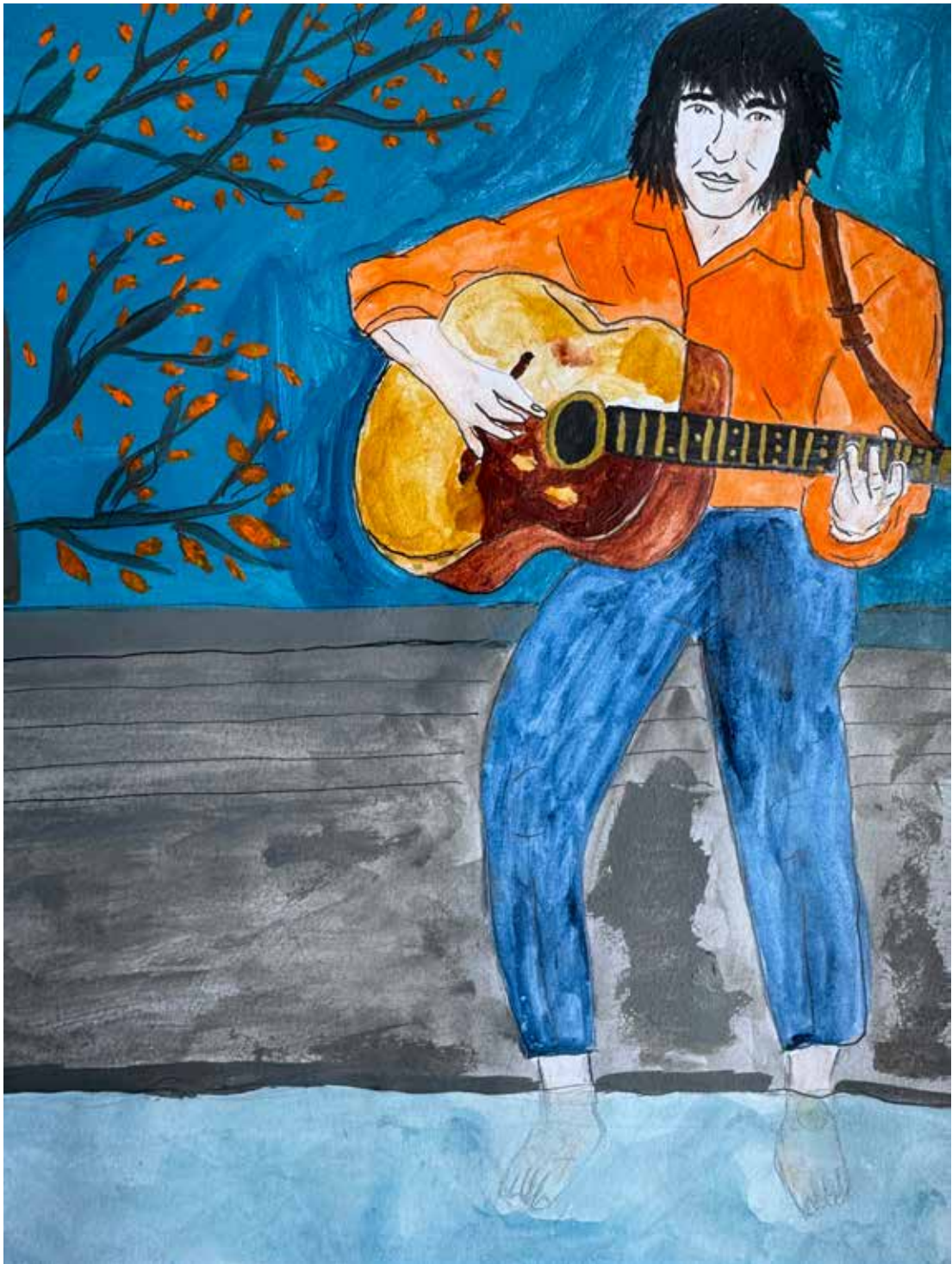
DIANA COOPER
TEXAS, USA



Aspens in Autumn

Acrylic on canvas

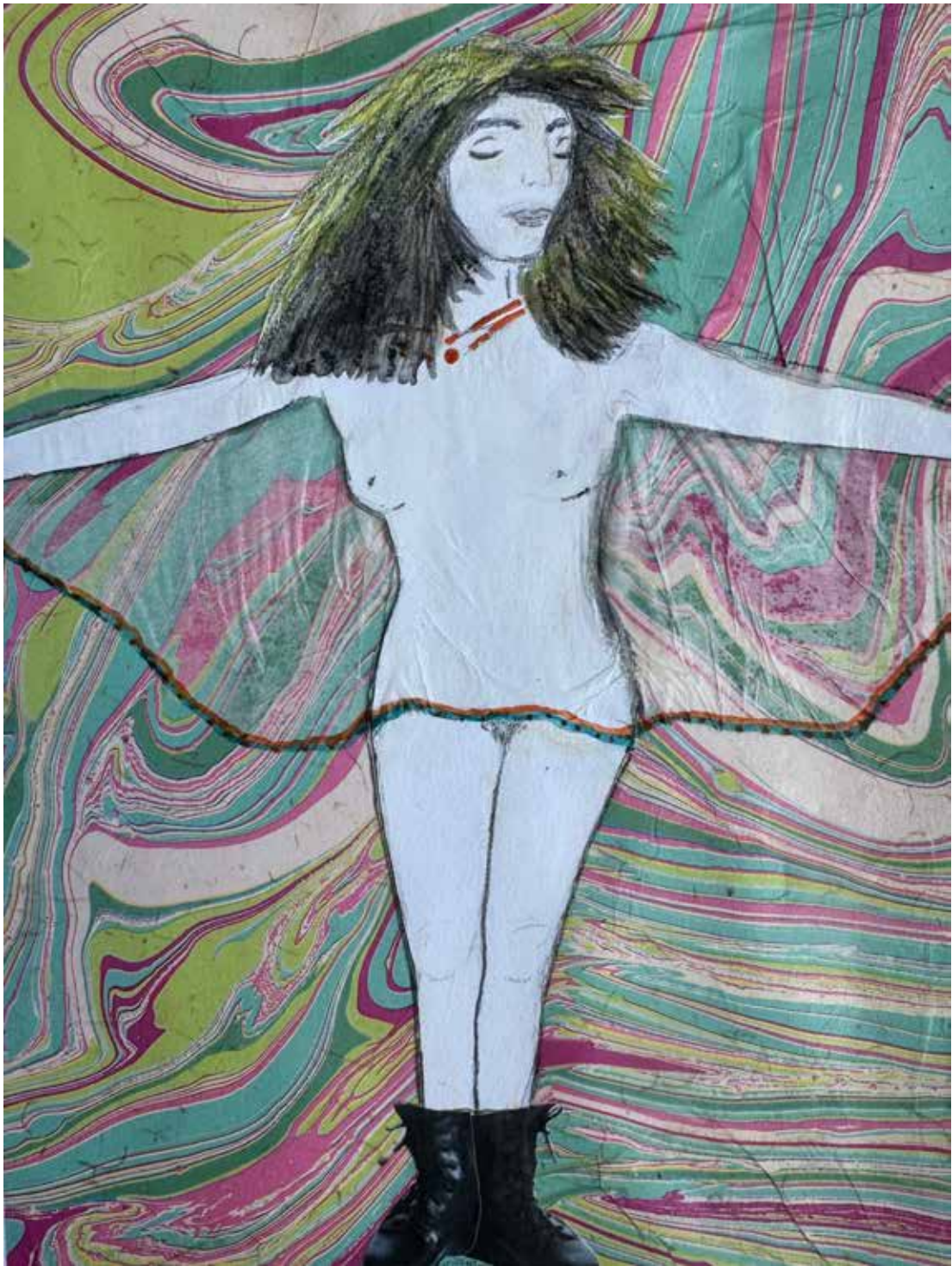
16" x 20" (41cm x 51cm)



Strumming on the Dock

Watercolor, acrylic and black ink pen

9" x 12" (23cm x 23cm)



Wild Child

Acrylic and collage on watercolor paper

9" x 12" (23cm x 23cm)



SHE WHO DWELLS AMONGST US: OFFERINGS, EXPLORATIONS AND PROTECTION

CLAIRE HELMAN
LONDON, ENGLAND



Journey of the Souls as They Move Towards Death, Accompanied by the Living

Wood and acrylic

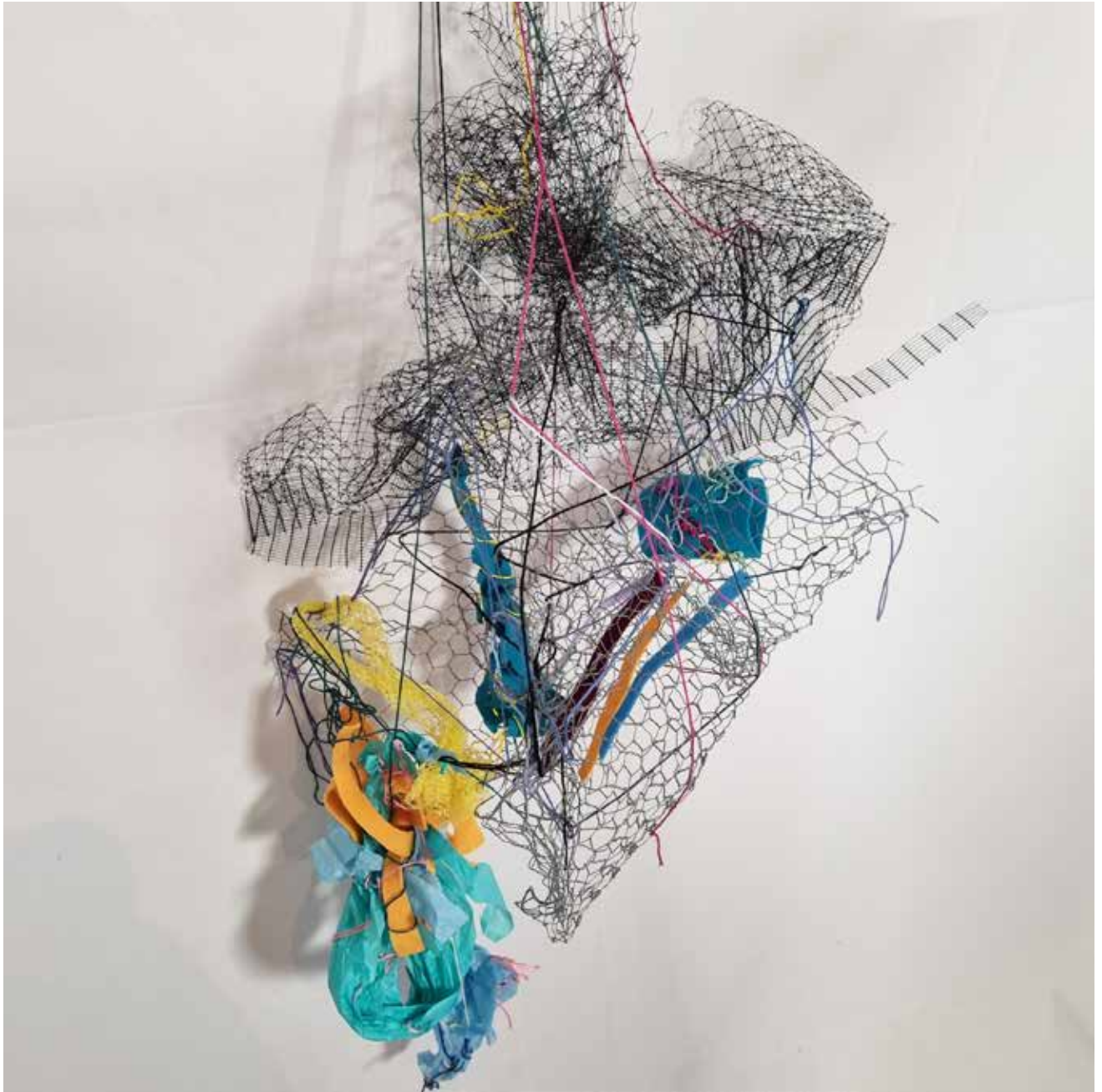
12" x 12" (30cm x 30cm)



Departing of the Soul

Wood and acrylic

12" x 12" (30cm x 30cm)



Trapped and Tangled

Wire, paper, fabric and thread

35" x 15" x 12" (89cm x 38cm x 30cm)



A WOMAN OF A CERTAIN AGE

JULIE M LUBBERS
KENTUCKY, USA



Trust My Intuition

Composite photograph and drawing on cotton rag

13" x 17" (33cm x 43cm)



Ageless Soul

Photograph on cotton rag

13" x 17" (33cm x 43cm)



Summer Crone

Needle-felted wool on 16-gauge wire armature

13" (33cm)





Winter Warrior

Acrylic, graphite, colored pencil and ink on canvas

18" x 24" (46cm x 61cm)



Sacred Tending

Acrylic, graphite, colored pencil and ink on paper

24" x 36" (61cm x 91cm)



Divine Flow

Acrylic, ink, watercolor, colored pencil on paper

12" x 17" (30cm x 43cm)





Life Force

Acrylic paints and water-based markers on watercolor paper.

9" x 12" (23cm x 30cm)



Meditation 1 - Seasons

Acrylic paints, water-based markers, and micron-markers on watercolor paper

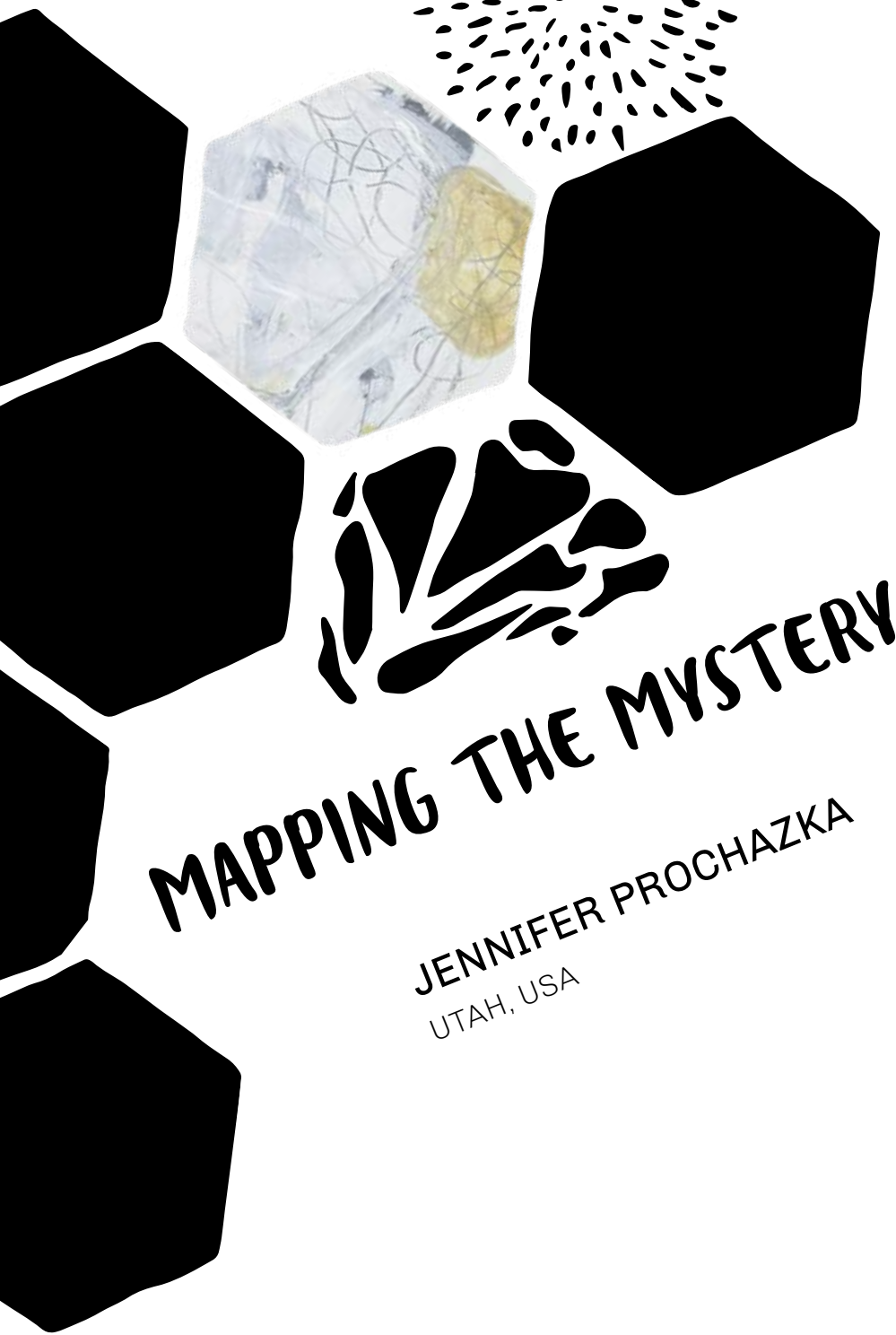
12" x 18" (30cm x 46cm)



Lotus - Symbol of Strength, Resilience and Rebirth

Acrylic paints and water-based markers on watercolor paper

12" x 18" (30cm x 46cm)



MAPPING THE MYSTERY

JENNIFER PROCHAZKA
UTAH, USA



Bridge to There

Mixed media, shipping tag, water color, acrylic and papers

3" x 5" (8cm x 13cm)

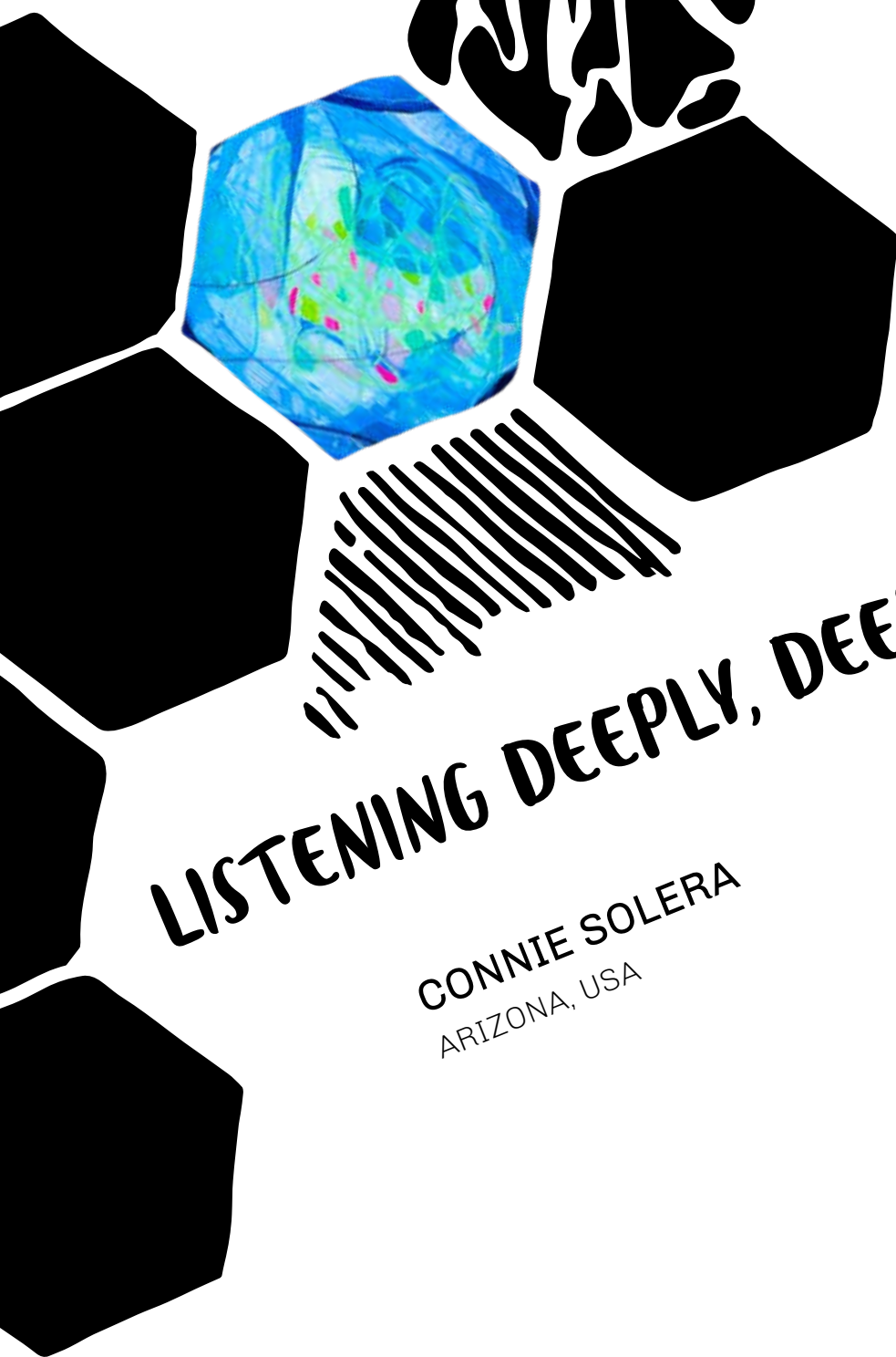
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Slow Down and Enjoy the View

Paper, acrylic paint, graphite, watercolor crayon and charcoal

8" x 10" (20cm x 25cm)



LISTENING DEEPLY, DEEPLY LISTEN

CONNIE SOLERA
ARIZONA, USA



Self Portrait in Oaxaca

Mixed media on paper

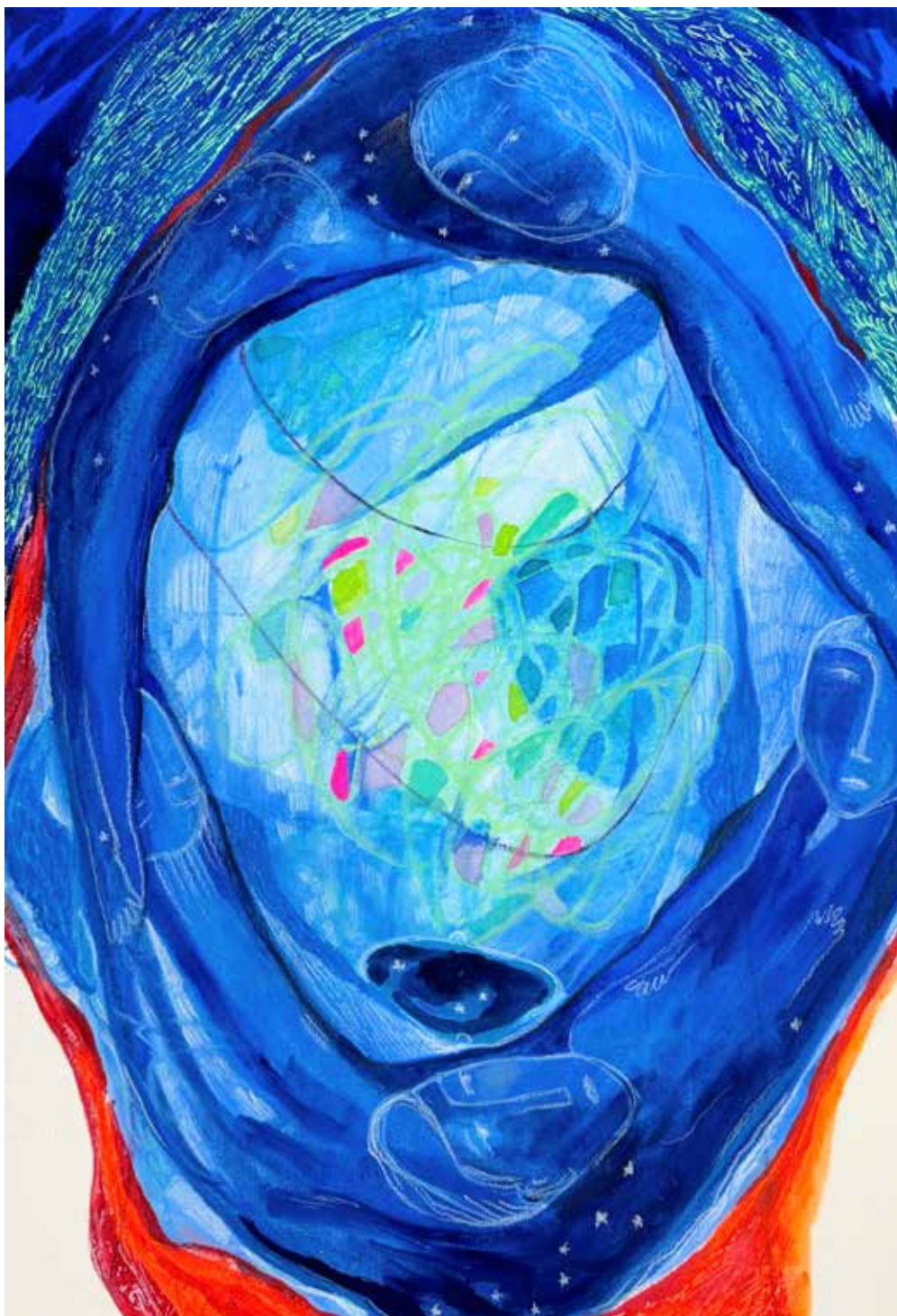
13" x 18" (33cm x 46cm)



Guardians of the Well

Mixed media on paper

13" x 18" (33cm x 46cm)



Between The Veils

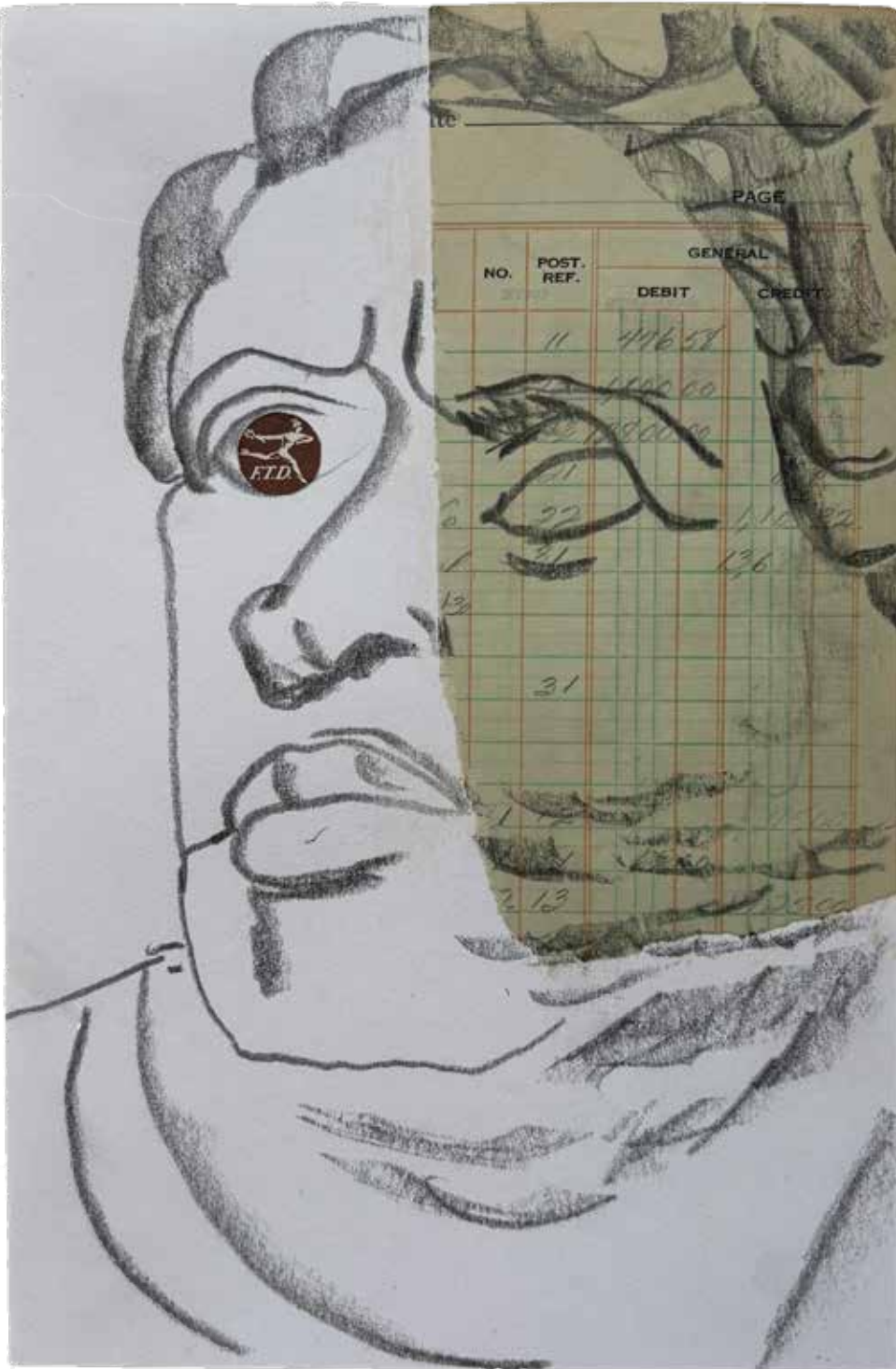
Mixed media on paper

13" x 18" (33cm x 46cm)



**THIS IS A STORY.
UNFORTUNATELY, A COMMON STORY.**

DEBRAH JOY SPENCER
OREGON, USA



Afterwards, He Sent Flowers
 Graphite sketch on collaged paper
 8" x 5" (20cm x 13cm)



Nana & Papa

India Ink, oil pastel, gouache on a torn out piece of sketchbook paper

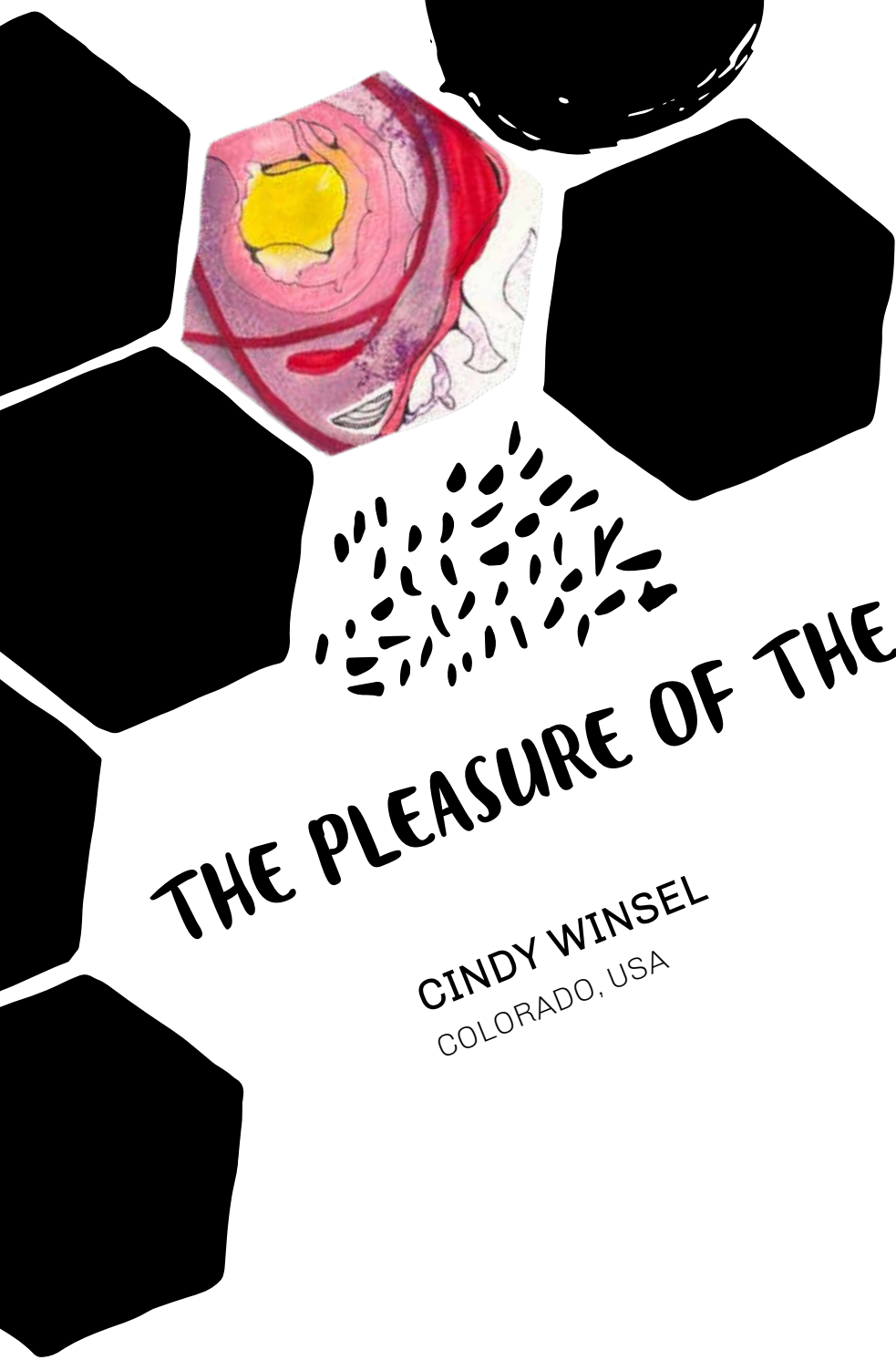
8" x 5" (20cm x 13cm)



Strangers

Mixed media on paper

6" x 9" (15cm x 23cm)



THE PLEASURE OF THE PROJECT

CINDY WINSEL
COLORADO, USA



Bloomin' Again

Watercolor, ink and collage

5" x 7" (13cm x 18cm)



Help, I Am Falling

Paint markers, watercolor and ink

5" x 7" (13cm x 18cm)



Whirlpool

Oil Pastels, water-soluble pastels, ink and watercolor

5" x 7" (13cm x 18cm)



THE ARTISTS

To learn more about the
artists, please visit
ConnieSolera.com.



ELLE BILLING

My name is Elle Billing; I am an artist, caregiver, and educator.

Making art is how I filter a continuous stream of information, through the particular lens of my queer disabled bodymind.

I create paintings through an iterative process I call Spiritual Archaeology. I layer my personal experiences between literary influences and contemporary media, using mixed media and bold marks. My influences stack up on a common theme, and as I scrape back what I have layered, I am able to excavate a singular truth about my self and my place in the world.

The materials I am most excited by are vintage books, acrylic paint, all manner of pastels and compelling songwriter-vocalists.

I am deeply drawn to surrealism, artistic tension, the multiverse and alternate timelines. In the studio, you will find me deconstructing old books, making my own collage paper, and infusing my work with the power of story.



elleandwink.com



[@elleandwink](https://www.instagram.com/elleandwink)

TRACY B. BRAVE



I have discovered that curiosity and a common yearning for all things creative move us to our most inspired lives. Being an artist creates a meaningful pathway into self-discovery and belonging.

Having had the opportunity to travel through Mexico, Thailand, Europe, the United States and Canada, I have learned that women across these cultures share common experiences, expressed through symbolism in traditions, art, textiles, food and storytelling.

I want the viewer of my work to feel a sense of intimacy with the subject by raising awareness of the feminine and female condition across cultures. This Collection from my body of work—Art, Culture, Adventure—is a representation of time I spent in Mexico, greatly influenced by Mexican painters, folk artists and traditional craft.

My work is an exploration and celebration of the common thread of womanhood, friendships and community. Through the use of vivid color, texture and embellishments, it is my hope to raise awareness to the beauty of the everyday lives and the environment of women regardless of their socio-economic circumstances.

I am a Canadian contemporary artist, and my practice includes sculpture, collage, painting, and textile. My artwork reflects my desire to share a rich, lively and immersive visual experience. It is through this self-expression with various materials that I hope to offer an intimacy and connectedness with the subject and the viewer.



tracybbraave.com



[tracy.buechler.9](https://www.facebook.com/tracy.buechler.9)



[@tracy_b_brave](https://www.instagram.com/@tracy_b_brave)



DIANE COOPER

As a mixed-media artist, I use a variety of materials as well as my own curiosity to guide me through my creative process. My art practice also allows me to process and express my thoughts and feelings about the world around me. RV-ing around the United States with my husband and fur baby, Lucy, keeps me continually inspired by the beauty of the changing landscape and the interesting people I meet along the way. I use these experiences as inspiration for my art.



diane.cooper.505

CLAIRE HELMAN



Claire Helman is an artist and a poet. Her work explores Jewish folk practices, ritual, prayer, and song; land and seascape and the meeting of the internal and external worlds.

She moves between the ethereal world of the spirit, the analytical world of the mind, the grounded world of the body and the longing of the soul. Dancing and playing between these worlds, she incorporates them in two- and three-dimensional pieces.

She creates in the liminal space between recognizable images and the being and doing of forms, which do not apparently relate to a material world. Acknowledging the concrete of the earth-like world she simultaneously inhabits the mystical, spiritual air-like world.

Grounding flying, floating forms with an element of line, she hovers on the edges, and the intersections of lines and forms.

She leaves creative space for herself and the viewer so that no one gets lost. Weaving between the spaces, using threads and lines to make connections, she plays with the mysticism of layers and having it both ways: covering up and showing through.

She likes to find the cracks, the opportunities, the small openings to put art and creativity into the world.



@clairehelman1



clairehelman.my.canva.site/about



clairehelman@yahoo.com



JULIE M LUBBERS

My name is Julie Lubbers. I am a mixed-media and digital artist/photographer. I'm also a retired scientist and newly-minted elder who discovered art after my children were grown.

I am passionate about encouraging others to walk their artist path with curiosity, non-judgment and an attitude of experimentation. I get excited over concepts like integrating our analytical and intuitive sides through creating art. I love learning new techniques and being in community with fellow artists.

When I'm not pushing paint or pixels around, you can find me loving life on my Northern Kentucky farm and woods with my beloved husband, Charlie, a small herd of goats, two kitties, four spoiled small dogs and often a foster pup waiting to find their forever home.



@julie_m_lubbers



juliemlubbers@gmail.com

MAUREEN NADEAU



My name is Maureen Nadeau. I am an intuitive painter and mixed-media artist; a seeker, a teacher and a creative guide. I make art as a way of staying anchored to my soul in the midst of everyday life and as a spiritual practice that nurtures my connection to the deepest inner workings of my heart and soul. The natural world, my subconscious inner world, and the relationship between the two is what greatly influences my artwork.

As a small child, nature became my sanctuary as I spent hours outdoors escaping the chaos of my home and family life. I still remember hearing the wind rustle through the pine trees and sensing they were speaking to me—whispering words of comfort

and wisdom. Over the years, my connection with nature has only grown stronger. In my 20s I began my long journey of recovery from addiction. It was then I felt the healing pull of the ocean calling me back home to the Goddess and my Celtic roots.

I began an earth-based spiritual practice where I continue to draw inspiration through connecting with the rhythm and cycles of the seasons as well as ancestral symbols.

Currently my body of work celebrates and honors the various aspects and energies of the Divine Feminine.



maureennadeau.com



[maureen_nadeau_art](https://www.instagram.com/maureen_nadeau_art)



BLANDINA PETERSON

I am Blandina Peterson, I was born in Brooklyn, NY, and I live in Fayetteville, NC. I am a retired Soldier from the U.S. Army, followed by a career in civil service from which I am now retired.

I enjoy teaching gentle, accessible yoga and a couple of fitness classes part-time to mostly senior citizens and to local military communities.

When I'm not teaching, I love painting, drawing, and being creative. My favorite way to express myself is intuitively. I feel compelled to create something almost everyday and frequently enjoy painting, collaging, quilting, gelli-plate printing, creating sequences for the classes I teach and anything else that peaks my interest and teases my amazing, alluring, sometimes-mystical muse.

I'm a life-long learner and find myself constantly discovering new ways to create with open curiosity and acceptance and without judgment. At times, I create artworks based on what I witness in my dreams, and/or during meditation. Some days, I don't know what I'm going to create until I place a paint brush, a drawing implement, a brayer, an art supply or some other object in my hand.

Surrendering myself to the art of creativity, allows me to experience equanimity and being present in the moment. It anchors and grounds me. It allows me to flow from deep within the depths of my soul to the periphery and beyond the surface of my skin onto a substrate.

My ultimate heartfelt desire is to have fun creating.

JENNIFER PROCHAZKA



I am a process artist, focused on transformative arts and consciousness practices. My art—the artifacts resulting from my creative practice—is both an expression of and a source of connection to my intuition, my inner knowing.

I see this inner knowing as a guide that informs me in life, as a guide to navigating my way through the mysteries and challenges of the ever-changing external landscape called life on this planet. Both my

art and my process become a way of mapping out the mysteries of my inner world.

I use mixed media and experimental techniques to direct my questioning. By following my intuition and using materials and processes that speak to the vitality and delight of my heart my inner world becomes visible in the materials.



@torchworkstudio



jennprochazka@gmail.com



CONNIE SOLERA

I am an artist, a writer, a teacher and a mentor. For over twenty five years I have savored a career encouraging others to live courageously from their artist souls.

My workshops, retreats and immersive mentorship programs are designed for deep-thinking artists, soulful seekers and brave creatives ready to strengthen their connection to their intuition; trust the deeper currents of their creative practice; and make art that sizzles with confidence, depth and meaning.

My creative practice—that I treasure wildly—connects me to the deeper currents of life and helps me stay tethered to my soul. Making art, for me, is a lifelong devotion. Each work plunges me further into the mystery. Each body-of-work I explore expresses what it means to be fully and authentically alive—right here, right now.



conniesolera.com



[@ConnieSolera](https://www.instagram.com/ConnieSolera)



Artist Talk - Listening Deeply, Deeply Listen

DEBRAH JOY SPENCER



Debrah Joy Spencer is an Oregon artist. Her art challenges the viewer to enter into the environments she paints; meet the people there; look into rooms. She works primarily on hot-press paper using matte acrylic paint along with many kinds of drawing materials: colored pencils, paint markers, caulk pencils, soft pastels, oil pastels, etc.

Her paintings are inspired by old family photos, homes of family and friends, antiques, faded memories and lost stories. Her creative practice involves quick sketching, exploring mixed-media techniques, collage and working on multiple pieces in her home studio or while traveling.



@debrahjoyspencer



CINDY WINSEL

As a seeker of knowledge, Cindy brings her passion as an expressive artist, teacher, facilitator and creative-depth coach to all of her experiences in this journey called life.

After retiring from a thirty-five-year career in public education, she was called to take herself in a new direction.

Transitional times bring unexpected loss, and the shock of retiring was, for Cindy, an opportunity to discover new ways to experience living out loud.

She moved into creative exploration to shake up her assumptions and allow space to discover her stuck stories. She found that expressive arts offered beautiful tools and approaches to assist healing and potential.

As a creative-depth coach and artist, Cindy Winsel believes we are all creative and that we can realize our creative ways through expressive arts.

Cindy lives in Aurora, Colorado with her husband and their two fur babies.



linktr.ee/cinwin



cindywinsel.com/opt-in

PAINT FEARLESS® MENTORSHIP



The Paint Wisdom Mentorship—formerly Paint FEARLESS® Mentorship—is a transformative three-month online immersion for artists seeking more depth, meaning, and magic in their creative practice.

Led by Connie Solera, this journey dives into the deeper currents of your creativity, helping you shed limiting beliefs that bind your Artist Soul and unearth the wisdom within your unique mark-making and creative expression.

The Paint Wisdom Mentorship is offered every Spring and Fall.
Learn more at:

conniesolera.com/paint-wisdom-mentorship

BOW (BODY OF WORK)



BOW is where the rubber meets the road, baby! In this eight-month program, we put everything from the Mentorship into practice. Under Connie Solera's guidance, you'll create a meaningful body of work for a public online exhibition, participate in a virtual opening, panel discussion, and interview, and receive promotional materials and training. You'll gain new tools and confidence, deepen your understanding of your work, and strengthen your ability to communicate about it. Plus, enjoy a supportive community with weekly two-hour group calls and monthly co-working sessions.

BOW is offered annually.

Learn more at: conniesolera.com/b-o-w