

FIRST ANNUAL

PAINT FEARLESS® EXHIBITION

JUNE 16 - AUGUST 8, 2023

WWW.CONNIESOLERA.COM

ABOUT THE EXHIBITION



BOW (Body of Work) is now the second part of my Paint FEARLESS® Mentorship program. In October 2022, I sent out an invitation to my mentees, explaining it would be more than “just a program; it would be where the rubber met the road.” Unlike Paint FEARLESS® Mentorship, BOW would come with no learning modules to digest or exercises to complete. I explained that in BOW, everyone participating—including myself—would be creating an intuitive body of work that, at the end of our commitment, would be shown in a public, online exhibition.

Each artist’s own creative practice would be directing the curriculum, and I, as their mentor, would not only be supporting their journey, but I would be joining them in the trenches, making my own art and sharing my own BOW alongside them.

To sweeten the deal, I even vowed to keep my progress and process “top secret;” not sharing what I was creating with anyone else online. Only my BOW artists would receive court-side tickets to updates on my creative practice.



To join BOW, there were three simple requirements:

1. A willingness and full commitment to making a BOW that would be included in an online exhibition.
2. A “check-in” post every Monday in our private classroom that would let all of us know what has transpired in each artists creative practice the previous week.
3. Attendance in a two-and-a-half hour Zoom meeting each Tuesday for support, inspiration and to connect with one another more deeply.

In over twenty five years of teaching art, I have never created a program with this much open-ended freedom, nor a program where I, the mentor and teacher, threw myself right there in the mix with my students.

Through the four months of BOW, I too experienced the same excitement, joy, and lets-burn-this-shit-to-the-ground feelings as my beloved mentees did. At times, my mind whipped-up some solid, logical reasons why I, the mentor, should excuse myself from sharing my process so openly. Thankfully, I never strayed from my heart’s initial promise and because of this, I can say with great honesty that BOW is the absolute best program I’ve ever experienced and created in my teaching career.

I could not be more proud of the courage, creativity, wisdom and, for some of us, pure resilience that was demonstrated to create this collective exhibition. “A lot can happen in four months!” I told my mentees on Day One of BOW. And a lot did happen.



What you see in this catalog represents a small sliver of the gorgeous artwork included in the first annual Paint FEARLESS® Exhibition. Though small it may be, this catalog reflects the HUGE amount of soul, love, vulnerability and complete devotion this exhibition possesses.

Thank you, Cindy, Diana, Elle, Jeanie, Maureen, Michelle, Theresa, Tigz and Valentina. I love the way our lives and our creative practices overlapped, mirrored and influenced one another so seamlessly. The conversations we had weekly and the places we went together in our paint rituals changed my perspective on what it means to be an artist and a teacher alive and working today. And this manifested, even though logistically we were all miles apart.

I am so grateful for the time we shared together. The nine of you—each and every one an amazing artist—have now set the high standard of soulfulness, integrity and creativity that will become the legacy of this program moving forward.

Connie Solera

Connie Solera
Artist, Mentor, Writer, FEARLESS® Painter
ConnieSolera.com

THE PLACE IN-BETWEEN

JEANIE GIARDINA BERNARD
NORTH CAROLINA, USA



River and Mountains

Mixed media on paper

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



To See Beyond

Mixed media on paper

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



In Focus

Mixed media on paper
9" x 12" (23cm x 30cm)

OPHELIA

ELLE BILLING

NORTH DAKOTA, USA



Hello From Inside This Bush

Acrylic, graphite and pastel on paper

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



Oh My Love, Remind Me, What Was It That I Said?

Mixed media collage on paper

7" x 10" (18cm x 25cm)



I'm So Sick of Pretty, I Want Something True

Mixed media collage on paper

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

THE ARCHETYPES OF THE FEMININE

VALENTINA CASTRO

MEXICO CITY, MEXICO



Untitled

Mixed media on paper
9" x 12" (23cm x 30cm)



Untitled

Mixed media on paper

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



Untitled

Mixed media on paper
9" x 12" (23cm x 30cm)

HOME—A REFLECTION OF THE SOUL

THERESA COLLINS

GEORGIA, USA



Wandering Home

Acrylic, cardboard, tacks and collage on cradled wood panel

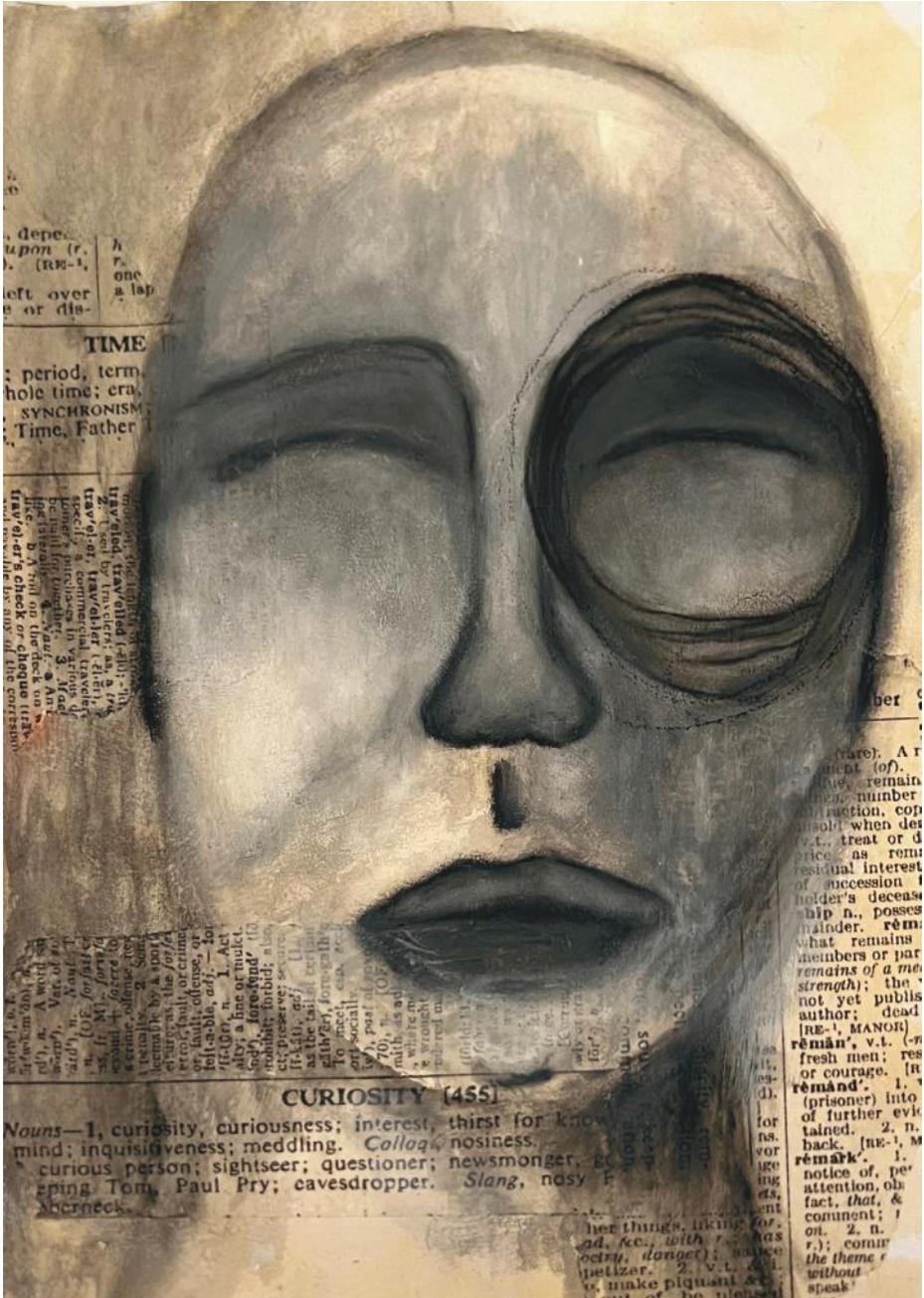
10" x 10" (25cm x 25cm)



Beginning Again

Charcoal, gesso, and graphite on paper

8½" X 11" (22cm x 28cm)



Time
 Collage, charcoal and gesso on mixed-media paper
 9" x 12" (23cm x 30cm)

THE FACES OF AUTUMN

DIANA COOPER

TEXAS, USA



Lilac

Mixed media on a wooden panel

10" x 10" (25cm x 25cm)



Blaze

Mixed media on a wooden panel

10" x 10" (25cm x 25cm)



Pumpkin

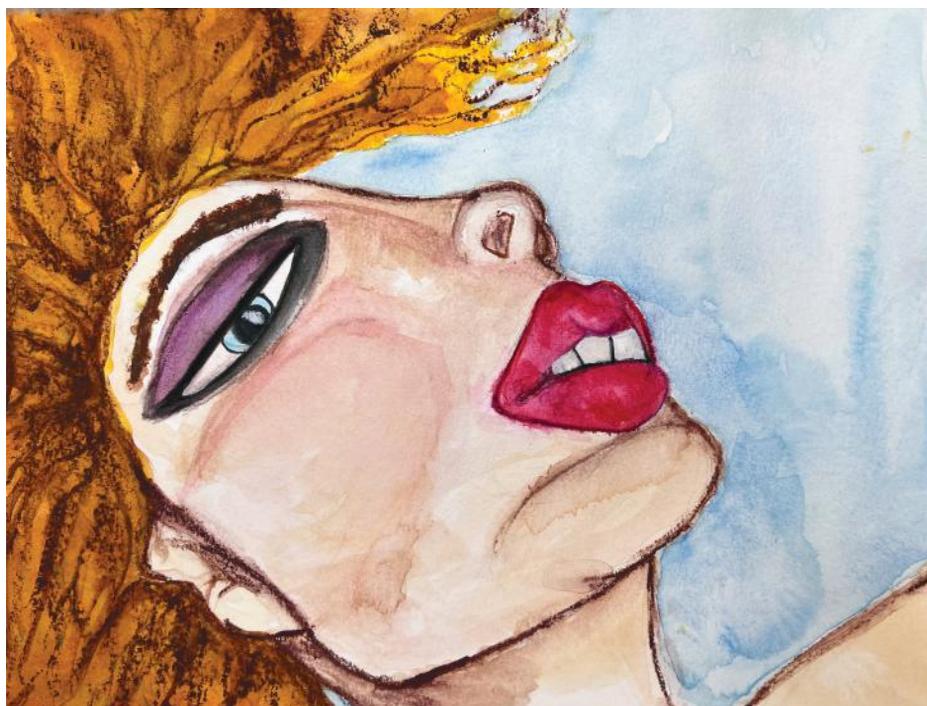
Mixed media on a wooden panel

10" x 10" (25cm x 25cm)

GODDEX

TIGZ DE PALMA

IBIZA, SPAIN



Untitled

Watercolor on paper

8½" × 11½" (22cm × 29cm)



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Hera imposed
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The Judgment of Paris.

...without
of beauty
the Immortals
by the omission, Eros
gathered a golden apple
Athena and Aphrodite all
ordered them to submit the
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his father's flocks on the
embarrassed and tried to
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victorious in battle,
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avenged themselves cru
and his people to devas
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love, did not hesitate to
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of gods and men alike,
ningly embroidered. If
love and desire and si
even the wisest.

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of love.' This was he
sometimes espoused th
she too threw herself
Trojans and taking part
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come to the aid of he
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attacked her, and with
delicate hand, Aphro
mockingly by Athena
persuading some Gre
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scratched her delicate
the father of the gods. Z
were not meant to conc
to the sweet tasks of lov

The Loves of Aphrodite.

but it was Hephaestus,
who obtained her for a
be happy, and even on
her, among others Ares
band, and Hermes who
moreover, took a wicko
of the Immortals and
With the exception of A
her influence. The maste

MYTHOLOGY — 131

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id so the goddess was
rojan Anchises, whose
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lite came to join him.
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shone like the moon.'
shaggy wolves, bristling
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ke Pasiphaë, be

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tials should

Untitled

Mixed media collage

8" x 12" (20cm x 30cm)



Untitled

Watercolor on paper
8" x 16" (20cm x 41cm)

HOLDING PATTERNS

MICHELLE FAVREAU

CALIFORNIA, USA



And Again

Mixed media: Found materials; acrylic on wood

2½" x 2½" (6cm x 6cm)



On My Leaf

*Wool roving, wool yarn, synthetic ribbon on composite board
6" (15cm) frame*



Again

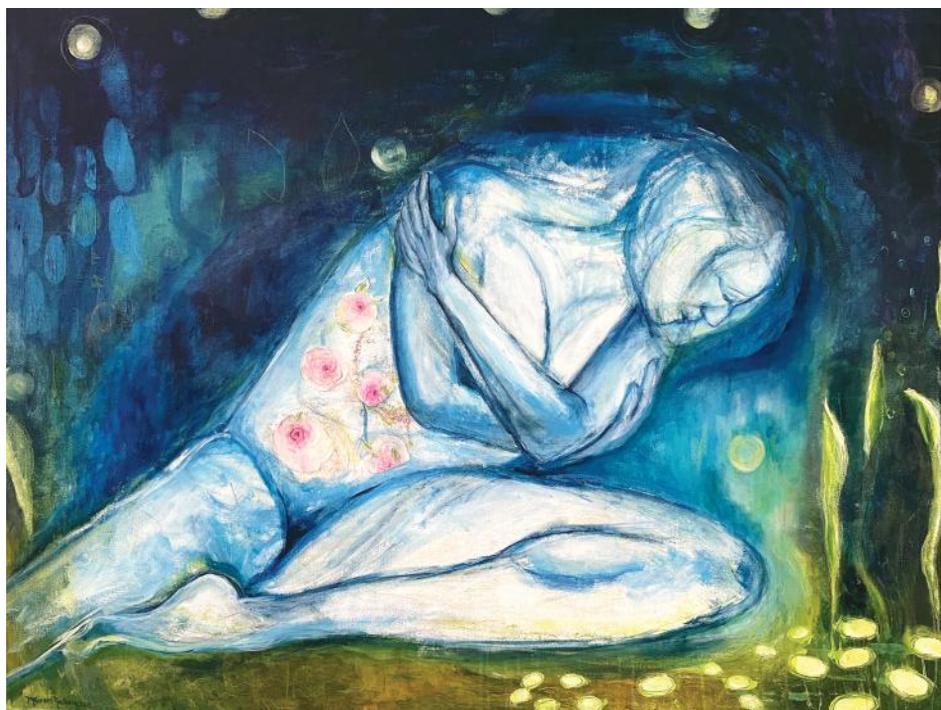
Mixed media: Found materials; acrylic on wood

2½" x 2½" (6cm x 6cm)

TENDING THE SACRED

MAUREEN NADEAU

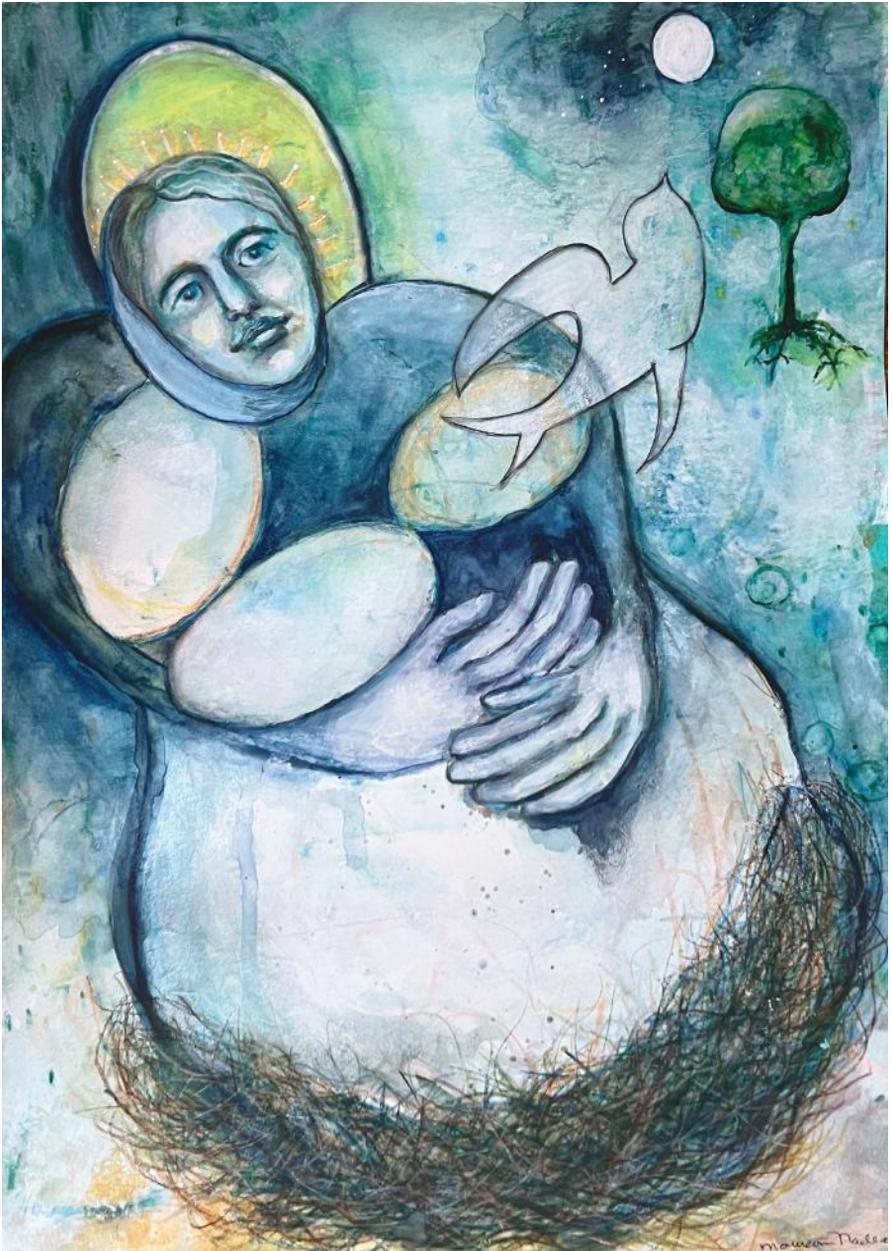
NORTH CAROLINA, USA



The Threshold—Grief & Grace

Acrylic collage, mixed media on canvas

36" × 48" (91cm × 122cm)



Letting Go

Watercolor, mixed media on paper

11" x 14" (28cm x 36cm)



The Dreamer

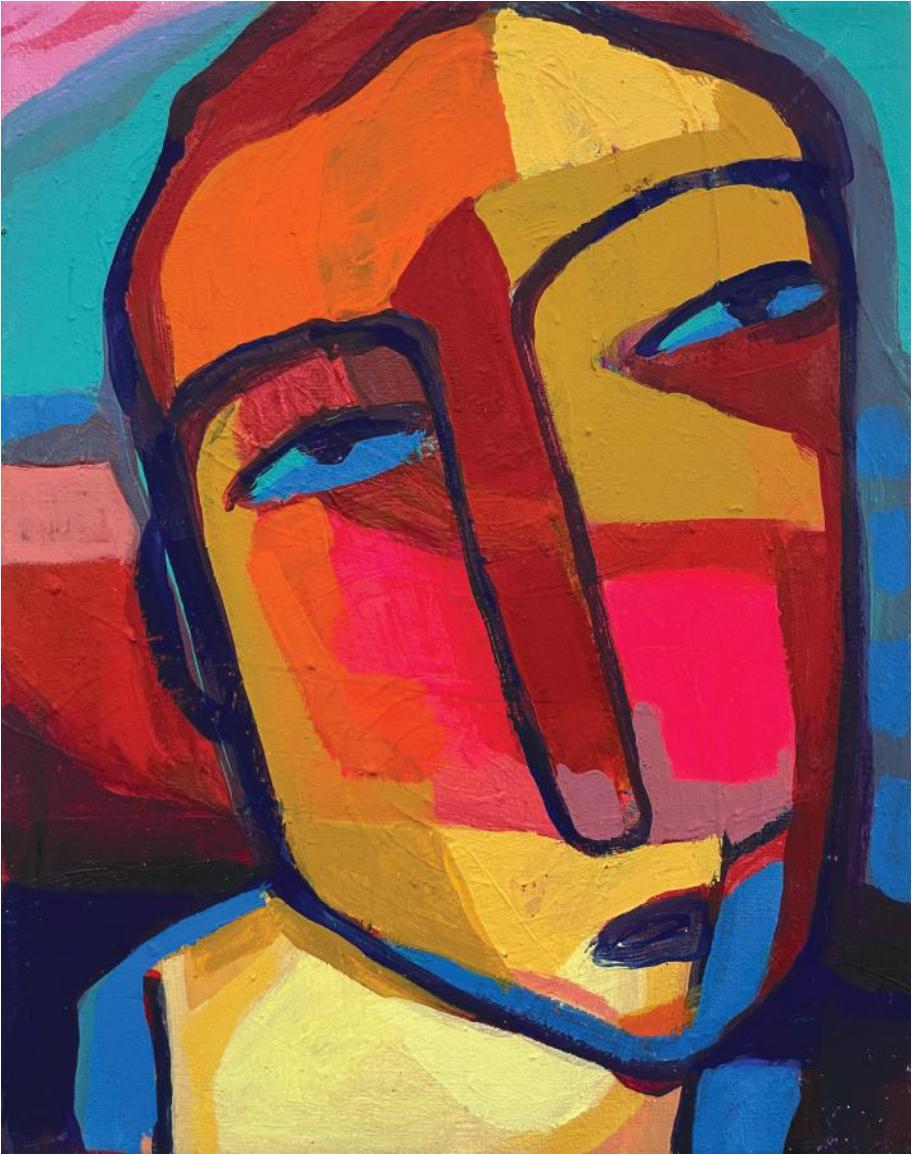
Acrylic, mixed media on paper

28" x 36" (71cm x 91cm)

LET THE DEAD BURY THE DEAD

CONNIE SOLERA

ARIZONA, USA



When The Wind

Acrylic paint, oil pastel on canvas

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



I'm Still Here

Acrylic paint, oil pastel on canvas

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



Distant, Distant Past

Acrylic paint, oil pastel on canvas

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

THE INTUITIVE SPIRIT

CINDY WINSEL

COLORADO, USA



Intuitive Spirit #2

Acrylic paint, ink on paper

5" x 5" (13cm x 13cm)



Intuitive Spirit #3

Acrylic paint, ink on paper

4½" × 5½" (11cm × 14cm)



Intuitive Spirit #4

Acrylic paint, ink on paper

4½" x 5½" (11cm x 14cm)

THE ARTISTS

To learn more about the artists,
and to see all art included in
this exhibition, please visit
ConnieSolera.com.



JEANIE GIARDINA BERNARD

My name is Jeanie Giardina Bernard and I describe myself as a Creative Expressionist with an emphasis on art-ing, stitching and writing. Currently, I am interested in understanding landscape by expanding the way I experience it. I am curious in seeing beyond what I already know about the land. Like a photographer, I look closer (“zoom” in) and I take a wider perspective (“zoom” out) as I practiced awareness, gathering and expanding on new ideas. I then pull what I find together in a way that ignites my imagination. My work is full of bright colors, textures and lines. For me, water-soluble media seems fitting for work about landscape. Understanding the language of landscape has placed me where conversations happen and I can create from the poetic stories that landscapes want to tell.



giardinaart@gmail.com



[jeanie.bernard.31](https://www.facebook.com/jeanie.bernard.31)



giardinaart.com



ELLE BILLING

My name is Elle Billing; I am an artist, writer and caregiver. Making art supports me in filtering a continuous stream of information, through the particular lens of my queer disabled bodymind.

Currently, I am interested in exploding the archetypes available to women and femmes in the so-called western literary canon. I am reconstructing characters' experiences through mixed media with a focus on vintage texts and contemporary themes. The materials I am most excited by are vintage books, acrylic paint, soft pastels and powerful pop vocalists.

I am also deeply fascinated with the concepts of infinity, the multiverse and alternate timelines. In the studio, you'll find me deconstructing old books, making my own collage paper, and infusing my work with the power of story.



@elleandwink

elleandwink.com/podcast



VALENTINA CASTRO



As a Mexican, the colors, textures, flavors and landscapes of my culture have significantly influenced my life.

After experimenting and considering multiple career paths, I began the journey as an art therapist in 2003.

Many years later, I set out on an amazing adventure through Connie's online IGNITE program. It was such a blessing to find this program—both for personal healing and in support of my professional field.

I now have twenty years of professional experience creating and facilitating art-therapy workshops focused on self-discovery. In my book, *Reconnecting to Self-Healing: The Art of Advocating for Yourself*, I share my personal experience as a resource, providing guidelines to discover the power of self-healing and the healing power of art.

In the last four years, I have listened and responded to my artist soul asking me to paint and express in canvas, ceramics and embroidery. It has been an amazing, joyful, challenging excursion, but allowing myself to create has been a process of deep and fascinating self-inquiry.



@valentinacastro_arte



THERESA COLLINS

My name is Theresa Collins. I am a self-taught working artist and lover of all things, HOME. Spending time in nature and making art is how I nourish my soul, connect with the Divine and process life's journey.

A native to Atlanta, Georgia with Japanese, German and Cherokee Indian ancestral roots, I've passionately dedicated a real estate career to serving others on their journeys to find their own HOME. I have reconnected with my childhood love of making art, using acrylic paint and mixed-media materials on various substrates, and I've enjoyed sharing my work as gifts for my clients.

Since 2016, I have invested in my creative practice by taking many online art courses and attending in-person workshops. I've studied the deeper currents of my work through Connie Solera's programs, which has led me to sharing more of my art with the world and venturing into surface pattern design.



myartyoursoul@gmail.com



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



miyatadesigns.com



DIANA COOPER



My name is Diana Cooper and I am a mixed-media artist. Tearing paper is fun and it is part of my creative process. In addition to paper, I use a variety of other materials and substrates in the creation of my art. I enjoy layering papers and finding just the right spot for each scrap. Mixed media is a messy and fun way to make art that expresses my vision.



djoycoop@gmail.com

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love and desire and st
even the wisest.

Goddess of love, A
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of love.' This was he
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she too threw herself
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TIGZ DE PALMA

My name is Tigz De Palma. I am an artist, aesthete, priestess. Making art is one of the best ways I know of to express what moves me, and moves within me.

Currently my art making is an exploration into the threads connecting art, sex, spirit, and is deeply entwined with my lived experience of the Divine Masculine and Feminine archetypes.

Right now in my studio you will most likely find me cutting and pasting elements for mixed-media collage, sketching the female form, and painting with all things watercolor. Though ritual, altar-making, flower arranging, communing with the moon, and a daily embodiment practice are all essential food for my artist soul.



MICHELLE FAVREAU



I believe in tiny poems, reframing photography as prayer and lavish affirmations to inspire the unfolding of the soul. Guided by traditional and reimagined ceremonies and sacraments, I offer programs that honor the inherent spark of creativity in each person.

As a multi-disciplinary artist and teacher, creativity is at the heart of how I understand the world and make meaning out of the sorrow and beauty of "merely being human." My current body of work weaves fiber, story and paint in textured pieces that explore the emotional and spiritual complexity of grief.

My background includes a lot of study in the realms of ritual, spiritual care and healing after harm. I'm an interfaith facilitator of the Jewish Studio Process and have completed a certificate in Social Emotional Arts from the UCLArts and Healing program. Over the past year, I have been challenged and changed by the Paint Fearless Mentorship program and I offer profound gratitude for the companionship of my BOW (body of work) mentor and colleagues.



riteherenow.com



MAUREEN NADEAU



My name is Maureen Nadeau. I am an artist, a seeker, a teacher and a creative guide. In the midst of everyday life, I make art to stay anchored to my soul. I make art as a spiritual practice to nurture my connection to the deepest inner workings of my heart. The natural world, my subconscious world and the relationship between the two greatly influence my artwork.

As a child, seeking to escape the chaos of my home and family, I spent hours outdoors where nature became my sanctuary. My connection with nature has only grown stronger over the years. A long journey of recovery from addiction began in my 20s when I felt the healing pull of the ocean, a connection with the Goddess and with my Celtic roots. It was when I began an earth-based spiritual practice where I draw inspiration from the rhythms and cycles of the seasons; from universal and ancestral symbols.

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



@maureen_nadeau_art



maureennadeau.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)



CINDY WINSEL



Driven by joy, I am dedicated to a journey that encompasses walking alongside others to support them in discovering their true selves. A belief that all human beings are capable of creativity and of using that creativity to heal and transform themselves bolsters a sense of purpose for me and has led me to this commitment to work with others.

I currently am enjoying my work as a Creative Depth Coach. In addition to being an author, I am an artist who savors many different creative methods to design individual and group care for mind, body and spirit.

My own inspired journey into and out of addiction provides me with a powerful perspective and specialized strength for offering hope to others. Utilizing my love of creative expression, I have volunteered many hours to groups and individual coaching in the field of addiction. I strive to bring the energy of laughter, joy and levity to all with whom I interact.



cindywinsel.com



PAINT FEARLESS® MENTORSHIP

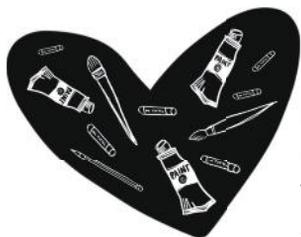
Paint FEARLESS® Mentorship is a three-month online immersion for women artists yearning for more depth, meaning and magic in their creative practice.

As your mentor, I will guide you on a journey through the deeper currents of your creativity where you will shed limiting beliefs that bind your Artist Soul and discover the wisdom that lives within your unique mark-making and creative practice.

The Paint FEARLESS® Mentorship program is offered every Spring and Fall.

Learn more at:

conniesolera.com/paint-fearless-mentorship



BOW (BODY OF WORK)

BOW is a four-month journey where each enrolled artist (including Connie) will step into the mystery and create a sacred, unique body of work.

Unlike Paint FEARLESS® Mentorship, there are no weekly modules to complete. Instead, your BOW will guide the way and create the curriculum you must follow. The only requirements are that you are committed to showing up and that you share your work in a final public, online exhibition.

BOW is offered every January.

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



CONNIE
SOLERA



Nourish Your Artist Soul

CONNIESOLERA.COM