



September 2020 Newsletter

Rainbow Artists

No September meeting, Zoom or in person

While we long to meet in person, we must be patient and stay safe.

But let's keep in touch. Please send us what you are creating so Janine can post it on our Facebook site and it make it into the newsletter (emails below).

You can also text a photo to Janine at 505-200-1638.

ARTportunities

[New Mexico Art League](#) will be offering juried exhibitions online for now in order to give artists an opportunity to continue to exhibit their work. Next call for artists is:

Just a Moment—The Still Life: interpretations of this classic genre by artists living and working in NM
October 20—November 21
Deadline—September 12

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2020 Dues are due NOW:

Please mail your \$25 to:

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Dhyana and Creativity

Being curious as to how the wisdom of the East might be of value in studios of the West, I've always been interested in meditational spin. The idea of Dhyana takes the form of "Chan" in China, "Zen" in Japan, "Seon" in Korea and "Samten" in Tibet. Dhyana is known as an instrument to gain self-knowledge, creativity and the ability to concentrate. The idea is to free the mind from the "five hindrances" (craving, aversion, sloth, agitation, doubt) and the distraction of discursive thinking. Interested?

In the individual practice of what I call "Natural Dhyana" we see variations of creative intelligence. Think of the relative abilities of different folks to simply absorb the knowledge of others. More importantly, think of our varying abilities to follow the advice of our inner gurus. Yep, all those nasty hindrances tend to get in the way. Without resorting to levitation around the studio, here are a few practical ideas:

In the morning and several times throughout your working day, systematically take time to "center" yourself. Relax, reassess, contemplate work in progress, and look ahead. Teach yourself to do this centering while simultaneously doing other tasks — priming, squeezing out, cleaning up. In the close practice of your art, learn "multi-leveling," the ability to think of one thing while you're thinking of another. While your mind is ostensibly at rest, look for creative opportunities for expediency and efficiency. Let "Lazy mind," "Management mind" and "Doing mind" share life in the studio. While energy may seem boundless, it is not. It needs respect and husbanding. Very often, simple Zen-like activities can make a difference. For example, slow down your line to half its normal speed. Take time to relish brushstroke, texture or passage. Make works of art that look fast and fresh, but take longer to accomplish. Go steadily and move calmly along your chosen path.

Taken from The Painters Keys (painterskeys.com)



ARTspiration

As we shelter in place, artists often retreat into their studios and kitchens where they find peace and inspiration. What have some Rainbows been doing?

Janine Wilson: has two paintings at the Placitas Library through October 1. The exhibit is online at pclart.com. And, remember to check out her new website. (janinewilsonart.com). Image at right.

Joan Fenicle's *Time Travels* show at Wild Hearts Gallery in Placitas runs through Sept. 27 with 10 new oil paintings and a Covid-safe reception on Saturday, Sept. 12, 1-4 pm. She also has been invited to the September show at New Mexico Cancer Center with her *Lost in a Dream* series. The exhibit is available on line at GalleryWithaCause. Having delivered 25 new pieces of art recently she decided to relax and play with some lighthearted small (8x8) mixed media panels. The first two have emerged as "Into the Abyss" and "When the Last Tree Dies". So much for lighthearted. Can't wait to see 2020 in the rear view mirror!

Eliza Schmid is in a new group show at Tortuga Gallery (901 Edith SE) with the reception on Friday, Sept 18, 5-8pm. No food, but drinks will be served. Image at right.

Grace Collins tells us: "Since there are few shows to enter, I have been experimenting with a variety of techniques this summer to better understand how to master them. Incorporating collage into my artwork, combining watercolor and soft body acrylics in a variety of ways, and trying different papers that are not familiar to me. Asian papers, hot press (again), art board are some of my experiments. If I don't feel I paint something well, I work on that; figures, animals, mountains. This seems to me to be a time to play, without the pressures of performing."

Martha Heard is always an inspiration. After a bad traffic accident, she is on the mend and back to walking the neighborhood morning and evening. All that healing energy Rainbows sent her way is doing its magic.

Carol Adamec's beautiful art video moved to a new web address. Just click [here](#).



Genesis, Janine Wilson



Life on Earth has Changed, Eliza Schmid



RAINBOW ARTISTS

WWW.RAINBOWARTISTS.COM

WOMEN MAKING ART SINCE 1990

Albuquerque Museum is preparing to open its doors for visitors. Albuquerque Museum will open to the public on Tuesday, September 15, 2020. Visitors must purchase tickets online in advance.

Coming to the museum in February is Frida Kahlo, Diego Rivera and Mexican Modernism

The works in the Jacques and Natasha Gelman collection epitomize the vitality and expressiveness of modern Mexican art. They were produced in a pivotal period in Mexican history, when the nation sought to redefine itself through political, social, and cultural reforms. Kahlo's fame has far outstripped that of her husband in the years since her death. Her intense self-portraits have made her face familiar throughout the globe.

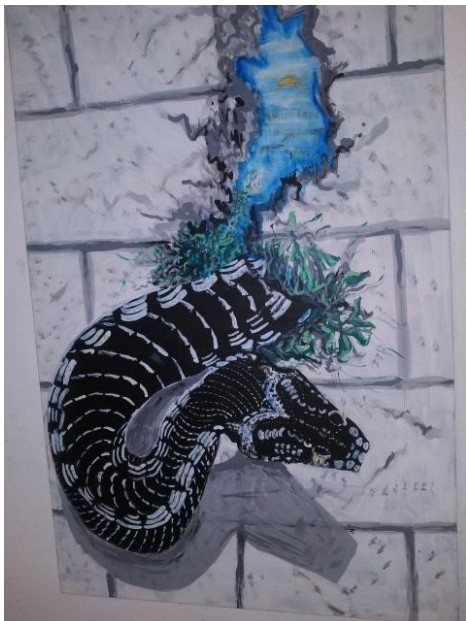
Mission Statement

Rainbow Artists, an award winning women's collective established in Albuquerque in 1990, supports, promotes, and encourages women artists.

- * We embrace ethnic and artistic diversity.
- * We strive to grow in our art and our association with each other.
- * We share our talents and enrich our creativity and our community through collaborative exhibits and projects.

Rainbow Artists
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www.rainbowArtists.com
Newsletter deadline is the 1st of each month.

Share our [Facebook](#) page with your friends. The more traffic we get, the more exposure your art has.



Breakthrough, 18x24 Acrylic, Carol Sul-