

Spirit into Matter Exhibit Opens at Tai Sophia Institute

Exhibition of paintings by Maryland artist Anya Blakeley opens Friday, December 7 at Tai Sophia Institute's Himmelfarb Gallery

LAUREL, Md. ([PRWEB](#)) November 29, 2012 -- "Spirit into Matter," an exhibit of paintings by Maryland artist Anya Blakeley, opens Friday, December 7, in the [Himmelfarb Gallery](#) at Tai Sophia Institute. An artist reception, which is free and open to the public, will be held on Wednesday, December 12, from 5:00 p.m. to 7:30 p.m.

Ms. Blakeley made the connection between art and healing in 1992 when she began taking art classes that led to her completion of an expressive arts program at The Person Centered Expressive Therapy Institute.

She says, "I experience painting as a metaphor for life. I approach the canvas without an image in mind. I open myself and allow the painting to come through me. While my painting process is deliberate and intentional, it is also 'un-crafted.' I work organically, layering paint with various marking tools until images begin to appear. I 'dance' across the canvas, from one section of the painting to another, adding or subtracting paint."

"At times the imagery that appears seems random. Sometimes collage or words are added, and contribute to the story. In any one painting, there may be five to ten embedded layers creating the image you see. The images are an expression of what is seen with the inner eye and 'between worlds'. Often, the final image is similar to something I have seen on the astral plane."

"As in life, much of what is looked at remains unseen by the viewer. Painting provides me an opportunity to explore the great mystery and to give visual expression to it. My process of painting is guided by the subconscious mind and my connection with the Divine."

Gallery coordinator John C. Wilson is very excited to exhibit Blakeley's paintings, not only because they are vivid, healing, and deeply personal, but also because this exhibition allows the Tai Sophia community to gain new insights into a member of its community. "I think viewers will find that these colorful paintings hold the same sense of spirit that you receive in Anya's presence."

Artworks from the show will be on sale through the Meeting Point Bookstore, which is adjacent to the gallery. Visit the [Himmelfarb Gallery online](#).

About Anya Blakeley

Anya Blakeley is an artist, life coach, expressive arts facilitator, and hospice volunteer. Most members of the Tai Sophia community know her as an "ambassador" at the front desk of the Institute. Blakeley has studied transpersonal approaches to living/healing across the United States, as well as in Thailand, Peru, Guatemala, and Mexico. You can find out more about Ms. Blakeley at www.fullmoonrisingtide.net and www.coaching-maryland.com.

About Tai Sophia Institute



Founded in 1974, [Tai Sophia Institute](#), is a private, nonprofit, academic institution focused on integrative health and wellness. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate degrees and certificates in a wide range of health and wellness fields including acupuncture and oriental medicine, integrative nutrition, herbal medicine, and health and wellness coaching.

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