



Sarah Graeme
Deb Chaney

moving; through, towards, within

August 16 - Sept 5, 2022

Opening Reception Friday August 19 6-8pm

Meet the artists Tuesday August 16 1-3pm

FREE SPIRIT GALLERY & SHOP 590 NORTH ROAD GABRIOLA BC HOURS: TUES - SAT 10-4PM, SUN 11-4PM



Exhibit Catalogue

Deb Chaney paintings for

Free Spirit Gallery

August 16 - September 5th, 2022

deb chaney
contemporary abstract *artist*



Subtle Shift

60" x 40" x 1.5" mixed media & acrylics on canvas, framed. (c) Deb Chaney
\$6,500 framed

Part of a series of four large scale landscape abstract paintings each inspired by the question: Where does spirituality meet physicality? The paintings title 'Subtle Shift' was the answer the artist received during its creation. This piece was recently featured in the Hulu Film 'FRESH'.



Perseverance

36" x 48". x 1.5" mixed media & acrylics on canvas, varnished (c) Deb Chaney
\$4,500

Inspired by the energetic frequency of the colour yellow as it relates to our third chakra energy centre of power, will and perseverance.

Kindness



36" x 48". x 1.5" mixed media & acrylics on canvas, varnished (c) Deb Chaney
\$4,500

Inspired by the artist reflecting via journal writing, meditation and painting, the notion that if we become more kind to ourselves we in turn are more kind to others. This painting is imbued with the frequency of cultivating self kindness.

Red



30" x 40" x 1.5' mixed media & acrylics on canvas, varnished (c) Deb Chaney
\$2,500

Inspired by the passion and strength of the ocean combined with the zest and vitality of the colour red. This abstract landscape brings the perfect balance of power and calm to your living space.

Wheels of Life

30" x 40" x 1.5' mixed media & acrylics on canvas, varnished (c) Deb Chaney
\$2,500

Inspired by the the awareness that in our lives challenges often come around again and again, like a wheel, until we learn their lesson.





Happy

20" x 20" x 1.5' mixed media & acrylics on canvas, varnished (c) Deb Chaney
\$850

"The greatest gift you can ever give another person is your own happiness" — Esther Hicks

Inspired by the notion that sometimes it takes a level of fortitude to maintain our own inner happiness and well-being when those around us are not those characteristics. The painting offers us permission to be happy.



Sands of Time

16" x 16" x 1.5" mixed media & acrylics on canvas (c) Deb Chaney

\$550

Created after a day at Jericho Beach in Vancouver, the sand in this painting collected by my hands after walking along the beach in barefeet!



Jericho Sands

16" x 16" x 1.5" mixed media & acrylics on canvas (c) Deb Chaney
\$550

Created after a day at Jericho Beach in Vancouver, the sand in this painting collected by my hands after walking along the beach in barefeet!

I Love You



'I Love You' is 9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

Inspired by the green colour that is in resonance with heart frequency, and the joy of being in creative process. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.

Death by a Thousand Cuts

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

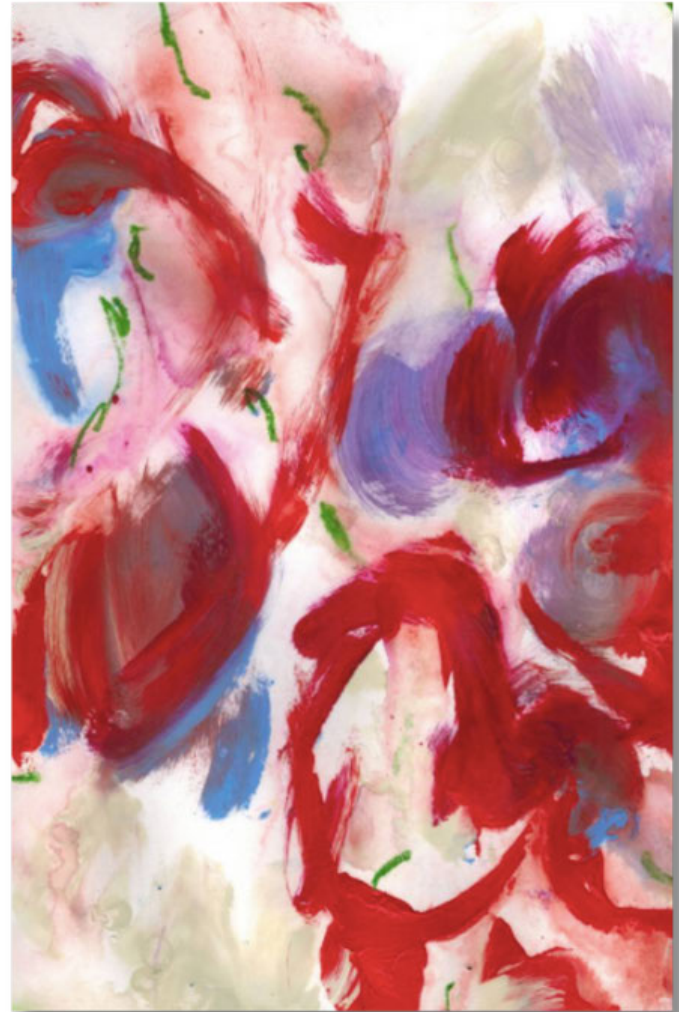
Inspired by the song of that name by Taylor Swift on her Lover album, the scissors in the collage (top of painting) and the joy of being in creative process. Actually, I was listening to this album while creating this art piece! This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.



The Flower Cup i

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

Inspired by observing a woman drinking a cup of coffee from a flower patterned cup on a sunny afternoon outside the Vancouver Art Gallery. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.



The Flower Cup ii



9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

Inspired by observing a woman drinking a cup of coffee from a flower patterned cup on a sunny afternoon outside the Vancouver Art Gallery. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.



The Gold is Deep Within

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

Inspired by taking the Level Up 108 Yin Yoga class with Travis Eliot whereby he shares a story of a beggar on the side of the road who is reminded that his greatest wealth is within This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.

Permitting Personal Power



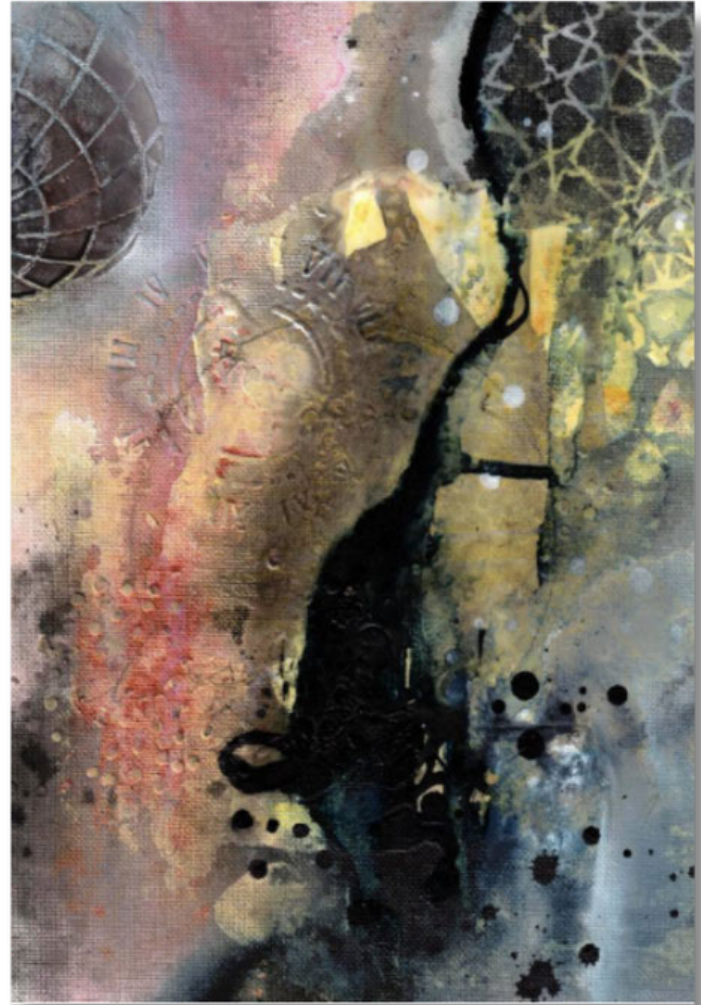
' 9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

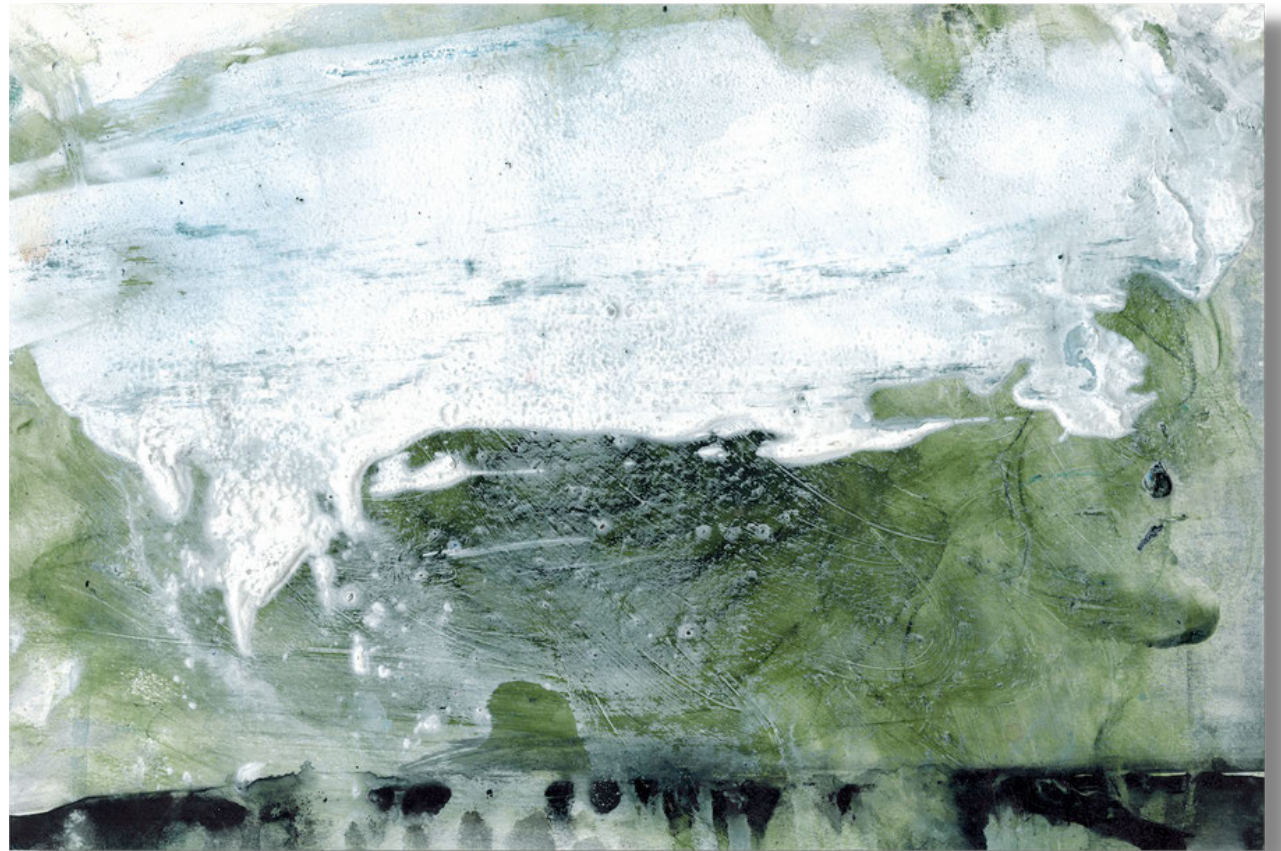
This painting was inspired by teaching a private abstract painting class to an empowered, talented and spiritually inspired artist who chose purple for the demonstration paintings.

The Moon at Night

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was inspired by a guy that I was sort of dating on and off for a couple of years. He told me once he would talk to the moon at night and since I was painting this piece at the time, it got the title from this. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.





The view from my ranch

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was inspired by a deep desire to be in a place where when I looked out of my windows I saw only green and felt space and nature around me. At the time I was living in a suburb, surrounded by people, houses, cars and cement. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.

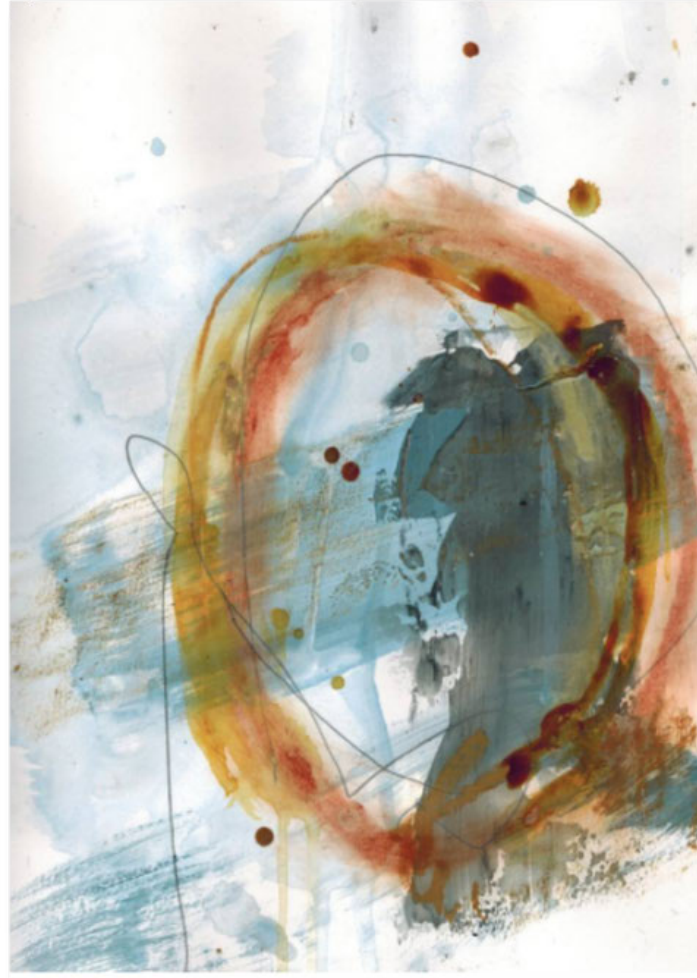
Birthday Surprise



9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was inspired by the arrival of a number of birthday presents my daughter received and that were wrapped in this gorgeous gold and pink dotted paper. I asked if I could have the wrapping and she said yes! (Happy dance!) The creative collage began and the little gems series of birthday paintings were born! This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.

Singular Focus



9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

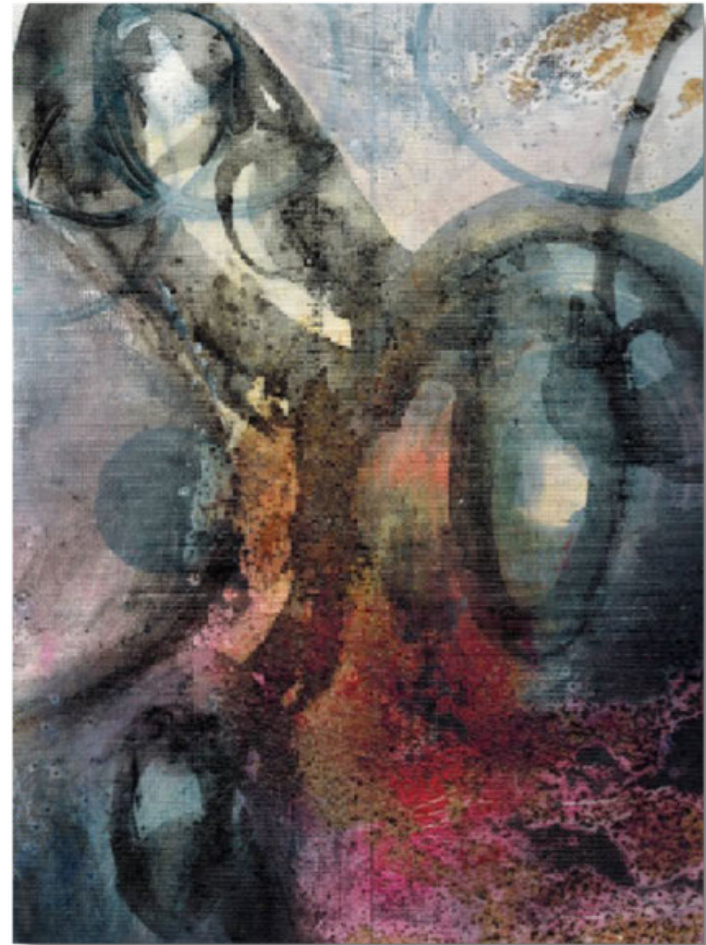
Inspired by the spiritual practice of focus in meditation. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.

There is no dark or light

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was inspired by a passage from The Tao the Ching. I had read 'A Million Little Pieces' by James Frey and been curious about the Tao which he refers to during his recovery story in the book. I bought a copy and created a small little gems series of simple green and black India ink paintings based on quotes that resonated with me from The Tao. 'There is no Light or Dark' is 9" x 12" mixed media & acrylics on paper, framed, available for your collection. This painting is part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.





Outward to infinite

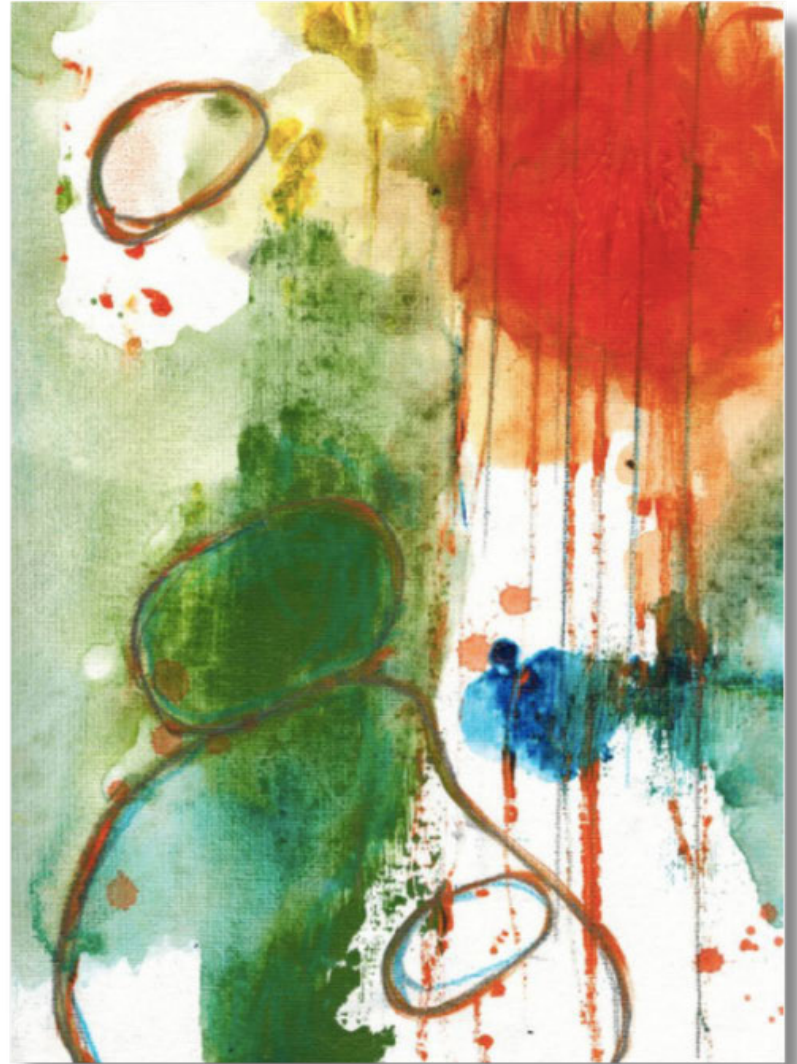
9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was inspired by a buddhist chanting group I joined that offered me wonderful support during a very difficult personal time. During the initiating process several of the elders - a group of wise old Japanese ladies - came to my home and shared their wisdom and the benefits of chanting. One of them shared that life is full of infinite possibilities and that so is my potential.

Tangerine

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting is completely inspired by creative process. I was in front of a workshop group and sharing principles such as staining, splatter technique and mark making. Tangerine's name comes from the colour.





Cannot Contain My Excitement

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting is completely inspired by the joy of being in creative process, in particular playing with collage, gold leaf and pencil scribbles! Part of my Little Gems Series, paintings which were created for creative practice and in demonstrations in front of workshop groups.



Alex Calder Modern i

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

This painting was created after teaching one of my very first online workshops. This experience was stressful, I have to admit, because not only was I presenting material live, offering handouts, and making a real effort to organize my lessons, on top of that I had to learn about lighting, putting a video camera above my painting work area and working with all the tech required to make it go. After the workshop completed I painted a series of little paintings, no longer as demonstrations for students, but for my own fun and play. This little series inspired by artist Alex Calder's public installations and were painted for me!



Alex Calder Modern ii

9" x 12" mixed media & acrylics on paper, framed. (c) Deb Chaney
\$300

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Jude's World

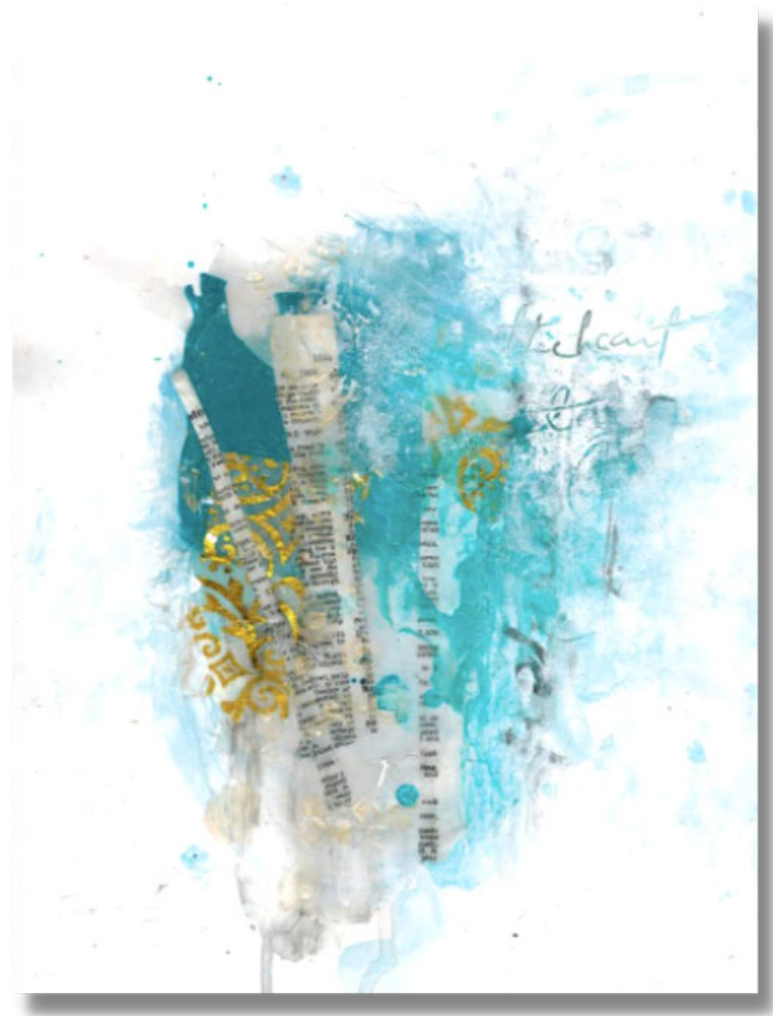
9" x 12" mixed media & acrylics on paper, framed, available for your collection \$300

This painting was inspired by a fellow artist and friend whose daughter has autism. During the beginning of our friendship I wanted to understand her experience as a parent of an autistic child more deeply. I decided to read Martha Beck's book 'Expecting Adam'. Martha's story opened my eyes to her journey and choosing to give birth and keep her autistic son who ended up bringing her more delight, love, magic and mysticism than she could have possibly imagined. The painting was created for my friend's daughter, Jude.

This Sacred Life

9" x 12" mixed media & acrylics on paper, framed, available for your collection.

This painting was created with much care and love in the memory of my baby son Max who was born and died 20 years ago in our same birthday July 8th. This piece is in honour that we treasure this sacred life we've been given, always.





The Delight of Words and Paint (iii of iii)

'The Delight of Words and Paint iii of iii' is 9" x 12" mixed media & acrylics on paper, framed, available for your collection \$300 framed. (note - there are I and II paintings available in this series, unframed on loose canvas \$175/ea)

This painting was created in front of a workshop group at the Pacific Northwest Art Institute on Whidbey Island in Washington. At the time of the course, one of my students had kindly shared with me some of her wonderful stencils and I was playing around with these glorious news stencils for the demonstration that became these three paintings.

Your True Self is Eternal

9" x 12" mixed media & acrylics on paper, framed \$300

This painting was inspired by a passage from the Tao the Ching. Several years ago I read 'A Million Little Pieces' by James Frey and had been curious about the Tao, the book to which he refers to during his recovery story in the book. I bought a copy and created a small series of simple green and black India ink paintings based on quotes from this book that resonated with me.

