

## Biography

**Flo Schell**, Visionary Artist and Feminist Activist, has been gathering around her a Sacred Sisterhood of very special women over many years. Diverse in color, ethnicity, and culture, most of these women are created by herself, through paintings and mixed media on large canvases. While others may be of real women that inspire her, like Frida Kahlo, Georgia O'Keefe, and Hildegard von bingen.

Her Sisterhood is a result of her yearning to deepen her dedication to women's rights, empowerment, and self-growth. After years of more typical activism, she began to focus her dedication through visual art making. She wished to have others SEE what she saw...the unexpected beauty, emotion, and wisdom in women's faces. While some think a woman must be smiling in order to be appreciably seen, Schell's belief is that women are beautiful in all of their guises: especially in moments of giving comfort, feeling defeat, experiencing fear, doubt, or disappointment, and especially during challenging periods when they must become Warriors on their own behalf. All of these qualities are borne by women and Schell chooses to celebrate them all. Most importantly, as she ages, they have come to comprise a Tribe of Safety, Love, and Companionship for her.

Her works, in acrylic and mixed media, are known for their bold color and emotional expression. An admirer of the psychologist, Carl Jung, who coined the term Visionary Art, she places her own strong emotions into her works, through color choice, mark making, and often large brushstrokes. Her wish is that, through her painting process, her own deep emotions will come to a kind of resolution, while enticing her viewers to wonder what the emotion is bringing up for them.

Her purely intuitive process has her making marks, adding swaths of color, all while turning the canvas round and round with no attachment to outcome. At some point, she will see a mark that wants to become something recognizable, and the journey begins. It typically is not until the painting is almost complete, that she realizes what the marks and composition may have to tell her. By the end, she is emboldened by what has occurred on the canvas and more than satisfied with the message the painting has delivered to her.

Flo Schell has been rewarded for her passion by receiving the Title of '2018 Featured Artist of the Year' by the National Organization of Women, New Jersey Branch. She was honored with a Solo Show for the event.

Her work has been featured in New Visionary Magazine, January 2023 with a 2-page spread featuring 3 of her artworks along with Artist and Bio Statement. Her work, 'Haute and Flowers' was featured in The World of Interiors Magazine in June, 2018.

Her works have been exhibited at the Monmouth Museum's Juried Exhibit, NJ, and at multiple exhibits there; at torche' gallerie in Belmar, NJ with multiple exhibits; at Urban Studio Unbound, in Yonkers, NY; and at Monmouth Council of the Arts' Juried Exhibit in Red Bank, NJ. including multiple other exhibits there. Commissioned works reside in Manhattan, NY; Brisbane, Australia; and Toronto, CN.