

## Mary Schrock

### Visionary Artist/Live Painter/ Meditative Painting Facilitator

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## Skills

I am a professional artist who is skilled in a number of mediums including ceramics, printmaking, and large scale art installation. My main focus is painting. I have a number of years of experience working with a wide breadth of populations in the community teaching art as a form of spirituality- or as a mindfulness practice. Populations range from at-risk youth to students at yoga studios. I am passionate about making art accessible to everyone because it presents itself to be an excellent channel to experience our higher selves.

## Artist Bio

Mary Beth is a Visionary Artist from Indianapolis, Indiana. Her work typically features spiritual or mystical themes and symbolism which emerges from her time spent in meditation, books that she's reading, as well as her dreams. Fed by these practices, Mary Beth's paintings usually begin as a feeling that she wishes to evoke or a prayer or intention that she wants to send out. Her paintings often present an invitation to the viewer to question what else is available to them beyond their own perception.

When Mary Beth is not in her studio painting, she can be found at various music festivals creating works on and off the stage. Additionally, Mary Beth offers meditative painting workshops and classes in the community where participants get the opportunity to look deeply within themselves and create a meaningful self-portrait in her "painting with light" style.

## Experience

June 2017 - Present

### **CoCreated Studio** - *Professional Artist*

As a Visionary Artist, I have been passionately creating, and facilitating both single day workshops, and multi week painting intensives which focus on creating art as a mindfulness practice and a way to explore one's own spirituality. I have painted live at several music festivals both out of state, and locally in Indianapolis.. I have been an exhibiting artist in a number of galleries as well. Additionally, I have created murals as well as large scale art installations in the area.

June 2022-June 2023

### **Elevation Grant**- *Art as Mindfulness Teaching Artist*

I was recently partnered with Edna Martin Christian Foundation and was working through a crime prevention geared grant to teach my mindfulness and spiritually based art curriculum to at-risk youth. I taught a 2 hour therapeutic art class once a week at KIIP Middle School.

February 2022- June 2023

**CICF Youth Mental Health Grant- *Art Teacher***

Again, partnered with Edna Martin Christian Foundation I worked through a mental health focused grant to provide my mindfulness and spirituality based art curriculums to at-risk youth. I taught a 2 hour therapeutic art class once a week at Positive Support Academy. Work from this project was shown at the Garfield Park Art Center's annual juried show titled, "*Legacy Celebrating Black Voices*" in February of 2023.

November 2021- August 2022

**Garfield Park Arts Center- *Painting Instructor***

I taught two semesters of my own curriculum based around self-portraiture and spirituality at Garfield Park Arts Center.

## **Education**

**Indiana University, Kokomo** – *Studied Fine Arts with a Minor in Psychology*

## **Additional Experience**

August 2023

**Harmony Art and Music Festival- *Art Director and Featured Artist***

June 2023

**Full Circle 9 Gallery- *Gallery Takeover Featured Artist/ Solo Show by Invitation of Full Circle 9***

May 2023

**Indy Retro Metro- *Solo Exhibition***

April 2023

**The Murphy Art Center City Natives Gallery- *Featured Artist/ Solo Show by Invitation of the Bridge Collective***

February 2023

**The Archivist- *Exhibiting Artist in the "Foolish" Exhibition***

February 2023

**The Murphy Art Center- *Featured Artist***

October 2022

**The Lost River Hostel- *Muralist***

September 2022

**The Harrison Center- *Exhibiting Artist in the juried "Deciduous" Exhibition***

August 2022

**Garfield Park Arts Center- *Exhibiting Artist in the juried "Encounters" Exhibition***

August 2022

**Good People Good Times Music Festival- *Featured Live Artist***

May 2022

**Livestock Music Festival- *Featured Artist and Muralist***

April 2022

**Healer- *Featured Artist and Artist Talk Presenter/ Installation Contributor***

December 2021

**Le Alta Moda Fashion Show- *Design Contributor***

December 2021

**Epicer Center Indy- *Spirit Painting Workshop***

September 2021

**Good People Good Times Music Festival- *Featured Live Artist***

August 2021

**Garfield Park Arts Center- *Exhibiting Artist in the juried "Encounters" Exhibition***

June 2021

**Om Home, Broad Ripple IN -*Self Portrait and Visionary Art Intensive Facilitator***

January 2020

**Sol House, Kokomo IN- *Self Portrait and Visionary Art Intensive Facilitator***

September 2020

**Lost River Hostel, West Baden Springs IN- *Muralist***

May 2020

**Purpose Spark, Online- *Living On Purpose Online Retreat Co-Facilitator***

December 2019

**SHAK Makerspace, Kokomo IN- *Ceramics Instructor/ Handbuilding***

September 2019

**Crystal Wand Creations, Kokomo IN- *Muralist***

August 2019

**LO-FI Lounge- *Solo Art Exhibition by Invitation***

June 2019

**Hummingbird Ranch, Rye CO- *Visionary Art Intensive with Visionary Artist Amanda Sage Attendee/ Student***

May 2019- March 2020

**Sol House, Kokomo** - *Artist at Sol Sisters "Gal-lery" Collective*

May 2019

**Carroll School Corporation, Flora IN**- *Artist in Residency/ Watercolor Painting*

June 2018

**Terrapin Hill, KY**- *Featured Artist at Play Think Movement and Art Festival*

May 2018

**All Saints Episcopal Church, Syracuse IN**- *Warrior Women Artist Retreat Co-Facilitator*

December 2017

**Indiana University, Kokomo IN**- *Art Teacher for New Leaf Mentoring /Ceramics/ Painting*

June 2017

**Stable Studios, Spencer Indiana**- *Featured Artist at Good People Good Times Music Festival*

June 2017

**Logansport Juvenile Corrections Center, Logansport IN**- *Painting Instructor*

May 2017

**Carroll School Corporation, Flora IN**- *Artist in Residency/ ScreenPrinting*



Phoenix (Save Yourself), Fluid Acrylic, 2019

