

Carolyn Lehl (d.b.a. Johnson-Bell Arts)

Eric's Vision Board

Mixed Media - Paper, Colored Pencil, Marker

Artist's Statement

Because I have led many Vision Board workshops in the past, I know what a powerful and transformative tool they can be. After reading the book, I decided that the author, Eric, should have his very own Vision Board. I decided to use the medium of collage in the Vision Board format to express the things that Eric might have wished for himself if he had this tool available to him at the time.

First, I spent hours collecting dozens of images, words and phrases from magazines and other sources. Then, I cut each one out and began compiling them for use in the project, really a process of sorting and purging, which is also a metaphor for Eric's life as he discarded what no longer worked in his life and gathered instead what would bring him joy and a more organized life.

Prior to gluing all this material onto a canvas, I attended an online artist's meditation group to open myself up to internal guidance. I spent the next several hours intuitively choosing what to include and what to discard. Gradually, I illustrated the concept of how much change Eric's life had taken since he brought Peety into it.

The words and images which are included focus on health care, getting proper medical testing done, food and nutrition, and new relationships with both people and dogs, and a new outlook on life. These things then led to redecoration and updating colors in his home and learning to cook delicious plant-based meals and enlarging his world by learning to share with others. There's a recurring theme of exercise, relationships and love, as well as a focus on fitness and feeling of joy, love, success, and happiness. An all-around perfect Vision Board for personal growth in Eric's life.

Artist's Bio

Carolyn Lehl was born and raised in Portland, Oregon. She is an honors graduate of PSU, and the mother of two grown daughters. She has spent all of her life in creative pursuits such as drawing, painting, embroidery and gardening. Carolyn started her own mural and decorative painting business in 1991 painting professionally in private homes for over two decades. During this time, she treasured her time gardening and focusing on her personal artwork.

In 2016, she and her husband Steve Lehl decided to move to Salem, to downsize and be closer to some of the family. Seizing the opportunity to develop and bloom, Carolyn soon got active in the local art community and started an Artist Group called "How we grow our Food" which has helped her turn her focus back to the earth and to the garden that she loves in order to showcase the beauty of what we eat and how it grows. By combining her three favorite passions; Food, Art and Gardening, she has reinvented a life where everything meshes.

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Art Label:

Name: Carolyn Lehl (d.b.a. Johnson-Bell Arts)

Title: Eric's Vision Board

Medium: Paper, Colored Pencil, Marker

Size: 16" x 20"

Price: \$135.00