



# 'Raptured'

BY LAURIE ZAGON

2016, acrylic on canvas, 24 by 30 inches

**Who:** Laurie Zagon, Dana Point- and Laguna Niguel-based artist, educator and author.

**What:** Having experienced the transformational power of art, Zagon founded and is executive director of Art & Creativity for Healing in Laguna Hills, which facilitates artistic development and expression using a creative healing model called Art4Healing. When they can no longer verbalize pain, participants learn the language of abstract painting by following guided exercises, taught by certified facilitators, designed to elicit emotional responses.

**How:** As many artists know, creative expression can be a positive path out of debilitating darkness. Zagon is among those who have realized the redemptive power of art; she turned to painting, a medium that acts as a non-verbal language, to identify, process and safely release her internal shadows. By intuitively applying abstract colors to canvas, Zagon transforms inner pain into a stunning expression of outward light.

**Hopes:** "I learned at an early age that painting was my escape from my dysfunctional surroundings," Zagon says. "Having had a tough childhood growing up in New York, I often fantasized about being swept up in the air high above the clouds and into the light." Metaphors for her spiritual journey, Zagon's work is a transcendent reflection of dark and light, and the spaces in between.

**Noted:** Since 2000, Art & Creativity for Healing has helped more than 65,000 people safely transform their pain into an expression of artistic purpose through creative intervention.

**Quoted:** What does the painting "Raptured" express? "Because my pieces are non-representational, no one knows the meaning unless I choose to tell them," she says. "This creates a newfound freedom to paint while feeling safe."

**As told to Brandi Neal**

∴ [lauriezagon.com](http://lauriezagon.com)