

“Being an artist is not only what you do, but how you live your life.”

- Ben Shahn, Jewish American Artist, 1898-1969



Analesa Berg
TRANSFORMATIONAL ARTIST

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As a young girl, growing up in Summit, New Jersey, I found great pleasure creating artwork. I painted “*Personalized Posters*” that people enjoyed purchasing. My grandfather, Moishe Bressler, was the best friend of Ben Shahn. Grandpa shared Jewish mystical stories about the Hebrew Alphabet and other subjects with Ben who would then go to his studio to paint.

In 2009, after decades of shutting down my creativity to raise my children, I reawakened my first love - my creative spirit. In thirty days of silence I created a series of Hebrew Letter Mandalas after hearing a voice in my ear that said, “You’ll go to the Hebrew texts to paint!” Ben and Grandpa were definitely there with me in spirit as the paintings emerged.

I have always been drawn to the arts and psychological wellness. I started out as a music therapist and years later, as a student of transpersonal psychology, I learned to use painting as a path to wholeness, spiritual expression, and joy. My artwork is informed by my years living overseas and having a career as a cross-cultural consultant which taught me to appreciate the beauty, arts, and wisdom of many traditions.

I combine my visual art with writing, singing, and performing. In 2017 I wrote and premiered a solo show, *The 23rd Letter*, in Santa Fe, NM. The show is based on the story of my life, the creation of *The Alphabet of Vibration* - my series of Hebrew Letter Mandala paintings, and how I use art to heal. I will be taking this performance to various venues and offering accompanying art shows, workshops, and retreats.

[Promo video here.](#)

ART SERIES AND PERFORMANCE PIECE

The Alphabet of Vibration: Series of 24 Hebrew Letter Mandalas created in 30 days of silence

The 23rd Letter: An Original One-Woman Show. A Mystical Journey with the Hebrew Alphabet

EDUCATION

- **Master of Transpersonal Studies**, Institute of Transpersonal Psychology, Palo Alto, California
Thesis: *Joyful Life: Reaching our Potential through Empowerment, Creativity and Community*
- **Master of Social Work**, Rutgers University, New Brunswick, New Jersey. Counseling and Group Facilitation
- **Bachelor of Music Ed.**, Hartt College of Music, West Hartford, Connecticut. Voice and Music Therapy

PROFESSIONAL TRAINING

Social Artistry - The Art of Enhancing Human Capacities in Social Complexity

Art of Hosting and Harvesting Meaningful Conversations - The World Cafe, Open Space, Circle Practice

Soul of Money - Fundraising from the Heart

The Art of Empowerment - Personal Development Training of Trainers

The Dalian Method - Spiritual Growth and Healing Facilitation

PUBLICATIONS

Women's Wisdom Returns: A Journey of Self-Recovery and Transformation Through Creative Journaling

Expressive Arts: Avenue to God and Creativity; Perspective, Assoc. of Humanistic Psychology

Repatriation: The Expatriate Challenge; Expatriate Observer, Human Resources Publication

Conscious Leadership; Kosmos Journal, online article

Making the Connection: Lessons from Nature for a Balanced Life; Body Brain Magazine

RECENT SOLO ART EXHIBITS & COMMISSION

When Women's Wisdom Returns: Journal Exhibit, Healing Arts Center, Swampscott, MA 2011

Letters and Journals: Healing through the Arts, Healing Center, Cambridge, MA 2011, 2012

The Alphabet of Vibration: Hebrew Letter Mandalas, Arts Walk, Pittsfield, MA 2013, 2014, 2015

The Alphabet of Vibration: Hebrew Letter Mandalas, Knesset Israel Congregation, Pittsfield, MA 2015