

Opening the Door. A Sacred Space.

by Grace Kenealy

The journey begins steps from the front door of a little unassuming building, which would normally blend within the quiet hush of Encinitas' Second Street eclectic small business and bungalows, if it weren't for the dreamy landscape of open doors with magical far-away gardens and butterflies that seems to whisper softly to your soul an inner-yearning to find what's behind these walls.

Inside the colorful array of healing artwork and doors of this transformational oasis, I am greeted by Lindsay Duff, founder of the Open Door Wellness Center and Art Gallery. She is poised and cheerful. Her eyes dance around the room, speaking of her passions as a mystic intuitive and visionary artist.

"I believe that self expression is essential to the human spirit & I'm passionate about creating opportunities that allow the natural artist inside of each person to be recognized and celebrated. My intuition has always guided my art and connected me to the very source of creativity - a playful space where anything is possible. I believe that intuitive painting is a great way to awaken the truth of our being and puts us all in touch with who we really are."

Lindsay Duff has been impacting the lives of people of all ages for 30 years through the arts. She is not only a visionary watercolor painter, but she is also a nationally Certified Expressive Arts Therapist and has a lifetime of involvement in the Arts. She recently served as Arts Commissioner for the City of Encinitas. At the end of year 2006 she expanded her vision and set out to open a center where individuals could come to realize "their innate potential to create, in each moment, new experiences of joy, love, and self-appreciation." No small task, but with Lindsay's enthusiasm and spirit, she was more than ready to tackle the job. So in January 2005, she established the Open Door Wellness Center, filled with skillful-intuitive practitioners and Lindsay's mystical expressive sacred art.

"What makes the Open Door so unique is the wide variety of services offered. At Open Doors we believe that health is more than the absence of disease." Lindsay says. "It is the presence of well-being."

In addition to seeing clients for individual healing sessions and teaching expressive art therapy courses, Lindsay also creates custom synergistic art profiles. "They are intuitive watercolors that reveals aspects of your true self." These paintings can be intentionally directed by you with a question about a number of subjects including soul and aura portraits, future outcomes, and clarity of intention.

Lindsay's art invites the viewer to a vibrant world of color, energy, light and form. The synergistic interplay between the shape and movement is conveyed through an intuitive and energetic use of multi-media and various mediums.

"My paintings are a reflection of an ever present and powerful visionary dialogue with Source." As she speaks, I can't help but notice also the interplay of a wise mystic sage and playful child coming through.

Her watercolors are immediate and archetypally abstract, with a deep expression

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that calls out to the viewer. I begin to trace the powerful curves and vibrant colors of her painting, 'Heaven on Earth' and feel the passionate stirrings of my own soul to create.

"That's one of my favorites. I had a lot of great dreams in my life, but never as profound as this." Lindsay exclaims. "I had a dream the night before I painted this, realizing I could bring heaven on earth into my life. My angels and guides gave me healing through this process!"

Lindsay's breathtaking intuitive paintings line the walls of the reception area leading into the sacred art gallery where lectures and workshops are also offered. These paintings are greeted by the likes of don Jose Luis Ruiz, son of famed Toltec Nagual don Miguel Ruiz (The Four Agreements) who holds a monthly "Dreaming" weekend. They have served as watchful eyes for meditation classes, bi-monthly Darshan and a myriad of well-known healers and teachers from around the world.

Lindsay is planning the first art opening in May. "It's going to be joyful, expressive and spirited. I'm ready to release these beloveds to new homes." Feeling a bitter-sweet sadness myself, asking "Aren't you going to miss them?" "No." She says with a warm, playful smile, "they will know who to inspire and where they belong." How magical, I thought, staring once again transfixed by the painting, "Heaven on Earth."

Please contact Lindsay at lindsayduff@aol.com or visit www.lindsayduff.com. The Open Door Wellness Center is located at 1054 Second Street, Suite B Encinitas, CA 92007

The Open Door Wellness Center
Lindsay Duff Art Gallery

Lindsay Duff

Lindsay Duff creates visionary and mystic fine art paintings. Her expressive paintings are a reflection of an ever-present and powerful inner-dialogue with Source. Lindsay's artwork is a joyful dance of vibrant color and form.

www.lindsayduff.com



Art Opening

Please join us for a joyful, vibrant celebration!

May 19th and 20th

Saturday 11-8 p.m. & Sunday 12-6 p.m.
for a mystical journey into the
world of creativity and self-discovery