



Wisdom in Every Stroke | Kiernan Antares

By Lisa Goller

A heart remembers the emotions colour creates long after the brush is put down. In the same way acrylic abstract artist Kiernan Antares' life recalls the feelings her artwork evokes long after it leaves her.

Antares proves art has the power to heal hearts, excite the senses and inspire change. Through her vibrant abstract paintings, Antares inspires others to connect with their feelings and passions like never before.

Her rich, meaningful paintings reflect the transformation and triumph that come from connecting with our feelings and deepest desires. As Antares says, "Creating transcendent paintings that spark explosions of love in the world are my

way of helping people awaken their heart and feed their soul."

"I am driven by a strong sense of purpose and exploring the mysteries of the universe." Antares' keen perceptiveness and love of learning allow her to see the world in an entirely new way – a gift she brings to the canvas. Through her paintings, Antares strives to align with an inner wisdom and convey these impressions on the canvas so the human spirit can shine through and make a lasting difference.

Her passion is to "inspire people to break free from their limitations and be the leader of their own lives!" Antares also wants her art and her life "to leave a legacy of making the world a better place."

Catharsis as a Proven Process

Each time she paints, Antares embarks upon a poignant journey to explore the depths of her emotions and impressions in the world. She approaches the canvas with intention, a suggestion from one of her teachers and master artist, Shiloh Sophia. Throughout the process, Antares asks questions and listens for guidance from an inner source of knowing.

“I stroke paint on the canvas and disappear into a space of expressing and receiving shapes, colour, and impressions. The canvas becomes the doorway to my soul. I ask to be a conduit fuelled by love, wisdom and healing. Then the creative source flows through the brush and onto the canvas.” The end result is a cathartic release and transformation for her and her patrons.

“I connect, release, create, purge, heal – and create beauty out of my experience.”

Her inspiration comes from, “how I’m feeling, my experiences of life, my travels, and world affairs. I take each issue to the canvas.” Antares says, “my life feels empty without this artistic expression of creating beauty and serving the world with my gifts.”

Once a painting is done, Antares isn’t. “After I finish a painting, I sit with it and listen for its message. I often write it in the form of a poem or a blessing.” She prints it on elegant paper and adds a certificate of authenticity. As her collector, Delilah T., says, “What makes Kiernan Antares’ pieces so special are the message and meaning behind them.”

Her Signature Vibrant Style

Antares credits the refreshingly rule-free nature of abstract art with helping her – and her collectors – spark a new sense of aliveness and excitement about life.

She describes her style as, “abstract, intense, bold, vibrant, and raw” and she’s drawn to the theme of exploring the mysteries of love and nature, particularly studying the connection of the Land | Sea | Sky and how we interact with them.



Figure 1: Mountain Pride reflects Antares' appreciation of the natural world.

“Giving myself permission to explore my inner world on the canvas has helped me inspire others to break free from their self-limiting beliefs and bring their dreams to life. It’s very exciting!” As one of Antares’ supporters, Marisa F., says, “Thank you for being an inspiration to all of us and reminding us that dreams really do come true!”

Abstract art gives Antares opportunities to experiment and learn. “By nature, I’m a perfectionist, but abstract art gives me freedom, and a looseness that captures feeling and emotion on the canvas that’s exhilarating.”

Her technique has changed by embracing the abstract style as, “I often use just my hands or a palette knife now to convey the raw, authentic, and deeper emotions.”

The end result is vibrant, vivacious beauty. A fan named Jim calls Antares’ distinct style as, “Gorgeous explosive colouring. So eye catching – an aura gone wild!”

Her Life Shapes Her Art

Growing up in Toronto, Ontario, Antares’ highly sensitive nature struggled with the noise and busyness of a developing city and found refuge in her family’s frequent trips to her grandparent’s

cottage on Lake Simcoe and her father's birthplace in a tiny village in Cape Breton, Nova Scotia.



Figure 2: Evening Star, an abstract painting by Kiernan Antares

It was here, she remembers with fondness that even as a very young child, “I felt there was something greater than me out there. I turned to the moon, sun, stars and nature to connect and find answers or comfort.” She loved nature because it “made me feel connected.”

“In solitude I found my closest partnership.”

Antares' only sibling, a brother, was eight years older and he had his own interests, so she had a lot of time to learn how to use solitude as a source of inspiration to fuel her inquisitive mind.

She could often be found exploring along riverbanks, lakes or seashores; listening to the rustle of the leaves swaying, the water flowing, and the birds singing, or watching the changing effects of sun, clouds and shadows on her surroundings.

Antares developed a love of being outdoors; connecting to the land, getting her hands dirty in the garden, fishing with her father or swimming with her grandfather, cousins or friends. Her indoor activities were equally important to her, “I always loved creating and working with my hands. If I wasn't painting, drawing and colouring, or making

jewellery I would lose myself in writing short stories or poetry.”

Music also became very important to her. She says, “There was always music playing in our house, whether my dad listening to country music on the radio, my mother playing Sinatra, Neil Diamond or Engelbert Humperdinck records, or my brother playing the Beatles and Creedence Clearwater Revival albums.” Her own taste is a bit eclectic because of these influences – she has a passion for all of them and can often be found moving to music while she paints.

Over the years, however, Antares began to experience bouts of loneliness and heartache in a world that valued practicality and stifled creativity. “Working in the corporate world, I lost my way, my faith in myself and in the goodness in the world.” The turning point came “when I turned 35 and discovered spirituality. It awakened something in me that had long been dead. I came alive.” After a lifetime of struggling with depression and chronic health challenges this turning point changed Antares' life.

She took an interior design course at Ryerson University and launched a decorating business, but she discovered that it wasn't fulfilling her artistic nature in a way she longed for. For practical reasons she went back to the corporate world, but after a time depression and chronic health issues ensued again.

While taking a Business Communication course at Ryerson, Antares rediscovered her passion for writing and in her spare time she took a novel writing course as well. She eventually published an adventure novel titled, ‘Phoenix Star – An Adventure of the Spirit,’ which became a catalyst for reawakening her desire to break free from the office world.

She threw herself into writing for a time, published some self-help e-books, took on some life coaching clients and became a radio show host on topics of self-help and spirituality.

Her greatest fulfillment came though from her journeys to sacred sites, such as Egypt, South Africa, Italy and France, where she connected deeply to the land, sea, and sky and gained greater clarity of her mission. “I knew I was meant to help others discover their own connection to something greater than themselves and to help them find purpose, meaning and joy in their lives.”

Drawn to the Light of Painting

Antares knows firsthand how finding our passion can lead people from darkness into the light. Antares had denied her artistic spirit for a practical career in 2012 after another return to the business world when offered a hard to turn down offer, and the disconnect between body and heart threatened in its greatest way yet.

“I became consumed with an unbearable depression and my spine was in excruciating physical pain.” Antares knew her only option at that point was to leave the business world – forever – and concentrate solely on extreme self-care until she was better.

That’s when Antares decided to focus on things that brought her enjoyment, including taking up painting. “The moment I held a brush in my hands, dipped it into paint and began stroking the canvas, I was completely hooked. My heart exploded in joy. And when I began to share photos of my art, I was astounded by the reaction and the urging to sell them!” She knew then that this was the big ‘It’ – her art was selling, a surprise that made her path clear.



Figure 3: Morning Star, an abstract painting inspired by Antares' lifelong appreciation for the cosmos.

She says, “Painting reflects my inner journey of healing and awakening to my true essence, while also touching others.” Today Antares deeply values and nurtures her artistic gifts. “I finally feel settled,

fulfilled and joyful. Painting was the missing key in helping me get here.”

That’s because Antares strives to create art that helps people feel. “A woman came to my studio to see one painting in particular. When she did, she burst into tears – it spoke to something deep within her and touched her heart and soul.”

“That’s what I want: I want my art to touch a deep inner truth for others. I want it to say, ‘There is more to you and your life than you realize. I want it to excite and inspire new ideas and create transformation!’”

Antares' Influences

International travel, other artists and her own life experiences have influenced Antares' art. Her trip to Africa deeply inspired her. “The land itself had such a visceral feeling. When I visited this Goddess Mountain, I pressed my cheek up against the rocks. I could feel and hear Her.”

That experience led Antares to create a series of paintings with a goddess theme depicting messages of healing and empowerment for women. Now, when she travels she carries the energy of the land into her pieces.



Figure 4: Antares' formal training includes an intensive painting retreat in France in Monet's poppy fields.

The works of great master artists Henri Matisse, Georgia O’Keeffe and Frida Kahlo have also inspired Antares, as their “conversation with the soul is recorded onto canvas with symbols. I love

the vibrancy and aliveness in their use of colour, form and abstract.”

One of her more recent influencers is the renown German artist, Gerhart Richter who is a pioneer in the abstract painting world. “There is something deeply profound happening in the way he builds layers and scrapes the paint across the canvas.”

Antares’ training includes a year-long program with master artist Shiloh Sophia, followed by an intensive retreat in France where Antares was profoundly impacted by the opportunity to study the great masters, walk in their footsteps, paint in Monet’s poppy fields, and sketch original paintings in the famous D’Orsay Museum.

Antares has also studied with award-winning plein air artist, Sam Paonessa and abstract artist Cody Hooper.

Special Recognition

For her painting prowess, Antares has earned a Special Recognition Award from the Light Space and Time Gallery, All Women Art Competition 2015 for her painting ‘Lady of Grace’ from her Goddess series.



Figure 5: Antares’ award-winning painting, Lady of Grace.

In addition, Antares’ paintings have been licenced by Blue Angel Publishing, and featured in such publications as Centerpoint Magazine, Indigo Sun Magazine, Journey of the Heart and Awakening Women Institute.

Finding Joy

When she’s not in the studio or traveling sacred lands, Antares enjoys spending time in solitude, writing, listening to music, having meaningful conversations with people and reading. “I’m more of a ‘Being’ kind of person than a ‘Doing’ one. I believe this is actually my strength.”

Antares also welcomes public speaking opportunities on such topics as owning your power, standing in your truth, and honouring your value.

Her dream is to see her paintings hanging in a prestigious New York gallery – and allowing their energy to “touch something inside people, igniting the spark of their own potential.”

Ultimately, she wants her legacy of meaningful art to “trigger Great Wakenings in people. I would love to have an impact on people’s consciousness that helps them to see their lives from a bigger picture and help to make the world a better place for everyone.”



Figure 6: The terror attacks in Paris on November 13, 2015 inspired Antares to paint In the Light of Love



Figure 7: International travel and a desire to enjoy life's gifts, including meaningful relationships, inspires Antares' work.

That's why Antares lives by this famous quote by Howard Thurman: "Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

Painting helped Antares overcome adversity and come alive. Now her art encourages others to find and live their own joy. As Antares gently reminds us, "Life is precious. Express and appreciate your hopes, dreams and deep emotions while you can."

A lifelong Torontonians, Antares, through embracing her greatest passion, has learned to love living in a dynamic and creative city and says, "I live high up in the sky with the love of my life, visits from our three children, our cat and my studio. We overlook the city and Lake Ontario, parks, and sunrises and sunsets. It makes me feel like a guardian of this wonderful city, and it is a great gift."