



### Ana Lilia Simental Trinidad (Mexico)

Spells: the Way of healing through art.

My creative process is pretty simple and therefore very complex: I look back into my interior, and that's where I always find the right answers.

I start with a meditation mindful of the concept that I will work with, inside me I access higher levels of consciousness where I find the concept in its purest form. Then I translate it into forms still inside the meditation and I finally embroider it using a traditional technique of indigenous ñahñuhes (Otomí).

Each spell is a rite of creation that transmits the primary energy and pure concept that was created, at the same time it has a healing and magical function both in me as a creative artist, and in the viewer.

There are two kinds of spells, those expressing universal concepts (such as love, peace, etc.) that are engaged in a comprehensive healing; and those that are custom made for one person. The creation process is similar, but in the second case I contact the concepts to heal within the other person through a process of meditation, turning all this process into a real therapy through art a Hechizoterapia ("Spell-therapy").

Some of the results of this process I embodied them in everyday objects related to the concept that we are working with, creating pieces of art-object, as shoes with embroidered heel that have a "Spell to open roads" or a portfolio with a "Spell for Prosperity."

I'm usually a Sorceress who is used to weave my dreams to offer them to the world so both the world and I heal.



(C) Ana Lilia Simental Trinidad "Hechizo de Movimiento"



(C) Ana Lili Hechizo Lila a Simental Trinidad "Hechizo Lila"



(C) Ana Lila Simental Trinidad "Hechizo de Paz"