



## Liz Barzell

### Jewelry artist

Nature is the inspiration for jewelry artist Liz Barzell's "Sacred Stone" collection. She seeks out beach glass, stones and other found objects, and then embellishes them with prints of mandalas and other sacred patterns and images. "I delight in putting uplifting images on found objects and the beautiful gifts of the sea," she says. To find out more about her creations, visit [sacredstonecreations.com](http://sacredstonecreations.com).

#### **How long have you been making jewelry?**

For 40 years. I spent summers in my 20s in Cape Breton, Nova Scotia, and started collecting smooth stones from the local beaches. At first, I made little stone people and dressed them up. Then I started attaching them to copper wire so I could wear them as necklaces. Gradually, I embellished these pieces with prints. Over the years, my work has evolved from using only beach stones to using semi-precious stones, and wrapping them with gold-filled wire.

#### **Have you moved on to new beaches for your found objects?**

Not really. I still find most of the natural stones, beach glass and pottery fragments on the beaches of Cape Breton, which I still visit regularly. The surf is very rough there and all the stones and glass fragments are smooth.

#### **Where did you learn your craft?**

I learned slowly, by trial and error, without any formal training. It took many years to find the right way to apply the prints, which wire to use and how to put the wire on, especially when using semi-precious stones. They're very slippery!

#### **You refer to your art as "Sacred Stone Creations." Where did you get the name?**

An intuitive healer suggested it. My business name was originally "Stone Creations." The healer suggested I add the word "sacred." The idea resonated with me, as my spiritual path has taught me that all of life is sacred. While working with the stones, I've come to appreciate their beauty and uniqueness, and I find myself in a meditative state while creating my pieces. I love using mandalas. They're endlessly fascinating to me.

#### **Why?**

Mandalas are part of many spiritual traditions. You could think of them as visual meditative aids. The design leads the viewer to the center, symbolizing the one principle that underlies all. By gazing at them, we're drawn into their intricate repetitive patterns and into peaceful states, so they complement the natural stones I use.

#### **What are your principal artistic influences?**

I'm inspired by images in nature. There's so much beauty all around us. It puts me in touch with my own joy, and makes me want to share that joy with others.