



PORTFOLIO

JULIA iSABEL

CONTEMPORARY ART AS EXISTENTIAL EXPLORATION OF LIFE

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ARTIST STATEMENT



My art is an existential exploration of the human experience, rooted in the hero's journey and shaped by my path as a woman, mother, and creator. Inspired by Plato's "Allegory of the Cave," I view the world as a place of shadows and projections—where media, societal norms, and inherited systems distort truth and divide humanity. My work confronts these illusions, shedding light on the power of self-awareness, responsibility, and conscious transformation.

By transforming ourselves, we shift the collective reality. My practice reflects this truth—moving through the space between shadow and light, between who we are and who we are becoming. Drawing on the concepts of anti-fragility and liminality, I embrace uncertainty and discomfort as fertile ground for both inner and outer growth, while offering the viewer a safe space for reflection and healing.

One of the most intimate expressions of my work is painting music. I listen deeply, allowing the sound to move through my body and guide my hand, translating ephemeral into color, rhythm, and form. This process is physical and raw—a direct transmission of feeling into image, revealing the unseen architecture of sound and spirit.

I work on large, raw canvases, using enamel colors, where simplified forms represent ideological, emotional, and social constraints, and the dripping and pouring techniques become a language of liberation and release through movement. Faceless shadow figures emerge as collective archetypes, inviting viewers to confront and embrace their own shadow selves as an integral part of the journey toward wholeness.

Ultimately, my work is a celebration of the human condition—its struggle and transcendence, its chaos and grace. It honours abundance of the physical world and sacred responsibility we hold as co-creators of our shared reality. Through my art, I seek to awaken the memory of unity between humankind and nature, between the seen and the unseen, between self and society—for the sake of our present and the unfolding story of future generations.

Julia Isabel

RESENT WORK

SERIES: THE IMAGE OF A SOUND

IN PROGRESS

This series investigates the interrelationship between movement, sound, and visual form. Through a somatic, process-oriented approach, Julia iSABEL employs her body as an instrument, which, stimulated by the meditative repetition of the music, allows subconscious, unspoken, and unhealed to surface.

Working with enamel on raw canvas, the artist facilitates a direct translation of auditory experience into visual expression. Each composition emerges as a kinetic intent—a physical manifestation of performative gesture shaped by rhythm, intuition, and resonance. The resulting works function as a material trace of a sensory convergence wherein the ephemeral is rendered tangible.

In this body of work, Julia iSABEL interrogates how divergent musical compositions modulate mood, movement, a selection of color, and technique. By restricting her palette to two colors, she studies how even a minimal range of tones can engender an endless variety of patterns and forms.

Echoing Jackson Pollock's notion of dripping as "the recorded artist's dance," Julia iSABEL positions herself as a dancer whose choreography is both enacted through movement and recorded on a canvas in a single, suspended moment.

Here, the raw canvas, and beige and white palette is also a performative gesture, where unprimed canvas stands in for raw emotion, beige evokes the corporeal presence of the dancer's body, and white embodies the ethereal lightness of the tutu.

COMPOSITION NUMBER 4: ECLIPSE LULLABY

Enamel on Raw canvas
83 x 69 in
2024





COMPOSITION NUMBER 1:
Arabesque, Namoradze
Enamel on Raw Canvas
106 x 59 in, 2024

This cohesive ensemble of elements and techniques operates as a somatic healing practice where the artist, framed as an “action figure”, enacts and releases stored trauma through intentional movement and the painting stands as an enduring document of an introspective journey toward release and renewal.



COMPOSITION NUMBER 2:
Arabesque in C Major, Shuman
Enamel on Raw canvas
83 x 69 in, 2024



COMPOSITION NUMBER 3:
Arabesque in C Major, Shuman
Enamel on Raw canvas
36 1/2 x 28 in, 2024

EMPOWERING WOMEN

SHERO: THE PATH OF A WOMAN

SERIES IN PROGRESS

This series investigates the systemic subjugation of women across history—denial of education, enforced economic dependency, and the demonization of female sexuality—and reclaims these experiences as catalysts for empowerment.

In Origin of THE WORLD: Fragile Power, the artist enters into a critical dialogue with Courbet's iconic canvas, yet shifts from objectification to subjectivity. The female body here is not merely to be looked at, but to be read as an active, sentient presence. Her contours, position, and the luminous womb become expressions of her own narrative—of strength, creativity, and joy—rather than a display for an outside viewer's desire. Instead of erasing the woman's interiority, iSABEL invites us into it. The work foregrounds her emotional landscape and bodily wisdom: the channeling of memory, resilience, and divinity that an objectified body would occlude. The viewer is no longer a master of the gaze but a participant in a shared encounter. We are called to acknowledge her as a subject whose presence demands respect, empathy, and recognition of her creative—and therefore political—power.



ORIGIN OF THE WORLD: Fragile Power
Enamel on Raw Canvas
83 x 69 in , 2024



GRETA THUNBERG: School Strike For Climate
Enamel on Raw Canvas
91 x 95 in , 2020

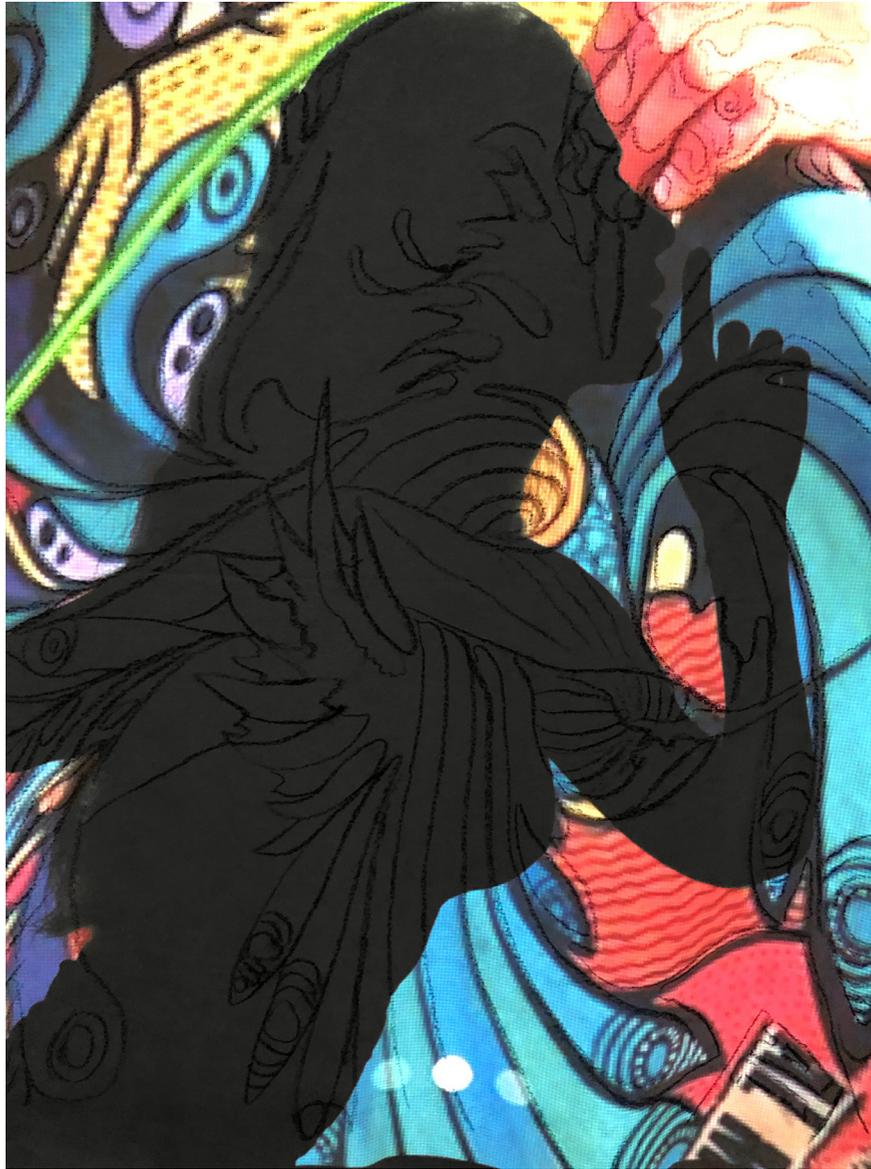


MOTHER
Watercolor on Paper
18.5 x 28 in , 2019

WE DID IT:
180 Years of Women's Diploma
Charcoal on Paper
18 x 17 in
2020



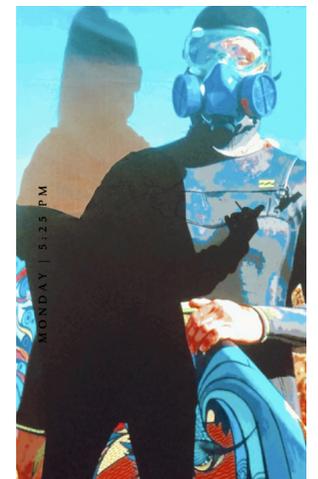
Through monumental enamel canvases, stark black-and-white graphic works, and performative works, this series interrogates women's multifaceted resilience—foregrounding their leadership in ecological stewardship, the heroism of mothers who sustain life amid wartime, and the pursuit of educational emancipation and economic autonomy beyond patriarchal constraints—while also reclaiming the shadow self as a generative source of self-growth; together, these works articulate a unified narrative of feminine agency, empowerment, and transformative possibility.



SHE AND HER SHADOWS: Keep Quiet
Giclee Print on Canvas
30 x 40 in
2024

PERFORMANCE RECORD: SHE AND HER SHADOWS

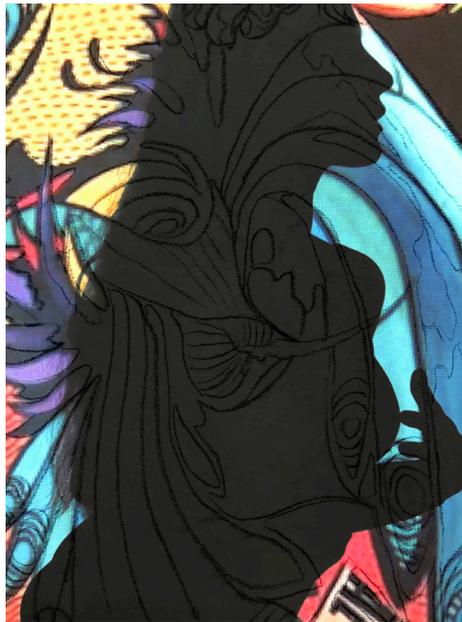
In *She and Her Shadows*, Julia iSABEL stages a life performance in which her silhouette—cast by a scaled-up projection of *Surfer: Red Alert* onto an unprimed canvas incised with charcoal tracings—becomes both medium and message. Realized as a suite of archival pigment prints, each image records the precise moment when the artist's shadow deposits gestural marks across the canvas, activating the underlying charcoal outlines.



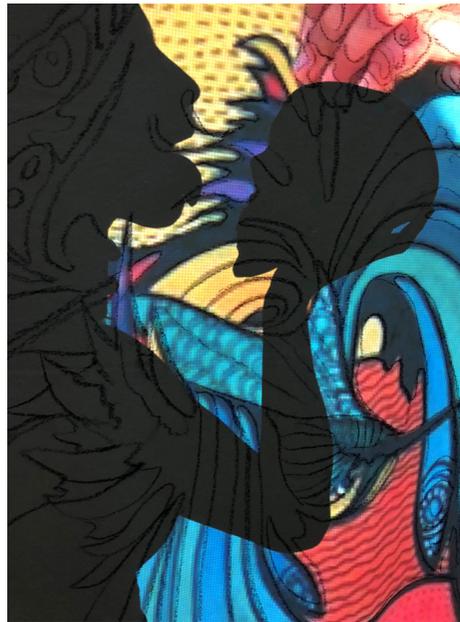
**SHE AND HER SHADOWS:
Performance**
2020

PERFORMANCE RECORD: SHE AND HER SHADOWS

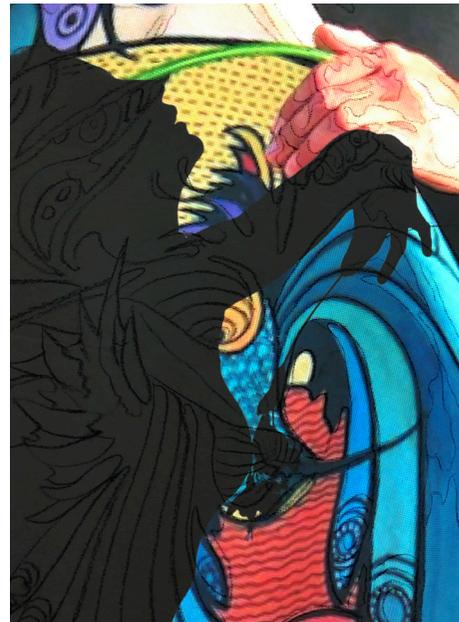
By deploying shadow as both brush and pigment, the series materializes the “shadow self” as an autonomous creative agent. This ensemble of light projection, revealed charcoal forms, and shadow silhouette invites viewers to acknowledge and accept the shadow self, affirming that identity is truly whole only when both light and darkness are embraced. In addition, the artist draws a parallel between these exposed underdrawings and the energetic scars left by trauma—revealing that such traces, far from detracting, are beautiful and integral to the authenticity of our being.



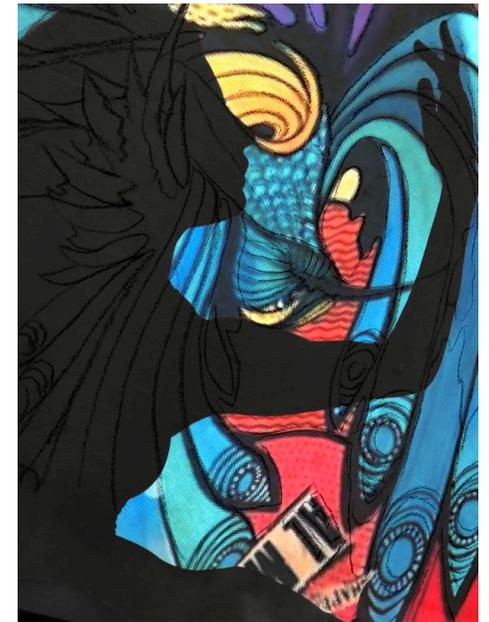
**SHE AND HER SHADOWS:
Embrace the Touch**
Giclee Print on Canvas
30 x 40 in, 2024



**SHE AND HER SHADOWS:
No Time To Die**
Giclee Print On Canvas
30 x 40 in, 2024



**SHE AND HER SHADOWS:
Keep Dancing**
Giclee Print on Canvas
30 x 40 in, 2024



**SHE AND HER SHADOWS:
The Point of View**
Giclee Print on Canvas
30 x 40 in, 2024

SAVING OCEANS

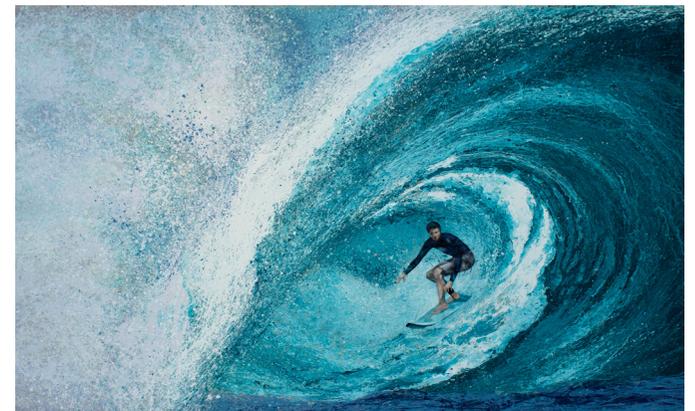
SERIES: NON-PLASTIC OCEAN

In her *NON-PLASTIC Ocean* series, Julia explores her deep connection with the ocean, celebrating its splendor and drawing attention to environmental challenges. Growing up along the banks of the two big European rivers, the Dnipro and Desna, she developed a love for swimming, making water a central element in her life. Although not a surfer, her paintings authentically capture the essence and dynamics of the ocean waves, as if she has been surfing her entire life.

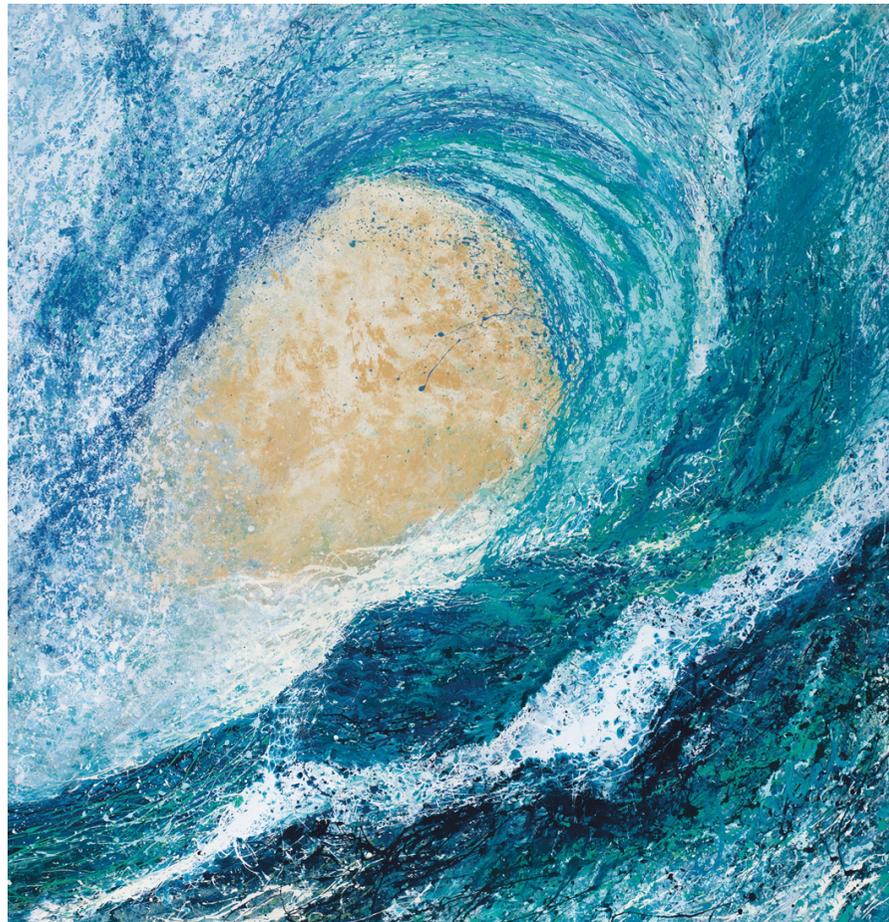
The artwork *Surfing The Line: NON-PLASTIC OCEAN* is an environmental mural depicting our civilization's plastic footprint in the oceans. The application of the plastic trash is removable. By this, the artist wanted to say that it is all up to us humans how we want to see the future of our oceans.



**Surfing The Line:
NON-PLASTIC OCEAN**
Enamel on Raw Canvas,
Removable Plastic Bottles Drop
82 x 139 in
2021



The Great Wave: Non-plastic Ocean celebrates the raw power and beauty of the sea while reminding us of our role in protecting it.



**THE GREAT WAVE:
NONPLASTIC OCEAN**
Enamel on Raw canvas
95 x 91 in
2019

With this artwork artist calls for attention on a plastic that kills sea turtles. "If we won't stop using plastic packaging, our kids will only be able to see the sea turtles on my paintings"



SEA TURTLE: NON-PLASTIC OCEAN
Watercolor on Paper
22 x 20.5 in , 2019

INSTALLATION: RED ALERT

This installation confronts the environmental toll of fast fashion on the world's oceans. At its core hangs **Surfer: Red Alert**, the lone figure outfitted with a gas mask—an emblem of survival in a future where toxicity has become the norm. Beneath the painting, the gallery floor is submerged in a sea of discarded clothing, forcing visitors to wade through the very waste their consumption creates. By juxtaposing a single, alert guardian against an overwhelming flood of textile debris, the work warns that unless we shift from trend-driven buying to conscious choice, this dystopian landscape could become our shared reality.



INSTALLATION: RED ALERT
Enamel on Raw canvas,
Curated Trash of Fabric
109 x 119 in
2021



FLAG OF UKRAINE

Encaustic, Newspaper Collage on Board,
30 x 40 in, 2022

This series of works was inspired by the famous painting “Flag” by US artist Jasper Johns. For the first time in the history of art, the flag became not just a symbol but imagery. At this point, the viewer could perceive it as a piece of art and enjoy its color palette, composition, and message at the same time inviting a viewer to discover multiply aspects of the Ukrainian Flag as its history, development, symbolism, and conflicts in order to gain a deeper understanding of its cultural and political significance.

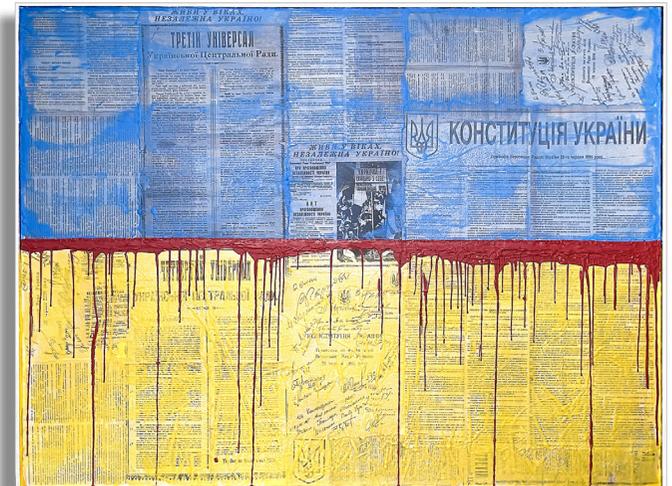
SERIES: FLAG OF UKRAINE



FLAG OF UKRAINE:

Grushevskiy's Flag

Encaustic, Newspaper Collage on Board,
30 x 40 in, 2022



FLAG OF UKRAINE:

Bloodshed For Independence

Encaustic, Newspaper Collage on Board,
30 x 40 in, 2022



CV

BIO

Born in Kyiv, Ukraine, and based in Fairfield, CT, Julia iSABEL earned her Summa Cum Laude BA in Art and Design from Sacred Heart University, CT, USA. As a contemporary artist, she specializes in kinetic paintings created with enamel on large-format raw canvases. Her artistic journey is a fusion of evolution, resistance, and commitment to inspire conscious living and change. Her body of work bridges existential exploration with political, social, and environmental commentary, igniting a profound conversation around the beauty and challenges of human existence and creating a safe space for healing.

Julia's work has been exhibited both locally and internationally at prestigious institutions including the Venice Biennial, Grand Egyptian Museum, LA Art Show, and Art Miami. She is the recipient of numerous art and design awards, and her works are housed in public and private collections in Greece, US, and Canada. She was featured in Forbes, Holos Ameryky, and The Art Newspaper. In 2022, she was crowned Ms. Connecticut, expanding her platform to advocate for social and environmental causes through both artistic and public engagement.

SELECTED SOLO SHOWS

2021

Into the Horizon: Monumental Art for Environment, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

SELECTED GROUP SHOWS

2025

Empower Her, Art Forum, Grand Egyptian Museum – Cairo, Egypt
Thought, Image, Space, Makowsky Gallery – New York, NY, USA
Artventurous & Paramount Awards, Paramount Hotel – Dubai, Arab Emirates
Palm Beach Modern + Contemporary, Art Miami – Palm Beach, FL, USA
LA Art Show – Los Angeles, CA, USA
Crossing the Line, Ruh Art Hub, Mriya Gallery – New York, NY, USA
Stoked Gallery – Malibu, CA, USA



SELECTED GROUP SHOWS

2024

Empower Her, Art Forum, Grand Egyptian Museum – Cairo, Egypt
Iterations, Knowlton Gallery – Bridgeport, CT, USA
What About Eve, Platforms Project International Independent Art Fair – Athens, Greece
Unlocked Identities, Perseus Gallery – New York, NY, USA
Transitions, Knowlton Gallery – Bridgeport, CT, USA
Foreigners Everywhere, Paths, Venice Biennale – Palazzo Pisani-Revedin, Venice, Italy
Art Hope, Ruch Art Hub, Blue Check Ukraine, Mriya Gallery – Hamptons, NY, USA
Stoked Gallery – Malibu, CA, USA
SHERO, Ruh Art Hub, Mriya Gallery – New York, NY, USA

2023

Art Aqua Miami, Art Miami – Miami, FL, USA
The Collision of Art & AI, Knowlton Gallery – Bridgeport, CT, USA

2022

Art Saves Lives, Palm Beach Art Gallery and Razom – Palm Beach, FL, USA

2021

Water International Art Competition, Art Show International – www.artshowinternational.com
ART Box 3.0, Swiss Expo – Zurich, Switzerland
SILA W59, Society of Illustrators Los Angeles – Los Angeles, CA, USA
Annual Juried Student Art Exhibit, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

2020

SILA W58, Society of Illustrators Los Angeles – Los Angeles, CA, USA
Complicit: Erasure of the Body, Nasty Women of CT, Yale Divinity School – New Haven, CT, USA
Annual Juried Student Art Exhibit, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

2019

Annual Juried Student Art Exhibit, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

COLLECTIONS

Private collections in the USA and Greece.
Ukrainian Museum of Canada – Saskatoon, Saskatchewan, Canada
Sacred Heart University – Fairfield, CT, USA

PUBLICATIONS

Forbes, Holos Ameryky, The Art Newspaper, Artnews Magazine, Artadventurous Magazine,
Prince Mario-Max Schaumburg Lippe and T2conline.com, Upmag, LA Art Fair Catalogue 2025,
Rukh Art Hub Art Catalogue 2024, Swiss Expo Art Catalogue 2021



AWARDS

2025

ORDER OF QUEEN ANNE "HONOR OF THE FATHERLAND" to an outstanding woman whose leadership in ecology and sustainable development inspires change and helps shape a conscious future for humanity, Leaders of the 21st Century General Directorate – Kyiv, Ukraine
APA IN THE PAINTING CATEGORY, Artventurous & Paramount Awards (APA) – Paramount Hotel, Dubai, Arab Emirates

2021

SILA W59, Society of Illustrators Los Angeles – Los Angeles, CA, USA
RUNNER-UP PRIZE AWARD, Water International Art Competition, Art Show International – <https://www.teravarna.com>
DIGITAL SOLO EXHIBIT AWARD, Art Show International – www.teravarna.com/artists/julia-isabel
2ND PLACE in Painting category, HONORABLE MENTION in Web Design category, Annual Juried Student Art Exhibit, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

2020

SILA W58, Society of Illustrators Los Angeles – Los Angeles, CA, USA
Two 1ST PLACES in Painting and Illustration categories, Two 2ND PLACES in Editorial and Interactive 2D Animation categories, Two HONORABLE MENTIONS in Painting and Illustration categories, Annual Juried Student Art Exhibit – Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

2019

Two 1ST PLACES in Drawing and Illustration categories, Annual Juried Student Art Exhibit, Art and Design Gallery, Sacred Heart University – Fairfield, CT, USA

CONTACT

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