

Linda Saccoccio @ CASA Magazine

Painting With Eyes Closed

By ERIN J. SMITH / CASA

USING THE SYMBOLIC COLORS OF THE CHAKRAS AS INSPIRATION, artist Linda Saccoccio taps into the creative vibrations that resonate and pulse, connecting the mind to the body. Her elegant, meditative paintings along with several original poems are currently on display at CASA Magazine for the month of June.



Linda Saccoccio

“In the yogic tradition, the seven chakras are in alignment with the spine, and each energy center has a unique color and a corresponding, syllabic vibration,” said Saccoccio. “I wanted to learn more;

parallel my style of painting somehow with the vibrations.”

Saccoccio was born in Providence, Rhode Island. Her early artistic talent was nurtured by her aunt, who provided her with art supplies, including an art box which Saccoccio carried with her all the way through college. “My aunt Helen was definitely my mentor when I was growing up. She gave me her old wooden paint box that I still have now,” she said. “In the fourth grade I took art lessons from a woman down the street. I’d walk there every Friday with my art box and learned to oil paint, which felt like such an adult medium. Even now, the smell of oil paint brings me home.”

Following graduation from high school, Saccoccio applied to college at the urging of her parents, but was undecided on what she wanted to study. When her aunt died that fall, it became clear Saccoccio would pursue her love and passion for art. She enrolled in night classes at the Rhode Island School of Design, where she worked diligently to prepare her portfolio. Saccoccio went on to become a full time student at RISD and spent her fourth year abroad in Rome. “I suppose it’s my Italian roots, but it felt like going home,” she said. “I’ve always loved the culture and especially the artwork, which seemed fantastical to me. But I didn’t know before I got there that



Chakras #4, 2007 by Linda Saccoccio

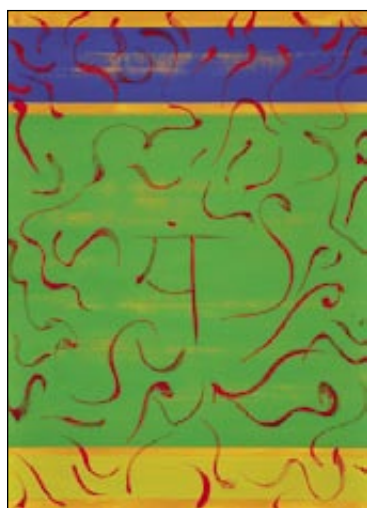
the art wasn’t made up; it came from the land and the landscape.”

Saccoccio continued her studies at the School of the Museum of Fine Arts in Boston before attending graduate school at the School of Visual Arts in New York City. In her final year of completing an MFA in Painting, Saccoccio discovered yoga. “I was still trying to find my way,” she said. “It’s one thing to have talent and another to find one’s voice. There is always that fear and

nagging from the practical side trying to find a way to use my talent. Painting was it!”

After 14 years living in the city, Saccoccio found her way to Santa Barbara when her husband, an architect, was working locally on a project. Saccoccio came along for the yoga, in search of the healthy glow Santa Barbarans are known for. She and her family stayed on permanently. “It wasn’t easy to leave the lifestyle in New York,” she said, “but I could leave for the natural beauty. We were looking for something better,

something healthier.”



4th Chakra, Anahata Heart Center, 2007 by Linda Saccoccio

CASA Magazine is located at 23 E. Canon Perdido. Hours are 9am to 5:30pm, Monday through Friday. For more information, call 965-6448 or visit www.lindasaccoccio.com.