

(Mobile book) Carry Your Own Joy: The Abstract Paintings and Life of Hari E. Thomas, a San Francisco Artist

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Asha Carolyn Young

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Asha Carolyn Young : Carry Your Own Joy: The Abstract Paintings and Life of Hari E. Thomas, a San Francisco Artist before purchasing it in order to gauge whether or not it would be worth my time, and all praised Carry Your Own Joy: The Abstract Paintings and Life of Hari E. Thomas, a San Francisco Artist:

0 of 0 people found the following review helpful. A fine record of a fine human spirit!By Malcolm Clark"Carry Your Own Joy" is a labor of love that successfully documents the life of an unsung hero in our world. Hari Thomas was the sort of Bodhisattva character who abound on Earth in communities everywhere but get no press for the blessings they offer to ordinary folks as a way of life. I knew the man and applaud this passionate account that brings his work as an artist and a teacher to light. He was as focused and skilled an artist as any - and his modesty about it in the years I knew him aligned with his selfless commitment to raise others up in the interest of a better world. His best art work is

Light filled in hue and feeling. I regard them as a projection of the aura he carried and feel his best work can successfully stand next to influences like Kandinsky and Diebenkorn. Asha has done well to produce this fine record of a fine human spirit. 0 of 0 people found the following review helpful. Beautiful Story For All By Book Worm I highly recommend this book, a great read, and filled with colorful pages displaying the talented art accomplishments of Hari E. Thomas. This book introduces an abstract painter (known by all as "Hari") who passed on in 2011, leaving us with a legacy of powerful, beautiful abstract paintings. Beautifully written by Asha Carolyn Young, a gifted writer and accomplished artist herself, the book is designed to be enjoyed by other artists, those who love art, and by just about anyone who is searching for an interesting biography. Hari's life story is a joyful one (perfect title), filled with fun humor. Known throughout the San Francisco bay area, he developed friendships with many diverse people, and anyone who ever met Hari, would be instantly charmed by his caring attention and captivating smile (I had the pleasure of meeting him once at an art exhibition). Overall, this is an inspiring and happy story about an African American artist who deserves a place in art history.

This book is about art, friendship, and an exceptional person who inspired joy in others and who was a great abstract painter. Beloved for his free spirit, humor and incredible counseling skills, Hari E. Thomas (1938-2011) was a gifted and prolific abstract painter who left a legacy of colorful, mixed media works, mostly on paper. Born in Des Moines, Iowa, Thomas moved to San Francisco in 1969, the Summer of Love, and he remained there for over 40 years. Always wary of egotism and intent on subduing his own ego, Thomas rarely showed his paintings in the later half of his life; hence he is unknown as a painter except with close friends and family. Presented here are 108 reproductions of his paintings, together with his life story based on interviews with his son and closest friends, and on the author's memories of him. Thomas was a spiritualist and freethinker who read copiously, meditated regularly, and shared what he learned. He believed in a holistic approach to life, was a staunch vegetarian, and advised others on a myriad of subjects, including nutrition and healing, relationships, meditation and career issues. Above all, Thomas steadily encouraged others to find joy through their own creative expression. In his vibrant paintings, viewers can see evidence of Thomas' dynamism, discipline, energy, and connectedness to the more invisible, spiritual aspects of life. His mixed media paintings, many of which have three-dimensional and relief formation, exude joy. Thomas' paintings add abundantly to the global art heritage of abstract art and to the legacy of American artists, especially African Americans and Native Americans, since Thomas was a blend of these ethnicities. Crossing all lines of race, culture, and creed, Thomas' life teemed with love, brotherhood and friendships. His story therefore contributes mightily to a world yearning for peace.

From the Author Making this book has been a three-year project filled with happiness and nostalgia for me. Hari was my closest friend when he was with us, and I sorely missed him after he passed on. Photographing his artwork -- gradually, a few pieces at a time -- and putting them up on his website, Ashari Galleria, brought me a lot of joy (I started the website during his last year, so he got to see his gorgeous pieces on-line, which was fun for him). As I went along photographing, I felt more and more confident that the public would love to see his artwork. Once I began writing Hari's story, I realized I needed to work closely with his son Brian to get the chronological and other facts straight. Brian also knew each of Hari's inner circle friends and gave me their phone numbers. He and I both recognized the opportunity for interviewing these people, since they are still alive, and how important it was to complete interviews with his more elderly friends. The result, I feel, is a story rich with humorous, honest, thick descriptions from 14 different people, in addition to my own. My aim in writing the book and presenting it in various editions is to introduce Hari and his artwork to the public, with the greater intention of showing his artwork at a one-person show as soon as possible. During the decades that I knew Hari, I always believed that his abstract paintings -- and his photographs, too (another book!) -- deserve a high place of honor in celebrated African American art heritage. Now the public can see a sample of his artwork, which was but a cherished dream of mine three years ago. Thank you for visiting -- Namaste, Asha

From the Back Cover Beloved for his free spirit, humor and incredible counseling skills, Hari E. Thomas (1938-2011) was a gifted and prolific abstract painter who left a legacy of truly beautiful, colorful, uplifting, mixed media works, mostly on paper. Born in Des Moines, Iowa, Hari moved to San Francisco in 1969, the Summer of Love, and he remained a resident there for over 40 years. Always wary of egotism and intent on subduing his own ego, Hari rarely showed his paintings in the later half of his life, hence he is unknown as a painter except with close friends and family. Presented here are 94 painting reproductions, together with Hari's life story based on interviews with his closest friends and family, and on the author's memories of him. The book is a treasure and a treat! Asha has done a painstakingly thorough job -- what's more, she has portrayed Hari as I remember him. -- Howard Lazar, Director, Street Artists Program, San Francisco Art Commission Hari has an amazing body of works that represent the best examples of bi-coastal modernism. Diebenkorn and Rauchenberg and so many others must be happy to have Hari with them. - James Lanigan Thompson, Abstract artist, M.F. A. What a delight to meet Hari E. Thomas' artistic vision and vibrant energy through the many voices and images brought together in this book! This portrait curated by Asha Carolyn Young is a moving testament to friendship, shared inspiration, and the living force of art. --

Kirin Narayan, Cultural Anthropologist and author of *Alive in the Writing* Crafting Ethnography in the Company of Chekhov Hari's paintings are profound. He has such a unique sense of color and movement. I fall into his paintings and emerge with a new way of looking at the world. -- Blake More, Artist Poet, Point Arena, CA

About the Author
Asha Carolyn Young is a painter, writer and teacher who relished a close friendship with Hari for over twenty years. Asha became curator and steward of Hari's hundreds of works of art after he passed on. She also runs his painting website, Ashari Galleria. Born in Chiang Mai, Thailand to American parents, Asha had opportunity at age 15 to study brush painting with a Chinese painting master, Kan Yi Chen, when her family lived in Vientiane, Laos. Later, in Berkeley, California, she practiced sumi ink painting in a small group for five years under the guidance of Japanese master painter, Kayoko Bird. Asha also enjoyed many drawing, painting and Art History classes at Laney College in Oakland, California. Asha is a graduate of the University of California, Los Angeles and Berkeley (B.A., History, and M.A., Cultural Anthropology, respectively). At UCLA, she received the Justin Turner Award for History for her graduate thesis; and while at UCB, she received grant awards for conducting research on Thai Buddhist nuns in Northern Thailand. She now lives with her husband, Ron McMath, and their pet family in the coastal town of Gualala, in northern California.