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Art Is A Spiritual Path (Paperback)

By Pat B. Allen

Shambhala Publications Inc, United States, 2005. Paperback. Condition: New. New. Language: English . Brand New Book. Art is a spiritual path--not a religion, but a practice that helps us knit together the ideals and convictions that guide our lives. Creating art can be prayer, ritual, and remembrance of the Divine. And the sharing of this creativity with others in small groups can serve as sanctuary, asylum, ashram, therapy group, think tank, and village square. Pat Allen has developed a reliable guide for walking the path of art through a series of simple practices that combine drawing, painting, and sculpture with journal writing. Designed for readers at any level of artistic experience, the book shows how to: - awaken the creative force and connect with the divine source of creativity - access inner wisdom and intuition about life issues, including both personal and community concerns - find a path to meaning that includes honoring, celebrating, and giving thanks - explore the images and symbols of traditions such as Catholicism, Judaism, shamanism, and Goddess worship - join in spiritual community with others who are following the path of art - discover that artmaking can help us live our ideals and be of...



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