



Art Is a Spiritual Path

Pat B. Allen

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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 service in the world

Detailed examples from the author's own practice of art, plus the stories and images of several other people, are presented to illustrate how art becomes a spiritual path in action. At the author's virtual studio, www.patballen.com, readers can post their images and writings, communicate with the author, and subscribe to an electronic newsletter. The site also contains an archive of the images in this book in full color.

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David Otten:

A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you just read you can spent all day long to reading a e-book. The book Art Is a Spiritual Path it is extremely good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book possesses high quality.

Patrica Fussell:

Reading can called imagination hangout, why? Because when you are reading a book specially book entitled Art Is a Spiritual Path your brain will drift away trough every dimension, wandering in each and every aspect that maybe mysterious for but surely can become your mind friends. Imaging each word written in a guide then become one application form conclusion and explanation that maybe you never get just before. The Art Is a Spiritual Path giving you yet another experience more than blown away your head but also giving you useful facts for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary spending spare time activity?

Andre Smith:

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