



## **Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment Through Creativity**



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*Pat B. Allen*

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Format: Kindle eBook

### Kurzbeschreibung

Making art—giving form to the images that arise in our mind's eye, our dreams, and our everyday lives—is a form of spiritual practice through which knowledge of ourselves can ripen into wisdom. This book offers encouragement for everyone to explore art making in this spirit of self-discovery—plus practical instructions on material, methods, and activities such as ways to:

- Discover a personal myth or story
- Recognize patterns and themes in one's life
- Identify and release painful memories
- Combine journaling and image making
- Practice the ancient skill of active imagination
- Connect with others through sharing one's art works

Interwoven with this guidance is the intimate story of the author's own journey as a student, art therapist, teacher, wife, mother, and artist—and, most of all, as a woman who discovered a profound and healing connection with her soul through making art. Pressestimmen

"Allen has produced a wonderful book for anyone, artistic or not, who is interested in using art to know more about himself or herself."—Elizabeth Caulfield Felt, Washington State University, Pullman, *Library Journal*

"*Art Is A Way of Knowing* has a practical, hands on, and experiential feel to it. It is like a guide book or a manual for those interested in self-exploration through creative activity. Allen persistently invites the reader to join her. I found her to be an encouraging and competent guide."—*American Journal of Art Therapy*

"Finally, a self-help book that is true to the passionate and turbulent movements of the soul in the process of creation."—Shaun McNiff, Ph.D., author of *Art as Medicine* Kurzbeschreibung

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