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Spirit Taking Form: Making a Spiritual Practice of Making Art



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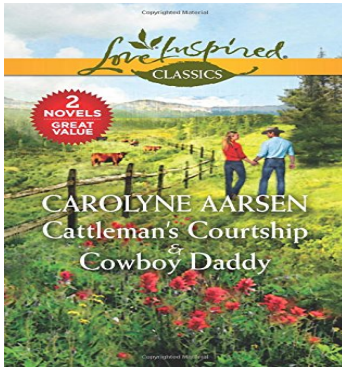
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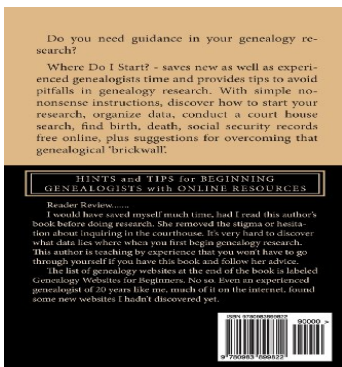
Anyone can make art. Finding one's spiritual center can come of making art. Making art can come of finding one's spiritual center. Nancy Azara has been teaching the making of art, art-making as a spiritual practice, and other spiritual practices for thirty-five years. She has developed a system that combines her lifelong spiritual practice with techniques designed to help anyone get and stay in touch with their own inner artistic souls. Spirit Taking Form is a practical book. It offers lists of materials to work with and exercises and meditation techniques to help everyone bring out their inner voice. It includes specific meditations for healing the inner critic, cultivating imagination, an

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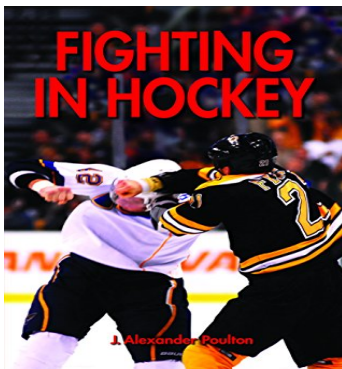
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Damini Celebre, author of Painting the Landscape of Your Soul

Review 3:
This book provides ideas to use art as a form of healing and feeling.
If you can drop the thought that art is only for an artistic person, you can open to a whole new world.

Review 4:
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