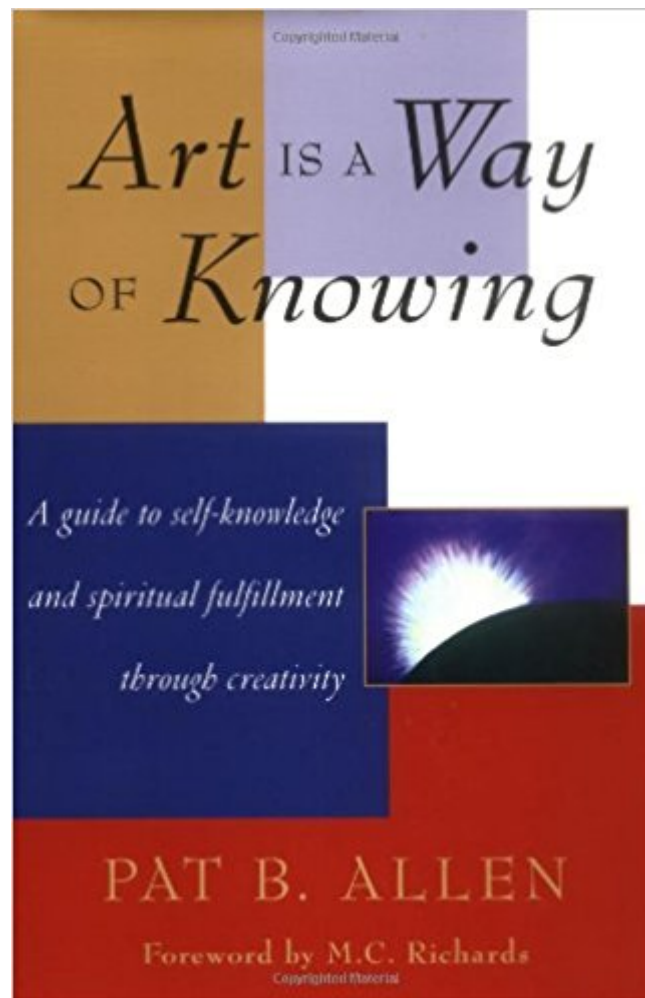




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# Art Is A Way Of Knowing: A Guide To Self-Knowledge And Spiritual Fulfillment Through Creativity



## Synopsis

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.

## Book Information

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## Customer Reviews

An art therapist and member of the art therapy faculty at the School of the Art Institute of Chicago, Allen gives excellent instructions on using image-making as a way to understand personal fears, dreams, and identity while giving us a look at her own life and image-making process. Especially useful for nonartists, Allen's text explains which art materials to purchase and how to begin a drawing or sculpture. Led into the field by the mother of art therapy, Margaret Naumburg, Allen tells the story of her life and struggles: coming to terms with her mother's death and her father's alcoholism, finding and understanding her feminine side, dealing with a loss of tenure and a change

in professional identity. Through it all, she shows how image-making has helped her to understand herself, her emotions, her relationships, and her dreams. Allen has produced a wonderful book for anyone, artistic or not, who is interested in using art to know more about himself or herself. For public and academic libraries. Elizabeth Caulfield Felt, Washington State Univ., Pullman Copyright 1995 Reed Business Information, Inc.

"Allen has produced a wonderful book for anyone, artistic or not, who is interested in using art to know more about himself or herself."â "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."â "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."â "Shaun McNiff, Ph.D., author of Art as Medicine

LOVING IT! Right from the first chapter I learned something about MYSELF! Shocked at how easy to understand this teaching is. Starting with discovering my beliefs about imagination! Couldn't believe how negative I've been all my life. Can't recommend this book enough. If you are struggling with the frustration of why you can't seem to achieve any progress in whatever creative process you are trying READ this book! You won't regret it.

This is an excellent book looking at art therapy and expressive arts facilitation. The book starts out by providing an overview of how to work with different art materials and provides prompts and exercises to increase your comfort level with using art for expressive purposes. The book then looks at the writers personal journey to follow the need to create art for expression that is deeply rooted in all of us- but something we tend to loose as we "grow up" and start censoring everything creative. I completed EA training at Salve Regina University and this book was recommended reading and I would also strongly recommend it.

If you have any interest in the intersection of art, psychology, and spirituality, READ THIS.

Raw, honest, and powerfully insightful book, with personal and professional anecdotes and images, that will inspire any art therapists and creatives... This book is also a great model for the way in

which a professional might write a nuanced non-fiction book that inspires, teaches, and transforms consciousness in the read. Happy reading~\*

Demonstrates a good understanding of how image making can help you self evolve constantly throughout your life. Very interesting concepts. Loved it!

This is a book I would definitely recommend. There aren't a lot of books about the personal journey of an art therapist. This book is a great one which will help anyone who reads it to be more free in the creative process.

Everyone should seek to fully express their passion, no matter what that might be. This book will show you how.

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