

Free epub Women writing and soul making creativity and the sacred feminine (Download Only)

Women, Writing, and Soul-Making: Creativity and the Sacred Feminine The Creative Soul 10 Little Rules for Your Creative Soul The Soul Tells a Story Reclaim Your Creative Soul The Soul of Creativity Music and Soulmaking The Artisan Soul Art Heals The Artist Inside Yoga for the Creative Soul The Sacred Art of Soul Making The Archetypal Artist The Art of Soulmaking 10 Little Rules for Your Creative Soul Craft for the Soul Soul Fire Art and Soul Art & Soul, Reloaded A Writer's San Francisco Art & Soul Awakening Your Creative Soul The Creative Soul To Be Soul, Do Soul The Spirit of Silence The Renaissance Soul Art for the Soul Art as Medicine The Spirit of Creativity Healing with Art and Soul To Be Soul, Do Soul The Wheels of Soul in Education Inspired The Artist's Soul What We Ache For Creatrix Art and Soul, Reloaded Love and the Soul Shakespeare, Alchemy and the Creative Imagination The Vale of Soulmaking

Women, Writing, and Soul-Making: Creativity and the Sacred Feminine

2012

who we most deeply are is mirrored in our artistic work our need for mirroring simultaneously attracts us to and repels us from our creative callings and relationships it is one of life's great dilemmas artist's block and lover's block flow from the same pool often we fear deeply the very thing needed to create original art to experience intimate relationships and to live authentic lives we are frightened by the impulse to be fully revealed to ourselves and to others as this most often entails exposing the unacceptable shadowy aspects of our humanity and risking rejection mirrors in all their manifold guises permit us to safely see and experience ourselves in reflection and become better acquainted with the rejected ostracized aspects of our personalities creative work is one of the few places where we can truly express and witness lost aspects of our authentic selves within us a treasure beckons this is what we spend our lives pursuing what slows and distracts us is not the object we long for but where we search to find this precious gem we must eventually return to our own creative spirits

The Creative Soul

2009

do you long to live a more creative or artistic life do you wish you could break out and express your free side your wild child read on soul seeker former corporate trainer turned professional artist rita long learned the hard way that we create our lives minute by minute every moment of the day some do it unconsciously never stopping to realize that yes this life is indeed of their own making these are the ones who pine for things to be another way or yearn for more freedom to express others the ones we often look to as the creative type choose to consciously create their lives rita knows that living a more creative life starts with this one truth we are all creative the beauty of creativity is that you don't have to understand it on a scholarly level to practice it it's waiting for you it's already there calling your name listen it's inspiration intuition awareness ideas consciousness imagination and it's asking you to go for a ride begging pick me pick me are you listening or are you second guessing or ignoring those creative urges in 10 little rules for your creative soul the second book in the 10 little rules series launched by this book's co author carol pearson you'll find inspiration guidance and simple yet soulful exercises to help you learn to hear those whispers and act on them owning your creative energies starts today when you make the intention to acknowledge this as part of your life and your being you deserve it embrace your creative life live it abundantly and fearlessly and stand back and watch where it takes you

10 Little Rules for Your Creative Soul

2016-11-15

vinita hampton wright leads you through the process and practice of integrating the worlds of christian spirituality and creativity

The Soul Tells a Story

2005-03-30

are the mundane parts of your life taking over leaving no room for your creativity do you find that you no longer have time to give to your art would you like your creative side to shine once again reclaim your creative soul offers tips on creating order to every part of your life so that you can find the time to devote to your art be it writing painting music or any other form of creativity this book is perfect for full time employees stay at home mothers full time students or just about anyone who wants to reclaim the time they used to devote to their art if you struggle with organization reclaim your creative soul will offer baby steps to ease you into adding a little more structure to your life which will in turn allow for more time to spend on creative projects

Reclaim Your Creative Soul

2016-03

an inspiring group of thinkers teachers and artists guides the reader to a personal definition of creativity five chapters brush with inspiration the creative process the dark side the healing power and the spiritual practice each describe a separate stage along the journey

The Soul of Creativity

1999

explores new avenues in music therapy the author discusses connections between music therapy and theorizes that every little nuance found in nature is part of a dynamic system in motion

Music and Soulmaking

2004

in the artisan soul erwin raphael mcmanus author thought leader and founder of mosaic in los angeles pens a manifesto for human creativity and the beginning of a new renaissance mcmanus not only calls us to reclaim our

creative essence but reveals how we can craft our lives into a work of art there are no shortcuts to quality and mcmanus celebrates the spiritual process that can help us discover our true selves mcmanus demonstrates that we all carry within us the essence of an artist we all need to create to be a part of a process that brings to the world something beautiful good and true in order to allow our souls to come to life it s not only the quality of the ingredients we use to build our lives that matter but the care we bring to the process itself just like baking artisan bread it s a process that s crafted over time and god has something to say about how we craft our lives with poignant inspirational stories and insights from art life history and scripture interspersed throughout mcmanus walks readers through the process of crafting a life of beauty and wonder

The Artisan Soul

2014-02-25

the field of art therapy is discovering that artistic expression can be a powerful means of personal transformation and emotional and spiritual healing in this book shaun mcniiff a leader in expressive arts therapy for more than three decades reflects on a wide spectrum of activities aimed at reviving art s traditional healing function in chapters ranging from liberating creativity and the practice of creativity in the workplace to from shamanism to art therapy he illuminates some of the most progressive views in the rapidly expanding field of art therapy the practice of imagination as a powerful force for transformation a challenge to literal minded psychological interpretations of artworks black colors indicate depression and the principle that even disturbing images have inherent healing properties the role of the therapist in promoting an environment conducive to free expression and therapeutic energies the healing effects of group work with people creating alongside one another and interacting in the studio total expression combining arts such as movement storytelling and drumming with painting and drawing

Art Heals

2004-11-16

a fresh new approach to tapping into our own creativity using the images and artifacts of our dreams getting inspired is one of the toughest parts of being an artist whether we re a beginner or a seasoned professional but as tom crockett shows us in this new book finding ideas for our artwork is easier than we think by simply exploring the images of our sleeping and waking dream states we can discover a wealth of ideas and inspiration that are more authentic and powerful because they reveal our underlying spiritual self recognizing the importance of allowing our spiritual side to infuse our art and the fulfillment this can bring tom crockett has created a program to teach us all no matter what level of artistic experience we have how to bring art and spirit into one the four different types of creative expression crockett has identified finding arranging altering and making open up artistic options for everyone even for those of us who cannot yet imagine that we have the ability to create art filled with personal anecdotes from the author s creativity workshops and practical easy to implement advice for tapping into our hidden creativity the artist inside teaches us how to access the dreaming world to heighten creativity that we can create in each piece of artwork a temporary home for the spirit how creating a spiritual path can energize us and increase our intuitive capacity when the process of making art is guided by the inner vision of our sleeping and waking dream states we connect with something larger than ourselves and rediscover that creativity can be both a spiritual path and an important life tool

The Artist Inside

2009-04-22

use the ancient wisdom of yoga to explore the deepest aspects of your creative self combining expressive arts and yoga therapy yoga for the creative soul is an invaluable guide to healing emotional wounds and creating a joyous life through drawing writing dancing humming and cooking as well as yoga postures meditation relaxation breathing and self inquiry this book helps you cultivate your true intentions and live your deepest values with helpful tips for daily practice and a quiz to support you in identifying areas of imbalance author erin byron shares techniques that you can personalize to meet your specific needs discover how to bring color movement and melody into everyday moments with the five paths to self realization karma jnana raja bhakti and tantra engaging a process of personal transformation and learning how take control of your life are gifts you can give yourself with yoga for the creative soul praise i m dazzled yoga for the creative soul is more than a program or philosophy it s a gift merging the tenets of ancient and yoga based psychology with the expressive arts and personal healing in this blessed book erin presents us with an all inclusive path to joy cyndi dale author of llewellyn s complete book of chakras a diy guide full of exceptional exercises to awaken your best and most creative self yoga for the creative soul will help you to gently release fear embrace change gather courage and overcome your inner perfectionist amy b scher author of how to heal yourself when no one else can

Yoga for the Creative Soul

2017-12-08

deep within each of us dwells the source of peace purpose and love yet we live in the chaotic dissonance of the superficial layers of our hearts and minds a sea of the most precious spiritual energies surrounds us inside and out yet our thirst remains unquenched our souls malnourished and unformed from the introduction bridging east and west the sacred art of soul making addresses the central questions of spiritual practice with the depth and subtlety they require and with unexpected clarity as westerners raised in christianity or judaism progress in their eastern practices they often find themselves drawn back toward their own religious roots and the search for the divinity they may rediscover their need for a personal relationship with the divine for the practice of prayer openness to conscience and the understanding of will found in the monotheistic religions many people have not engaged eastern meditative practices out of devotion to their own religion those may well find the inner work forms of

presence and meditation stripped of cultural trappings to be important adjuncts to the practice of prayer helping open the way to the sacred depths sought in western religions this authentic substantive and multi faceted spirituality for our time begins where we are and ultimately takes us beyond consciousness toward the abode of the sacred that sacredness can touch and transform each of us if we make the necessary devoted effort this book helps make that possible

The Sacred Art of Soul Making

2006-06

in this thoughtful and revelatory book wood explores enduring and powerful theories on art creativity and what jung called the creative spirit in order to illuminate how artists can truly understand what it means to be a creator by bringing together insights on creativity from some of depth psychology s most iconic thinkers such as c g jung james hillman and joseph campbell as well as featuring a selection of creators who have been influenced by these ideas such as martha graham mary oliver stanley kunitz and ursula k le guin this book explores archetypal thought and the role of the artist in society this unique approach emphasizes the foundational need to understand and work with the unconscious forces that underpin a creative calling deepening our understanding of the transformational power of creativity and the vital role of the artist in the modern world acting as a touchstone for inquiries into the nature of creativity and of the soul this enlightening book is perfect for artists and creators of all types as well as jungian analysts and therapists and academics interested in the arts humanities and depth psychology

The Archetypal Artist

2022-03-24

the work of a lifetime and the only work worth doing what if there were a template that could be used over and over to develop deepen and reveal the human soul the art of soulmaking has cracked the code with a step by step guide for excavating the basement and building a new home an interior castle where the soul can live growing and expanding throughout life with daily practices and consciousness explorations the art of soulmaking builds connection and creativity purpose and fulfillment the cornerstones of living inside ourselves and our true genius the art of soulmaking an interactive guide maps out weekly plans for six months and includes hundreds of prompts and exercises to help cultivate a deep intimacy with the world of the interior the soul a revolutionary journey step inside the invitation of your own soul the alchemical path to unconditional freedom

The Art of Soulmaking

2023-06-15

does it feel like you re riding in the backseat of your own car do you wish you could listen to how you feel instead of what you think this is your creativity trying to get your attention so it can come out and play it s always been there inside you waiting for you to set it free now imagine what would happen if your life was driven by curiosity rather than fear in this beautiful little book rita invites us to own the story of our own lives and helps us cast ourselves as the star the world is but a canvas to our imagination henry david thoreau stop waiting for someone else to give you permission start owning your creative energies today and live your best creative life full of passion peace yummy giggles master facilitator and clarity coach turned professional artist rita long learned the hard way that we create the experience of our lives minute by minute every moment of every day in 10 little rules for your creative soul the second book in the 10 little rules series launched by founder carol pearson she offers find inspiration guidance and simple yet soulful exercises to help you learn to hear those whispers and act on them owning your creative energies starts today when you make the intention to acknowledge this as part of your life and your being you deserve it embrace your creative life live it abundantly and fearlessly and stand back and watch where it takes you

10 Little Rules for Your Creative Soul

2019-11-20

how do you harness creativity and bring it into your every day life crafter and blogger pip lincolne shares her lifetime of wisdom on x prioritising your own creativity x doing new things x finding things that spark excitement and passion x being positive x creating routines x loving your work x and much much more divided into ten chapters this is a step by step program that talks the reader through the challenges of tapping into your creativity and making it work for you pip applies rules and routines to her own creativity and suggests that having a formal structure allows creativity to flourish this clever cute step by step guide will show you practical ways to get the most out of your creativity and live the life you want

Craft for the Soul

2016-04

this inspiring guide shows you how to cultivate your creative spirit particularly in the second half of life as a way to encourage personal growth enrich your spiritual life and deepen your communion with god

Soul Fire

2008

art is a tool for living a spiritual calling that all of us must eventually answer just as athletes aren t the only ones who need exercise artists aren t the only ones who need creativity all of us must exercise creativity on a regular

basis to keep our spirit and joy from being diminished in this age of remote controls convenience food and prepackaged everything our souls are crying out for the spiritual replenishment only offered through a creative practice art and soul takes readers on a year long journey into their creative souls offering a map for finding and expressing the art that dwells there it encourages readers to recapture their authentic self that many abandoned long ago with their crayola crayons even those who swear they can't paint write compose or build can express creativity in everyday activities that revitalize and nourish their spiritual well being art and soul is divided into 52 weekly chapters each containing an inspirational message a creative assignment and three or four suggestions for fun projects that encourage us to stretch our creative wings here are just a few go to a thrift store and buy the most outrageous outfit you can learn three little known facts about martin luther king jr make sugar cookies shaped like body parts come up with the title of your own autobiography the ideas range from the practical to the ridiculous but all are easy and fun to complete this book will show readers that they don't need fancy art supplies or lessons to be creative and that getting in touch with our creative selves is just as easy as do re me finally the perfect book for women who have had it with feeling like the dynamic pulse of life has faded and who are looking to recharge their existence the draining stress and hubbub of the modern world can sometimes make a woman feel like she's just a shell of the fun loving vivacious person she once was to solve this common problem author amy hall presents getting your groove back a sassy and hip collection of tips and exercises for women who are eager to reinvigorate life by recapturing their lost but innate grooviness the spunk and special aura that used to set them apart from the crowd this book covers everything a woman needs to know in order to get her career relationships and sense of self back on track by standing up to the evil forces of numbness and mediocrity that have taken root hall dishes out tough love provoking insights and advice with a biting humor that just doesn't stop at the office a tried but true confidence builder moves from the bedroom to the office place wear really sexy underwear not only on third dates but also to any dreaded presentation you must give in relationships save the money you set aside for the obligatory birthday gift for the friend with whom you are no longer close spend it on yourself instead go buy a decadent box of chocolate dipped strawberries from those fine godiva folks and scarf them under a tree celebrating your ability to sever the old and seek out the new that relationship had a place in your past and guess what we call it the past for a reason move on besides the hussy never returned that favorite belt of yours she borrowed hence it's time to trot toward evolution within the inner self stop beating yourself up because you're not what you said you'd become when you were a little girl okay so you didn't get an olympic gold medal or become an ambassador to the un it's true our lives don't always deal us the cards we need to get the grandiose life but get real you're a born couch potato and you detest politics why should you feel guilty any longer for not doing something that doesn't fit your personality anyway there's nothing wrong with not being a famous athlete or political figure there's lots of us out here and we're okay people join us love us become one with us getting your groove back is the ultimate book for those who are tired of fluff and want fun self help with an attitude

Art and Soul

2000

with her trademark humor enthusiasm and no nonsense guidance 1 new york times bestselling author of e squared pam grout invites you on a yearlong apprenticeship to recognize and unleash your innate creativity making art does not necessarily mean painting a gallery worthy still life or belting out a grammy winning song it simply means finding a way to give your inner muse a voice in this world sure there's drawing dancing singing and writing but there's also art to be made from creating your own pair of angel wings or inventing a new toy or curating your own at home film festival each week features a project of self examination an inspirational message a real world example of a celebrity who has addressed similar obstacles and three zany activities to awaken your infinite creativity it's time to declare the beat of your own drum

Art & Soul, Reloaded

2017-08-22

thirty essays for aspiring writers highlight the creative resources of the city by the bay identifying several famous writers who lived in the city and making creativity promoting recommendations for visitors prospective residents and writers struggling with earthquake fears

A Writer's San Francisco

2006

open the door to your creative awakening do everything with great love whether it is painting writing dancing relationships or learning sandra duran wilson sharing your passion is the greatest gift you can give and the journey to your creative awakening starts with a single step or a single exercise you never know what will open the door this book is for curious souls wanting to find the right spark to jump start their creativity inside there are 52 chapters with an exercise for each week of the year featuring a step by step art writing or meditation project following the flow of the seasons the exercises are designed to take you from the spring of your intuition through the summer of personal growth fall of self discovery to arrive at the end of your creative cycle refreshed revived and renewed find your voice and vision 52 fun and beautiful projects offer a new chance at self discovery every week for one year they are not necessarily sequential and can be completed at any time on your journey weekly prompts merge art making with universal life challenges to help you open your mind and explore different spiritual and creative philosophies refill your well become the light expand yourself and your story

Art & Soul

2018-10-16

by tapping into your potential as a human being and understanding the values and passions that are intrinsic to you

as an individual means you are honouring the infinite potential that resides within you and within us all if we can tap into this infinite realm we also have the potential to access the keys and ideas we need to grow the world including ourselves in an exciting direction you are fully living when you are creating and we are all capable of incredible creativity the author chris pemberton doesn't just show you how to maximize your creativity but teaches you how to unleash your full potential finding a balance between the artistic and logical sides of the brain quantum physics meets spirituality to work as one in the same as we dive inwardly chris shares with you a creative meditation technique and how ayahuasca helped him discover it create a path in life that excites you and impact the world with this invaluable guide to cultivate a creative flow whilst mastering self doubt and procrastination get empowered to think outside the box and dare to create chris has made this book as short and simple as possible so that everytime you feel like you are losing focus or on the wrong life trajectory you can check back in with its chapters to refresh on the fundamentals of living your dreams

Awakening Your Creative Soul

2018-11-23

the importance of emptying the mind has been recognized for millennia across a variety of cultures meditation is a way of life for millions at the end of a hindu's life he renounces all and becomes a wandering ascetic seeking union with god and the japanese tea ceremony provides an interlude of spiritual relaxation within lives rooted in activity others find their creative inspiration in everyday activities such as gardening walking watching the sea or listening to music the spirit of silence is for those who wish to look beyond the speed and superficiality of our modern lifestyle to find depth and spiritual space it is devoted to clearing the clutter from our minds and to feeding the creative heart and soul

The Creative Soul

2023-12-27

the guide to leading a creative passionate and multifaceted life big enough to embrace all your dreams are you unwilling to settle on doing just one thing for the rest of your life do you jump at the chance to learn something new or after achieving success in one field find yourself yearning for new challenges and looking around for something different to do if so you may be a renaissance soul the renaissance soul is the first book devoted to this personality type and in this updated edition in paperback for the first time author margaret lobenstine offers a life planning strategy perfectly in tune with those who fear becoming a jack of all trades and master of none discover how to design a vibrant fulfilling life and how to manage your time the renaissance soul way thrive on many interests without feeling scattered or overwhelmed pursue your passions even if they don't pay carry your dreams forward no matter what your day job is stocked with creative doable exercises relevant resources and interviews with successful renaissance souls this is one self help book that is exactly as advertised well thought out and offering sage advice boston globe

To Be Soul, Do Soul

2006

did you know that art can heal pain depression anxiety and many other maladies did you know art can reduce stress did you know art can reconnect you with your inner self artist and art therapist judith campanaro does and she's written a book to help individuals integrate art into their everyday routine art for the soul the healing magic of creativity is your key to understanding how the creative forces can make a definitive and lasting change in your outlook on life

The Spirit of Silence

2013-10-08

whenever illness is associated with loss of soul writes shaun mcNiff the arts emerge spontaneously as remedies soul medicine the medicine of the artist like that of the shaman arises from his or her relationship to familiars the themes methods and materials that interact with the artist through the creative process art as medicine demonstrates how the imagination heals and renews itself through this natural process the author describes his pioneering methods of art therapy including interpretation through performance and storytelling creative collaboration and dialoguing with images and the ways in which they can revitalize both psychotherapy and art itself

The Renaissance Soul

2006-10-01

the spirit of creativity embodying your soul's passion is a timely book that addresses our growing need to live the creative life it reminds us that creativity is the energy of our life force and exists within every aspect of our lives creativity is not something you learn it is something you are through the author's background and practice as an art psychotherapist and hypnotherapist karen invites you to tap into and unleash your own unique forms of creativity and evolve beyond the stereotypical belief that being creative is reserved only for the artistic elite as a way to ingest the empowering teachings of this book you'll be guided through varying experiential exercises including journal writing art making visualization meditation and self hypnosis all techniques to begin experiencing the flow of creative energy within your life you too can lead the creative life and have amazing events unfold of your own volition all you have to do is remember reclaim and embody your creative passion in tangible ways this book shows you how to do exactly that

Art for the Soul

1992-10-20

this fascinating collection of essays contains a variety of perspectives about the use of expressive arts for facilitating physical and emotional healing each author within brings a fresh approach and unique experiences to their writing within these pages you will find many ideas for the use of the arts and can learn how to engage the inner layers of the self that allow natural healing processes of the body and soul to flourish when we fully engage an art modality we find ourselves in a place in our consciousness that could be called healingspace where we feel ourselves whole and re member ourselves as well from psychic trauma to physical illness dis ease of many kinds may be addressed through the various techniques discussed here the tools offered by some authors are population specific and age appropriate while several authors have given us the philosophical underpinnings for it all while the authors within represent the grassroots voices of this new and rapidly expanding field several of them have developed their own methods for using the arts and have thriving practices our approach is wholistic music visual arts movement dance and poetry are discussed as separate modalities and in combination with one another in a process or flow the reader will engage in our experiences with these modalities as they have been lived the complementary cd that accompanies this book will allows the listener to have a full sound experience of toning if a rationale is needed for establishing arts programs in medical centers or other health facilities it can be found here the book offers tools for self development and for group facilitation those wanting to expand their healing practice through the use of the arts will find the book to be a faithful guide anyone wishing for a fuller understanding of how the arts may work to facilitate healing will find much food for thought within these pages

Art as Medicine

2012-11-15

whether you long to make art write a book nurture a business or engage in sacred activism to create a world that works for everyone to be soul do soul offers wisdom and inspiration to fuel your journey with love joy delight and magic

The Spirit of Creativity

2008-12-18

this book boldly re frames the basis of our collective approach to education it presents a compelling argument for an educational world view that perceives self society and the universe as an undivided whole a holarchy of wholes within wholes wheels within wheels

Healing with Art and Soul

2017-11-07

remarkable this profound volume informs and inspires pw starred review from the pulitzer prize winning new york times science reporter acclaimed for bring ing scientific concepts to life bill gates a pathbreaking new investigation into the mysteries of human creativity how does creativity work where does inspiration come from what are the secrets of our most revered creators how can we maximize our creative potential this is the story of how we create creativity defines the human experience it sparks achievement and innovation in art science technology business sports and virtually every activity it has fueled human progress on a global level but it equally is the source of profound personal satisfaction for individual creators and yet the origins of creative inspiration and the methods by which great creators tap into it have long been a source of mystery spoken of in esoteric terms our rational understanding shrouded in complex jargon until now inspired is a book about the science of creativity distilling an explosion of exciting new research from across the world through narrative storytelling richtel marries these findings with timeless insight from some of the world s great creators as he deconstructs the authentic nature of creativity its biological and evolutionary origins its deep connection to religion and spirituality the way it bubbles in each of us urgent and essential waiting to be tapped many of the questions richtel addresses are practical what are the traits of successful creators under which conditions does creativity thrive how can we move past creative blocks the ultimate message of inspired is that creativity is more accessible than many might imagine as necessary beautiful and fulfilling as any essential part of human nature

To Be Soul, Do Soul

2010-01-01

a 365 day sourcebook for anyone undertaking creative self expression

The Wheels of Soul in Education

2022-04-19

in her previous books oriah mountain dreamer has challenged readers to live with passion and honesty to embrace the true fallible human self what we ache for is a moving and eloquent call to delve deeply into our creative selves to do our creative work and offer it to the world the creative process is essential to human nature it is as essential as spirituality and sexuality and in fact all three are deeply intertwined what we ache for is a practical book allowing readers to embrace the urgency and necessity of their creativity whatever their medium writing painting sculpture dance music or film as oriah says doing creative work allows us to follow the thread of what we ache for into a deeper life offering us a way to cultivate a life of making love to the world following oriah through this journey in

such chapters as the seduction of the artist learning to see and risk and sacrifice what we ache for challenges and inspires readers to fully embrace their artistic selves as a way of forging a path of spiritual unfolding

Inspired

2000

creatrix is more than just a fancy name for a female artist she is artist plus artist plus priestess artist plus healer artist plus activist her work has both sacred and worldly dimensions she is an energy worker first and foremost weaving energy into form colour words and sound in order to transform herself and those her creations touch what does it mean to live a life in service to your creativity and in direct connection to the creative source in this her ninth book lucy h pearce award winning author of burning woman medicine woman and the rainbow way shares powerful practical insight into all parts of the creative way the unique challenges for women artists and writers how to align with your authentic voice and the work that calls you techniques for harnessing your powerful creative energy and dealing with fear anxiety creative blocks how to earn your living creatively building a social media platform working sustainably creating multiple income streams networking when socially anxious how our creativity can be our most potent transformational medicine with creative inquiries and practices this interactive book is written for all those that must create in order to live for the highly creative the highly sensitive the multi passionate for those that shake when they share soulful serious minded irreverent and authentic let creatrix take you on a journey to the heart of your creative soul

The Artist's Soul

2005-04-05

it s time to declare the beat of your own drum with her trademark humour enthusiasm and no nonsense guidance pam grout the 1 new york times bestselling author of e squared invites you on a yearlong apprenticeship to recognize and unleash your innate creativity making art does not necessarily mean painting a gallery worthy still life or belting out a grammy winning song it simply means finding a way to give your inner muse a voice in this world sure there s drawing dancing singing and writing but there s also art to be made from creating your own pair of angel wings inventing a new toy or curating your own at home film festival each week grout inspires you to take on a creative project offers an inspirational message and suggests three zany activities to awaken your infinite creativity you don t need to know anything you just have to begin

What We Ache For

2019-11-28

the eros and psyche myth has over the course of the twentieth century received nearly as much attention from depth psychologists as has the oedipus story in their attempt to better understand this popular story scholars have proposed various interpretations which have generally followed either freudian or jungian theories about the nature of the psyche and its development this elaborate work provides serious students of psychology religion and mythology with a detailed account and analysis of what has been accomplished in the psychological interpretation of the eros and psyche myth to date it emphasizes how psychological theory determines the direction of interpretation much more than does the literary context of the myth itself it also examines the strengths and weaknesses of these psychological interpretations five freudian and six jungian of the eros and psyche myth in order to lay the groundwork for an interpretation which 1 avoids the rigidity of both freudian and jungian dogma and 2 restores the myth to its rightful literary and religious context something which has been ignored by most psychological interpretations

Creatrix

2017-08-22

healy demonstrates how renaissance alchemy shaped shakespeare s bawdy but spiritual sonnets transforming our understanding of shakespeare s art and beliefs

Art and Soul, Reloaded

2006-01-01

the post kleinian model of the mind as developed by w r bion and donald meltzer is essentially an aesthetic one it is founded on melanie klein s discovery of the internal object with its combined masculine and feminine qualities and ambiguous awe inspiring nature turbulent emotional experiences are repeatedly transformed through symbol formation on the basis of the internal relationship between the infant self and its object and the aesthetic containment provided by this counter transference dream as meltzer put it enables the mind to digest its conflicts and develop this search for a pattern that can make contrary emotions thinkable is modelled by all art forms and accounts for their universal significance it is a process that can be observed particularly clearly in literature in the form of the romance between the poet and his muse the traditional formulation of the psycho analytic internal object

Love and the Soul

2011-04-28

Shakespeare, Alchemy and the Creative Imagination

2005

The Vale of Soulmaking

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