



Spiritarts, Transformation Through Creating Art, Music and Dance (Paperback)

By Lynn Miller

Expressive Therapy Concepts, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. SpiritArts: Transformation through Creating Art, Music and Dance is intended to help you develop a spiritual practice through art making and to develop art making through a spiritual path. Learn how the principles of creating from within are similar to the principles of basic spirituality. Through these principles you can develop your inner artist, musician and dancer, whether one is a beginner or experienced artist. Learn how to connect with a deeper part of self through the arts and connecting with spirit. The exercises throughout the book vary from energetic meditations to art techniques and processes. SpiritArts offers: - Practical instructions on how to create authentically - Skills in developing artistry in music, dance and art - A guide to work through emotions and clear the psyche through the arts - Tools for healing self through color, sound and energy - Sources for self-discovery and working with others for artistry, health and well-being SpiritArts is a valuable tool for creative arts therapists, teachers, professional artists and for those who want to create and do not know how to...



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