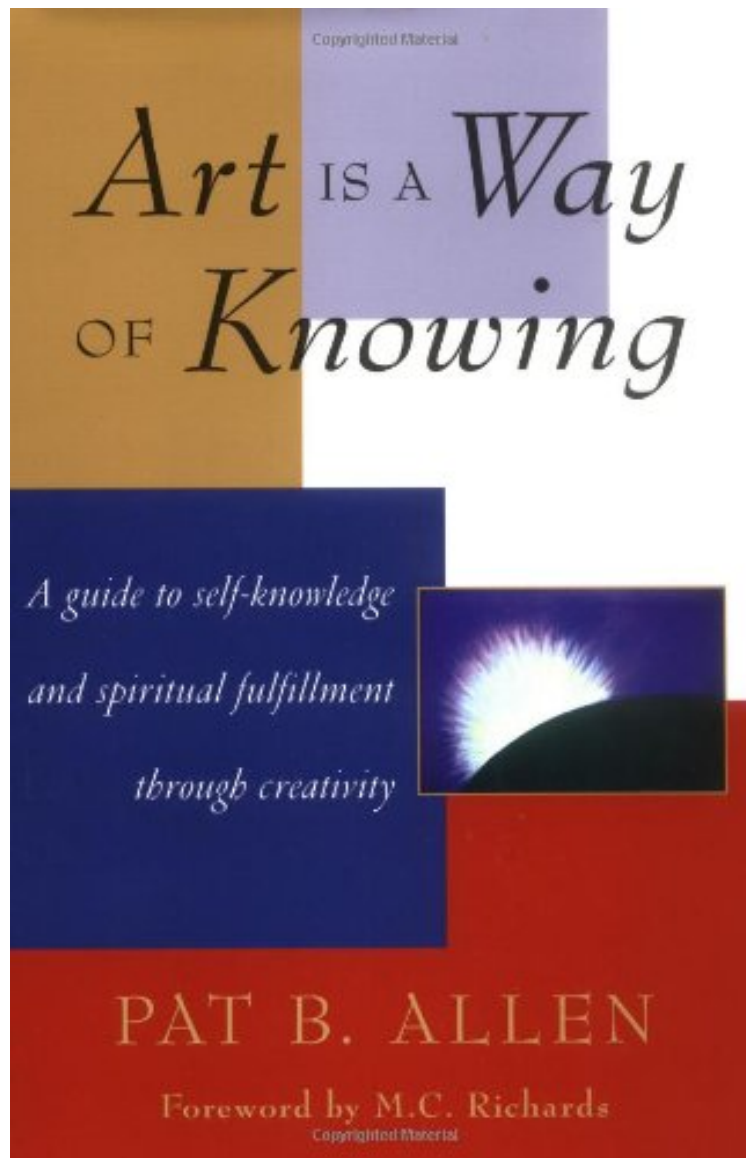


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## Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity

Pat B. Allen

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**Pat B. Allen : Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity** before purchasing it in order to gage whether or not it would be worth my time, and all praised Art Is a Way of Knowing: A Guide to Self-Knowledge and Spiritual Fulfillment through Creativity:

1 of 1 people found the following review helpful. Extremely InsightfulBy EELOVING 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.0 of 0 people found the following review helpful. Following the universal need to create art for the souls expressionBy Cheryl L.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.0 of 0 people found the following review helpful. Essential readingBy Judy Merrill-SmithIf you have any interest in the intersection of art, psychology, and spirituality, READ THIS.

Making artgiving form to the images that arise in our mind's eye, our dreams, and our everyday livesis 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-discoveryplus 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 artistand, most of all, as a woman who discovered a profound and healing connection with her soul through making art.

From Library JournalAn 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., PullmanCopyright 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."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 About the AuthorPat B. Allen Ph.D., ATR, is an artist and a registered art therapist who teaches at the School of the Art Institute of Chicago. She produces workshops, events, and collaborative projects around the country and directs an online image community at [www.patballen.com](http://www.patballen.com), where readers can post their images and writings, communicate with the author and one another, and subscribe to an electronic newsletter.