

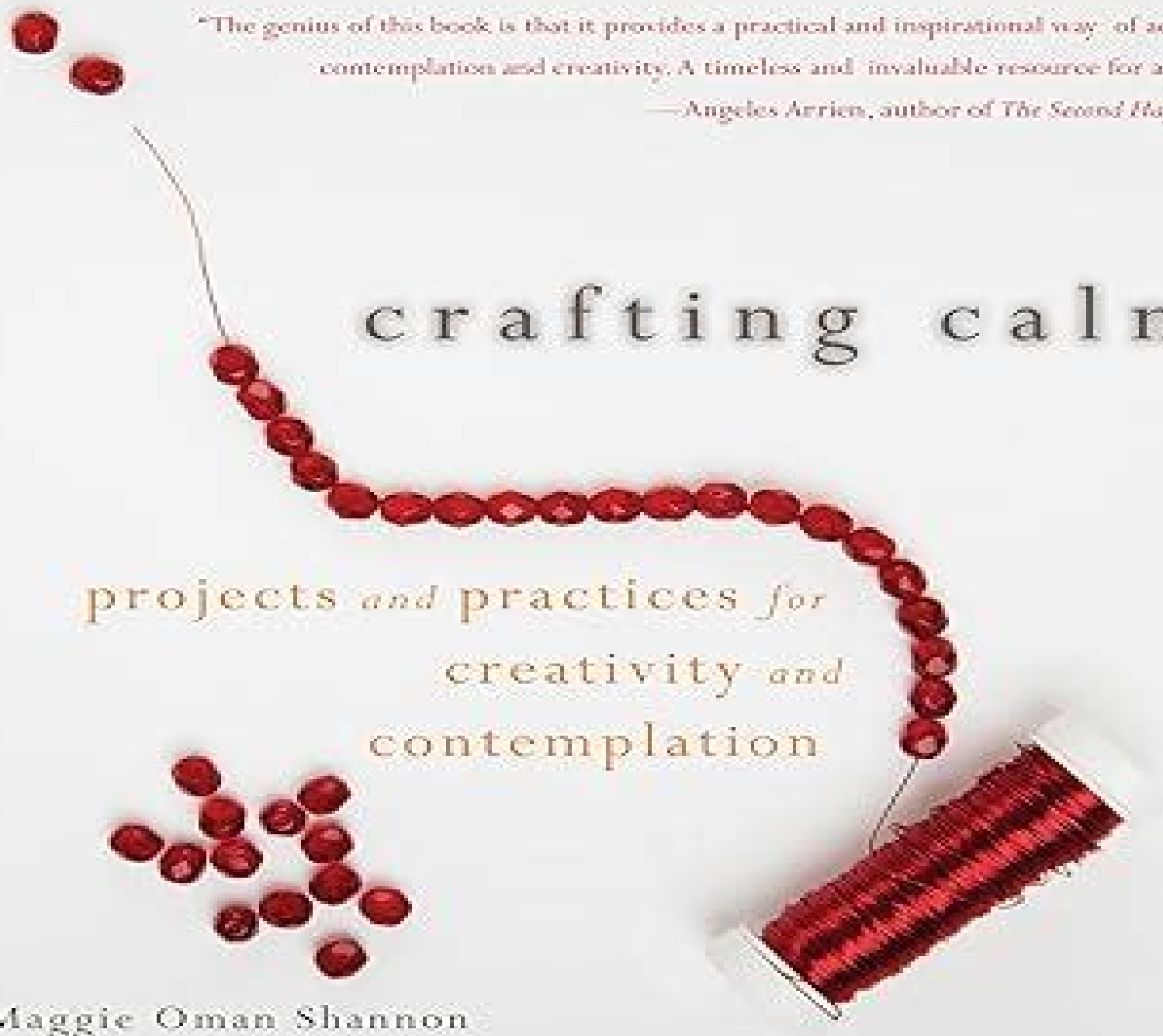
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crafting calm

projects *and* practices for
creativity *and*
contemplation

by Maggie Oman Shannon



Crafting Calm Projects And Practices For Creativity And Contemplation

Craig Dobson



Crafting Calm Projects And Practices For Creativity And Contemplation:

Crafting Calm Maggie Oman Shannon, 2013-04-08 As our world has become increasingly dependent on technology and our Western societies have become woefully Crackberried to use the title of a recent documentary on the emotional and social pitfalls of our too wired ways an intriguing phenomenon is occurring There is an increasing amount of interest in returning to some of the simpler arts that were neglected or left behind with the onslaught of technology Artisans and everyday crafters are finding a renewed satisfaction in making something with their own hands some are even communicating about the inherent physical and mental health benefits found in handwork and even more than that they are framing their handwork as meditation or spiritual practice In today's sophisticated and pluralistic society people are more aware than ever that spiritual practice can be defined more expansively and the popularity of books focusing on alternative spiritual practices demonstrate that readers are hungry for new or ancient ways of enhancing their inner lives In **Crafting Calm** the author will explore these new forms of creative spiritual practice and the benefits they provide The format of With Shannon's book will itself be creative a rich potpourri approach that weaves together interviews historical facts projects for readers to do themselves quotations and suggested resources **Crafting Calm** will serve as an inspirational resource guide to a broad assortment of spiritual practices gathered from the global arts and crafts communities as well as from people who don't consider themselves artists but who have adopted creatively expressive forms of spiritual practice While there have been a few books published focusing on a particular form of creative spiritual practice *Skylight Paths* for example has published books on beading as a spiritual practice painting as a spiritual practice and using clay as a spiritual practice no one has yet explored the breadth of possibilities for creative spiritual practices contained in **Crafting Calm**

Crafting Calm Maggie Shannon, 2013-04-16 In this wired wild world it is harder than ever to shut out noise and busyness in order to truly calm yourself but in **Crafting Calm** a D I Y guide to peace of mind you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises In this book author Maggie Oman Shannon explores crafts and creativity as a practice with enormous physical mental and spiritual benefits By immersing ourselves in a craft with intention and mindfulness we can quiet those voices around us and in us we can enter sacred stillness Through revealing interviews personal stories and forty suggested activities the author shows how creative processes can become spiritual practices Whether you're an aspiring artist longtime craftsperson or someone who has never set foot in a craft store yet you'll find something in **Crafting Calm** to inspire you Crafts and how to ideas include contemplation candles visual journals prayer shawls collage mandalas intention beads finger labyrinths personal prayer flags spiritual toolkits and tabletop altars Features inspired craft ideas from luminaries such as Angeles Arrien Mary Ann Radmcher Shiloh Sophia McCloud Sister Marianne Heib May Ann Brussat and many more

Crafting Gratitude Maggie Oman Shannon, 2017-10-10 Named one of the Best Spiritual Books of 2017 by Spirituality Practice We live in a fast paced world where we are pestered from all sides with siren calls to constantly strive

for something more something better something new rather than find ways to stay grateful for the abundance and blessings already present in our own lives In Crafting Gratitude Rev Maggie Oman Shannon believes that crafting for us and those we love can be used as a meditative practice to appreciate the incredible overflowing richness of life Each meditative craft from novice to expert is infused with stories like how Gratitude Bundles can represent prosperity and physical health Spirit Houses from Southeast Asia can be a symbol of a happy home a Values Bracelet can help you reinforce your best professional traits or Flower Mandalas can be an affirmation of nature With other crafts involving aromatherapy journaling dream catchers and a variety of household items anyone can invigorate their own lives with Crafting Gratitude for family health prosperity the Divine and much more Accompanied by a carefully curated list of recommended reading helpful websites and how to guides these forty practices will resonate with and prompt you to begin or continue exploring gratitude **Crafting Love** Maggie Oman Shannon, 2018-12-11 It is good to love many things for therein lies the true strength and whosoever loves much performs much and can accomplish much and what is done in love is well done Vincent Van Gogh As the future unfolds before us it seems people are getting busier more distracted and less connected to the physical and spiritual world This can be especially problematic for our relationships as love is something that just does not magically exist on its own Love must be cultured tended and cared for as if it were a special garden unlike any other Whether you desire to foster encourage remembrance or express gratitude for the love you feel toward the known and unknown in your life it can be done through the practice of mindfulness and crafting Crafting Love is filled with thematic chapters meant to inspire your own journey in your expression of love whether you build an I Love You notebook for your partner Anytime Valentines for your friends and mentors a Conversation Starter Table Cloth for your family Portable Place Shrines for natural places and animals an I Am Affirmation Mandala for yourself or a Rhythm Painting for the Divine With the help of a few uplifting friends along the way Maggie Oman Shannon will help launch your exploration for your love of materials love of the process and love of everything and everyone around you through creating transcendent one of a kind projects with your own hands and heart

Experience Matthew Floding, Dawn Davis, 2024-11-05 Spiritual formation has gained increasing attention with theological schools as a significant element of the theological education process Repeated Association of Theological Schools studies have revealed a broad interpretation of what is meant by spiritual formation and how it is achieved within the theological education framework Theological schools look to what happens in the field education courses as the most significant source of spiritual formation Experience Spiritual Formation in Theological Field Education provides effective resources that field educators may employ to foster spiritual formation In the first section of the book twenty five practices are introduced that are employed currently by field educators with strong favorable student feedback In a second section ministerial leaders in a variety of settings share spiritual practices that they have found life giving and foster deeper connection with God and God's world Experience equips field educators for the significant task of fostering the spiritual growth of their students Students in

turn will have a treasure trove of spiritual formation exercises practices that they can adapt as ministerial leaders in congregations chaplaincy settings and in faith based non profit organizations **Anxious Creativity** David

Trend,2019-09-03 Creativity is getting new attention in today s America along the way revealing fault lines in U S culture Surveys show people overwhelmingly seeing creativity as both a desirable trait and a work enhancement yet most say they just aren t creative Like beauty and wealth creativity seems universally desired but insufficiently possessed Businesses likewise see innovation as essential to productivity and growth but can t bring themselves to risk new ideas Even as one s inner artist is hyped by a booming self help industry creative education dwindles in U S schools **Anxious Creativity** When Imagination Fails examines this conceptual mess while focusing on how America s current edginess dampens creativity in everyone Written in an engaging and accessible style **Anxious Creativity** draws on current ideas in the social sciences economics and the arts Discussion centers on the knotty problem of reconciling the expressive potential in all people with the nation s tendency to reward only a few Fortunately there is some good news as scientists economists and creative professionals have begun advocating new ways of sharing and collaboration Building on these prospects the book argues that America s innovation crisis demands a rethinking of individualism competition and the ways creativity is rewarded **Have**

Hope Maggie Oman Shannon,2021-06-15 Find Hope Even in the Darkest Times with This Collection of Poems Prayers and Inspirational Quotes **Have Hope** is an essential companion to turn despair into hope and put belief into action toward creating a better future Becca Anderson author of The Book of Awesome Women 1 New Release in Spiritual Meditations A life affirming collection of 365 poems prayers and meditations that can support you through any trial and that you can carry with you wherever you go Inspirational words to help you navigate life s challenges Reverend Maggie Oman Shannon M A spiritual leader of Unity Spiritual Center of San Francisco is the author of nine previous books that explore cross cultural forms of prayer and spiritual practice Now for those of us dealing with events such as the global pandemic and with personal battles of life comes her latest book **Have Hope** Daily affirmations for every need **Have Hope** offers you daily affirmations and a hope filled moment from history for each day Now more than ever we need inspirational words that can help create moments of peace Through the everyday stress of your life **Have Hope** is the perfect collection of prayers meditations and inspirational quotes that you can turn In **Have Hope** Reverend Maggie Oman Shannon provides A collection of 365 daily affirmations for every occasion Wisdom from every era and every major faith tradition Ways to find hope through daily inspirational words and insightful meditations If you enjoyed books like Prayers for Calm I Really Needed This Today or This Just Speaks to Me then you ll love **Have Hope** Also you will want to read and own Maggie Oman Shannon s Prayers for Healing Changing Creative Writing in America Graeme Harper,2017-10-11 In this compelling collection of essays contributors critically examine Creative Writing in American Higher Education Considering Creative Writing teaching learning and knowledge the book recognizes historical strengths and weaknesses The authors cover topics ranging from the

relationship between Creative Writing and Composition and Literary Studies to what it means to write and be a creative writer from new technologies and neuroscience to the nature of written language from job prospects and graduate study to the values of creativity from moments of teaching to persuasive ideas and theories from interdisciplinary studies to the qualifications needed to teach Creative Writing in contemporary Higher Education Most of all it explores the possibilities for the future of Creative Writing as an academic subject in America

Crafting Calm Craig Dobson, In the hustle and bustle of modern life it s easy to lose sight of what truly matters We chase deadlines scroll through endless feeds and find ourselves caught in a constant state of doing In this relentless pursuit of achievement we often neglect the most vital aspect of our well being our connection to ourselves and to the present moment The yearning for peace and tranquility is universal We search for it in meditation apps yoga studios and self help books But what if the answer to a calmer more fulfilling life lay within something much simpler something that connects us to our creative potential and brings us back to the present moment Crafting in all its forms holds the key to unlocking this inner haven of peace The act of creating whether it be knitting a cozy scarf shaping a clay pot or painting a vibrant canvas offers a unique and powerful path to mindfulness and self discovery In the rhythmic repetition of needles clicking the tactile sensation of shaping clay or the gentle caress of a brush on canvas we find a space where our minds can quiet and our spirits can soar It s in these moments of focused creation that we reconnect with our inner selves finding a sense of calm purpose and fulfillment that transcends the chaos of daily life This book is your invitation to explore this extraordinary journey It s a journey of self discovery a journey where the act of creating becomes a powerful instrument for cultivating a sense of peace purpose and well being Within these pages you ll find a wealth of insights practical tips and inspiring stories that will guide you on your path to Crafting Calm You ll learn the science behind crafting and its impact on our mental well being discover mindful techniques for incorporating crafting into your daily routine and be inspired by the stories of individuals who have found solace and joy in the creative process So put down your devices pick up your favorite crafting tools and let s embark on this transformative journey together The path to Crafting Calm starts with you

Fiber Art Fusion Barrett Williams, ChatGPT, 2024-08-22 Fiber Art Fusion Unleash Your Creative Thread Discover a captivating world where tradition meets innovation in Fiber Art Fusion a comprehensive and inspiring guide designed for both novice crafters and seasoned artists Dive into the rich tapestry of fiber art encompassing a harmonious blend of history modern techniques and creative exploration Chapter Highlights Introduction to Fiber Art Fusion Begin your journey with an exploration of fiber art s rich heritage and contemporary trends setting the stage for your creative adventure Essential Materials and Tools Equip yourself with knowledge about the various fibers needles frames and accessories that form the foundation of exquisite fiber work Basic to Advanced Techniques Master a range of stitches knotting methods and pattern work progressing to intricate 3D embroidery thread painting and the luxurious art of goldwork Creating Visual Masterpieces Learn to translate photos into fiber art create depth with layering and achieve mesmerizing

textures through stitch variation Fiber Art and Mixed Media Experiment with combining fibers with other materials creating unique collages and embracing different artistic mediums Themed Fiber Art Projects From nature inspired pieces to abstract designs and lifelike portraits find projects that resonate with your artistic vision Creative Inspiration and Planning Develop a steady stream of inspiration drawn from everyday life and plan your designs with thoughtful sketches and creative journals Exploring Cultural Fiber Arts Embark on a global tour of traditional techniques and learn to incorporate cultural influences into your modern creations with respect and innovation Starting and Perfecting Your Projects Set up your ideal workspace manage your resources and cultivate the patience required to bring your visions to life Networking and Community Building Connect with fellow fiber artists through local groups workshops and online communities enriching your practice with shared knowledge and support Running a Fiber Art Business Turn your passion into profit by learning strategic marketing managing commissions and effectively selling your artwork Sustainability in Fiber Art Embrace eco friendly materials and practices incorporating sustainability into your artistic and everyday endeavors Join the vibrant world of fiber artistry with Fiber Art Fusion Whether you re seeking personal fulfillment or aiming to craft a professional niche this book is your essential companion to transforming strands of fiber into stunning art Discover create and be inspired

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