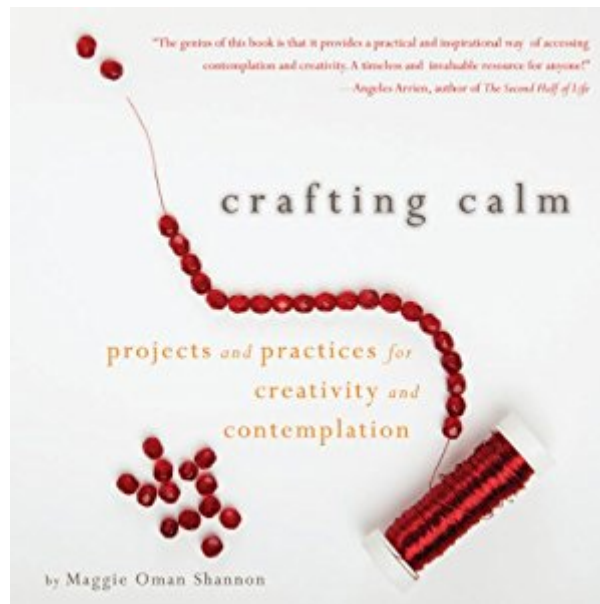


The book was found

Crafting Calm: Projects And Practices For Creativity And Contemplation



Synopsis

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 audiobook, 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.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 25 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Viva Editions

Audible.com Release Date: September 17, 2013

Whispersync for Voice: Ready

Language: English

ASIN: B00F9B91VE

Best Sellers Rank: #95 in Books > Audible Audiobooks > Nonfiction > Lifestyle & Home > Crafts & Hobbies #702 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Mixed-Media #2488 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

Customer Reviews

I received an advance copy of this book for review from Library Thing (www.librarything.com). The reviews do not have to be positive. This is a copy of the review I wrote and you can also see it on Library Thing: *Crafting Calm* by Rev. Maggie Oman Shannon is an attempt to meld spirituality with handcrafts to bring about spiritual calm and healing, to yourself, to others, to our hurting world. I

admit to getting lightheaded when someone starts quoting the Bible (and I may not have even asked to get a preview copy of this book if I had known it would!) but the quotes are well done, appropriate and understated. This isn't a "in your face" book on religion but rather a gentle exploration through different types of spiritual expression that suits all types of belief (and even non-belief) systems. I went from finding out the book is written by a Reverend and thinking, "This is not for me" to "when the time is right, the right book will come to you" and very early this spring I had Prayer Flags happily flapping away in my backyard. There is also a chapter on Prayer Shawls and I had to finish weaving a Prayer Shawl before I began the book so I guess the right book really DID find me at the right time. (I love synchronicity!) I appreciated the SIX PAGES of resources so I can follow up my explorations with other books. I appreciated the index, too, something that seems to be left out of a lot of books these days. I wish there had been photos instead of drawings but the drawings were fine and the instructions were certainly easy to follow without detail photos. There are "Inquiries" at the end of each chapter to help with journaling your path as well as "Guides" to send you onward. Very nicely thought out, IMO.

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