



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

*Pat B. Allen*

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## Making

art—giving form to the images that arise in our mind's eye, our dreams, and our everyday lives—is 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-discovery—plus 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 artist—and, most of all, as a woman who discovered a profound and healing connection with her soul through making art.



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