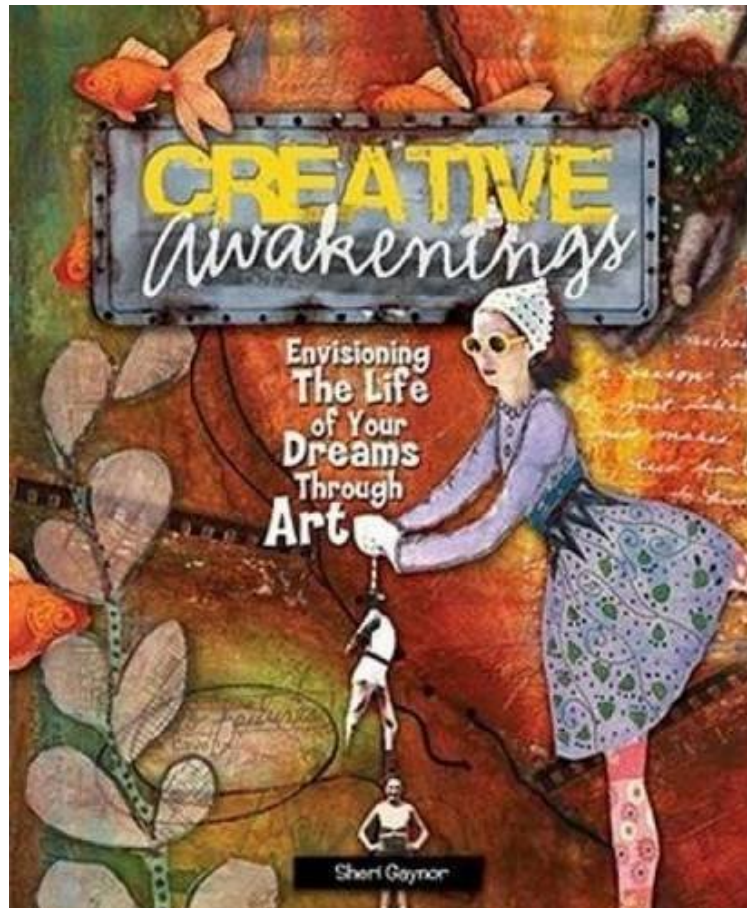


Creative Awakenings: Envisioning the Life of Your Dreams Through Art

Sheri Gaynor

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Sheri Gaynor : Creative Awakenings: Envisioning the Life of Your Dreams Through Art before purchasing it in order to gage whether or not it would be worth my time, and all praised Creative Awakenings: Envisioning the Life of Your Dreams Through Art:

44 of 44 people found the following review helpful. Love it!By CustomerCreative Awakenings: Envisioning the Life of Your Dreams Through ArtI love this book...as I grow older I desire to make the most of my creative abilities, and like many artists, sometimes lack the drive and focus needed or end up either burned out or discouraged...I absolutely love Sheri's approach as she begins with the difference between a goal and an intention, and was totally surprised to discover the book also contained beautiful mixed media projects and art shared by other well-known artists (Susan Tuttle, Claudine Hellmuth, Jane and Thomas Wynn and others!)...worth every penny!!0 of 0 people found the following review helpful. Creative prompts which are applicable for all methods of expressionBy naughtsncrossesI was lucky enough to be introduced to this fabulous book by two inspirational artist friends of mine. I don't paint, I

can't do physical art very well, but I was able to use these prompts to create digital art - each card represents my interpretation of these fabulous prompts, and I have worked through nearly all of them! I was never intimidated into thinking that my method of expression wasn't right or good enough, and I have enjoyed the direction that each card has taken me. Some were tongue in cheek, some were serious, some were playful. I love each of my cards and am grateful to my friends who knew me well enough to share this book with me. I have the kindle version, which is a little different to the print version, and perhaps it's not exactly the same as holding this fabulous book in your hand, but I loved being able to download it at 2am when inspiration set in. ;) Thanks, Sheri, for your fabulous book!! 3 of 3 people found the following review helpful. for the artistic By C. Bott Excellent art project ideas and great stories by the artists to go with them. I somehow had envisioned a different type of book that actually gave a journal prompt to go along with an art technique for an illustrated journal, kind of like the book Moon Journals but for adults. This is not what the book turned out to be at all. I do love the idea of having a theme for each month to center one's artwork and journaling and everyday thinking around. The art ideas are a bit too advanced for me and there aren't any writing ideas, so I passed the book along to an artist friend rather than return it.

Utilize your creativity to manifest your personal intention. Work in the spirit of the laws of attraction to visualize the life of your dreams. Follow the journey of twelve artists, each who will set a personal dream or intention. Witness the process that each artist takes, as they create a mixed-media piece that sows the seeds of their intention. Step-by-step techniques for a variety of mixed-media processes accompany each piece of finished art. Read about how their lives changed as a result and learn how to set intentions of your own using the bonus tear-out "dream-prompt" cards.

About the Author Sheri Gaynor is a licensed clinical social worker, a registered art therapist, professional coach and a mixed-media artist. She offers transformational workshops, retreats and events, combining writing, photography and mixed media.