

crafting calm



Crafting Calm Projects And Practices For Creativity And Contemplation crafting Calm paperback

Sandy Cousens



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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 *Creative Calm* Sandy Cousens,

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