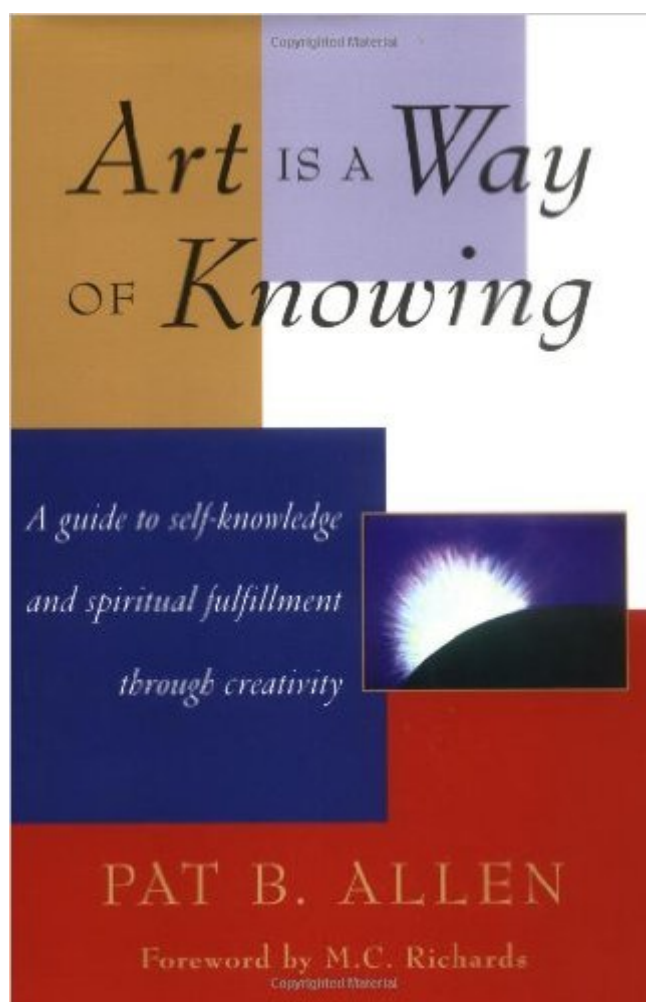


The book was found

# Art Is A Way Of Knowing



## Synopsis

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.

## Book Information

Paperback: 204 pages

Publisher: Shambhala (April 11, 1995)

Language: English

ISBN-10: 1570620784

ISBN-13: 978-1570620782

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #270,999 in Books (See Top 100 in Books) #256 in [Books > Self-Help > Art Therapy & Relaxation](#) #280 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Creativity & Genius](#) #850 in [Books > Self-Help > Creativity](#)

## Customer Reviews

Art Is a Way of Knowing Do we want fine art or fine human beings? Are we brave enough to do our own work with imagery or will we continue to feed off the work of others? I am a working Expressive & Creative Arts therapist, in a prison psychiatric hospital, and I found Pat Allen's book to be a revelation. She traces the thoughts and emotions emanating from our images, dreams and artworks by sharing her realizations as she created paintings, masks and sculptures. It is rare to have any 'professional' take such risks; to reveal their deepest feelings, doubts and struggles with their work and to take on the establishment, in their field. I am grateful for her courage to 'go there' and for the resulting imagery which resonated deeply with me. Her honesty, about her journey, has helped me

understand what is going on in the hearts and minds of my patients, as well as myself. Many issues are just too difficult to articulate, and working with images is crucial for reaching the places within where genuinely positive changes come from. I believed I 'couldn't draw my way out of a paper bag', yet I was astonished to see how many images poured out of me, as I followed our graduate course work using Pat Allen's chapters as our guiding text. Her insights have also shown me how to become a more active participant in my inner life, instead of a passive observer, and this has taken me past some blockages. In the USA today (2010) half the population is on anti-depressants, avoiding the very work this book advocates doing. Dare I say, there are far fewer negative side affects from following the course of 'treatment' in this book.

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