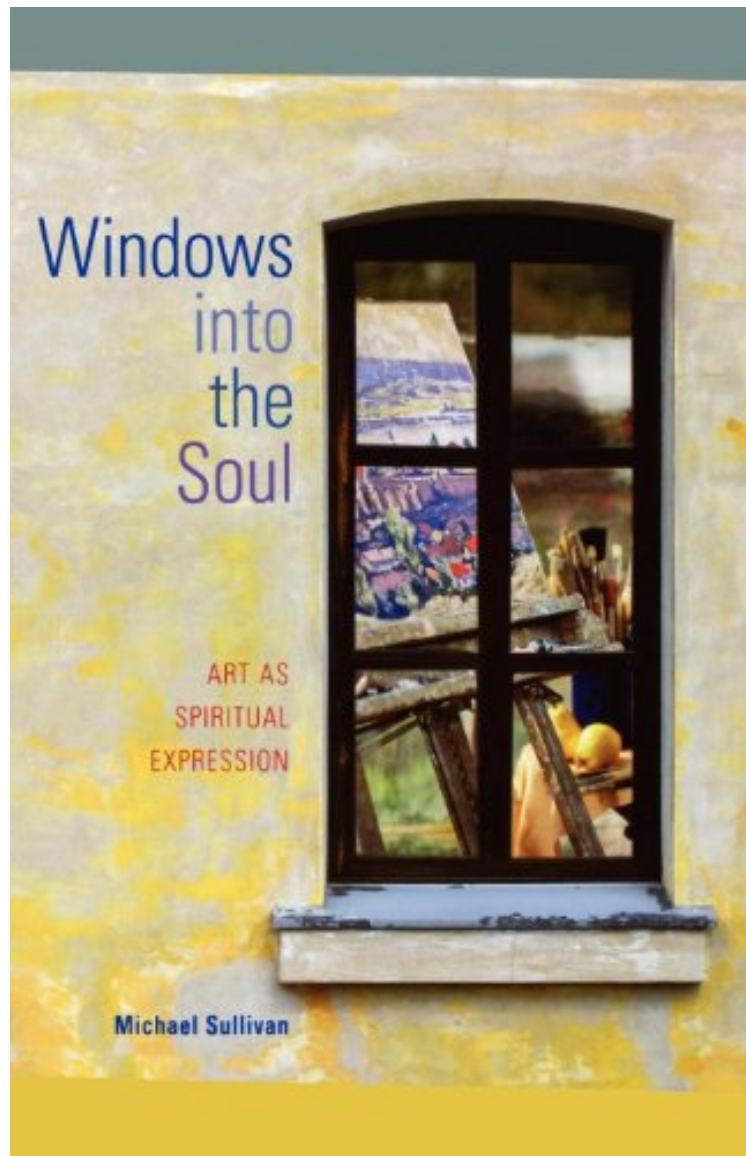


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Windows into the Soul: Art as Spiritual Expression

Michael Sullivan

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Michael Sullivan : Windows into the Soul: Art as Spiritual Expression before purchasing it in order to gage whether or not it would be worth my time, and all praised Windows into the Soul: Art as Spiritual Expression:

19 of 19 people found the following review helpful. A New Way to PrayBy Mary M. WilkinsI was intrigued by the title of this book and when I began reading it was even more interested in the concept. I am an artist and I try to be spiritual and pray on a daily basis, but using the Scriptures and other items in art as a way of praying really piqued my curious side. I haven't finished reading the book, nor have I started the lessons, but seeing that I can use my art as a way to have a contact with God is a new and refreshing idea.For those who are not open to certain ideas about the

Christian lifestyle, don't buy this book. Mr. Sullivan challenges your ideas and tosses them out the window. Being a spiritual seeker, this book is ideal for me in my progress and growth in my faith. 0 of 0 people found the following review helpful. Five Stars By cooper Excellent; I look forward to future transactions together! 20 of 21 people found the following review helpful. Beautifully Written By D. Miller Michael Sullivan has written an engaging book that opened my heart to seeing both art and prayer in new ways. The exercises offered are easy access points for those who don't feel creative and would hesitate to call themselves artists. At the same time, experience artists will be inspired by Sullivan's story. The beautifully written chapters offer a wonderful glimpse into the author's spiritual journey. His authenticity and passion were very inspiring.

Working with clay, paint, crayons, or pencils, artists have long known that the act of creating art can help people explore the deepest recesses of their hearts and bring about real change in their lives. Michael Sullivan discovered the power of art for himself in the midst of grieving the loss of a young parishioner. Ever since, he has been using simple art projects as a form of prayer and a way of helping others explore what God may be saying to them. *Windows into the Soul* is a practical, hands-on resource for those who want to explore this means of prayer and contemplation for themselves, approaching the process not as an artist but as a spiritual seeker. Readers will find projects in various media, including clay, charcoal, and acrylic, including not only technical directions, but a gentle guide to the spiritual gold to be mined from the experience.

About the Author Michael Sullivan, a sculptor and former lawyer, is rector of St. John's Episcopal Church in Lynchburg, Virginia.