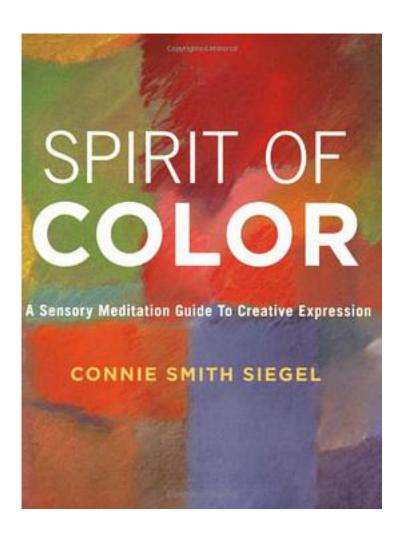
Spirit of Color



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"Spirit of Color" brings exciting new ideas to the creation of art and the use of colourideas that combine meditation, art therapy and hands-on exploration of the creative experience. Sensory awareness, the technique used here and in the companion

volume, "Spirit of Drawing", is similar to Buddhist meditation. Author Connie Smith Siegel takes readers through a series of visual experiments that teach the relationships between touching, seeing and moving. Soon, artists are able to find the movements, shapes and colours that express what they are experiencing in the moment. Exercises build to help artists create more complex colour visuals - visuals that express our lives through colour; explore the elements of air, earth, fire and water; celebrate the expressive freedom of collage; reveal the union of drawing and colour; and, use colour as a healing language. Part art instruction, part art therapy, "Spirit of Color" captures the true spirit of artistic self-expression.

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