



## Art Meditation - Art, Zen and Senses: Have You Art Meditated Before?.Explore Magic and Your Creativity, and Enlighten Yourself. (Paperback)

By Rita M Rivas

Rita Rivas, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Art Meditation is a revolutionary approach to art and to meditation, where Art, Zen, Yoga, Tao, Science, Art Therapy and Art come together to create a unique art and life experience. This book shares with others my own experience in meditating with art, and finding tranquility and eternal instants. As an artist, my Art Mission is to get closer to my human and spiritual existence, to be connected to the infinite, to climb another step toward enlightenment, to find and be myself, and to share with others my experience. I put to work together philosophy, art techniques and proven sources of inspiration used by artists in history, and named it Art Meditation. When applying this technique, I reach a higher level of creativity and mindfulness, and my creations are integrated to my whole existence. Art Meditation is the use of art techniques to reach a state of meditation empowered by philosophy and proven sources of inspiration. Chapter 1 and 2 provide the basic knowledge tools and materials needed for the meditations. Then I expose 14 art meditation sessions from Chapter 3 until...



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