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She is the co-author of Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction and the producer of The Dancing Word DVD series, offering a full repertory of StoryDance meditations on women in scripture.

**Awakening the Creative Spirit: Bringing the Arts to ....**

The new resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction. It is the latest book in the unique SDI series, designed for professional spiritual directors, but also useful for clergy, therapists, and Christian formation specialists.

**ChurchPublishing.org: Awakening the Creative Spirit**

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Awakening the Creative Spirit offers ideas and resources for spiritual directors and retreat leaders to help them integrate various creative forms--art, dance, poetry, storytelling, music and voice into spiritual exercises for Christian growth.

**Awakening the Creative Spirit: Bringing the Arts to ....**

One of our Awakening the Creative Spirit Program participants describes a similar right-brain holistic state of being: During the making of the soul portrait collage, I was instantly taken back to the feelings I had while doing art in high school. And I loved it!

**Awakening the Creative Spirit: Bringing the Arts to ....**

Awakening the Creative Spirit: Experiential Education for Spiritual Directors in the Expressive Arts (Northwest) with Kayce Stevens Hughlett, MA, LMHC and Betsey Beckman, MM October 31-November 5, 2021 (Sunday-Friday) at St. Andrew's Retreat House in Union, MA on the Hood Canal This program is limited to 10 participants | space available

**Awakening the Creative Spirit: Experiential Education for ....**

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**Awakening the Creative Spirit: Bringing the Arts to ....**

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**Awakening the Creative Spirit: Bringing the Arts to ....**

Betsey Beckman is internationally recognized as sacred dancer, choreographer, InterPlay Leader spiritual director, and founder of The Dancing Word. In 2005 she collaborated with Christine Valters Paintner to create a training in the Expressive Arts for spiritual directors, and then to co-author the book Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction (published in the ...

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Awakening the Creative Spirit offers ideas and resources for spiritual directors and retreat leaders to help them integrate various creative forms--art, dance, poetry, storytelling, music and voice into spiritual exercises for Christian growth. Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction - eBook (9780819220936) by Betsey Beckman, Christine Valters Paintner

**Awakening the Creative Spirit: Bringing the Arts to ....**

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Designed to help spiritual directors and others use expressive arts in the context of spiritual direction.

The new resource is designed to help spiritual directors and others use expressive arts in the context of spiritual direction. It is the latest book in the unique SDI series, designed for professional spiritual directors, but also useful for clergy, therapists, and Christian formation specialists.

Deepen your relationship with God as you discover your God-given gift of creativity. Creativity is usually defined narrowly and associated only with artists or children. "Creativity is so much more than art making," writes Kincannon. "It is a tool for navigating through everyday experiences to find the sacred in each God-given moment. Those who believe they lack creativity have relegated it to remote regions of their life, burying it under the need for security, approval, and control. However...creativity does not die; it simply waits to be unearthed and set free." Creativity and Divine Surprise couples insightful meditations with thoughtful exercises that will help you celebrate your divine spark and connect with God. Can't draw a straight line? Color-blind? No worries. If you yearn for God and desire greater awareness of God's presence in your life, you're ready for this book. Through Kincannon's words, you'll see creativity as a source of revelation, joy, healing, and fulfillment, and we all need those things. Ready to dance, draw, paint, take pictures--masterpieces or not? Let the Creator work in you through your creativity, so that you become God's masterpiece.

Every one of us will experience several major life changes over the course of adulthood. Each of these transitions will be marked by external changes, such as change of location, career changes, promotions, or job losses, plus changes in family circumstances, including births, marriage, and death. These transitions may also be marked by inner change, since most of us readily examine our faith life and relationship with God during such periods. This new book helps people examine both the outward and the inward dimensions of major life changes. This blend of interior examination and attention to practical issues is shown in the questions that set the stage for the discernment process: • What theme or themes do you bring to this process of discernment? • What details would be necessary to know in order to discern an outcome? • What are financial implications? • What are the implications for family members or others close to you? • What information do you need to start gathering?

"God is mystery," writes Norvene Vest in the Introduction to Tending the Holy, "and every form of religion is an effort to respond faithfully to the mystery of God by whatever name. The Divine breaks through into human experience in many ways, and humans respond variously to the awesome experience of God." And those various responses are what the contributors to Tending the Holy document. In this provocative and cutting-edge collection readers are given the opportunity to see what spiritual direction looks like--and what questions are asked--through a variety of lenses. From an examination of the spiritual direction relationship in the evangelical Christian tradition, to Buddhism and Hindu ones, to the better-known ones of the Benedictines, Carmelites, and Ignatians, and finally, to the contemporary lenses of feminism, Generation X, the institutional perspective, and even one based on the natural world and the spirituality of St. Francis, this collection explores unexplored territory. Tending the Holy is an important resource for spiritual directors and pastoral counselors. Contributors include: Ven. Tejadharmo Bhikku (Sangha Lodge Buddhist Monastery, Australia); Christopher Key Chapple (Loyola Marymount University); Rabbi Zari Weiss (Seattle, Washington); Sr. Marian Cowan, CSJ (Sisters of St Joseph of Carondelet, St. Louis, Missouri); Lisa Myers (La Canada, California); Dr. Michael Plattig (University of the Capuchins, Germany); Sister Katherine Howard, OSB (St. Benedict's Convent, St. Joseph, Minnesota); John H. Mostyn, CBC (Rome); The Rev. Dr. John Mabry ( San Francisco); Norvene Vest (Altadena, California), and The Rev. Dr. H. Paul Santmire (Watertown, Massachusetts).

We live in a world where there never seems to be enough time for all we want and need to do. In Sacred Time: Embracing an Intentional Way of Life, Christine Valters Paintner guides us as we move beyond our own lives and embrace a world that urges us toward rest, reflection, and growth. In Sacred Time, Paintner, abbess of the online Abbey of the Arts, shows us how by becoming in tune with the rhythms of the natural world, we can live more intentionally and experience a conversion toward a more expansive way of being. Paintner introduces us to the eight cycles of sacred time that exist in our everyday lives. These cycles that can ground us through our busy lives are breath, rhythms of the day, weekly rhythms and Sabbath rest, waxing and waning lunar cycles, seasons of the year, seasons of a lifetime, ancestral time, and cosmic time. Each cycle encourages us to mindfully consider the time that passes as quickly as each breath and as slowly as the passing of generations. Within each cycle, we find wisdom from sacred tradition and the saints, including St. Benedict, St. Ignatius of Loyola, and St. Hildegard of Bingen: room for growth; and the presence of the Divine. Along the way, we are also given scriptural guidance, and we are invited to spiritual practices and creative explorations that will help deepen our understanding of each cycle, allow that understanding to take root in our lives, and expand our lives beyond the pressures of each day.

A seminal exploration of the psychological and spiritual power of our positive emotions. This new companion volume to the Whitehead's influential book on our negative emotions completes a work of scholarship that will nourish individuals and inform those who counsel them.

In this first book to explore photography as a spiritual practice from a Christian perspective, Christine Valters Paintner builds on the process of contemplative creativity she introduced online at Abbey of the Arts and in her book The Artist's Rule. She considers how a camera can help readers open "the eyes of the heart." More than a book on photographic technique, Eyes of the Heart is about cultivating photography as a spiritual practice. Adapting the monastic practice of lectio divina (sacred reading) into a form of visio divina (sacred seeing), spiritual director and Benedictine oblate Christine Valters Paintner invites readers to a new way of viewing the world--through the lens of a camera. Paintner guides readers through six themes connecting the medium of photography with the Christian spiritual life. Each theme provides a photographic journey in which the reader does not simply take images, but receives images and learns to see with "the eyes of the heart" (Eph 1:18). Photos by the author are included.

When the world is burning with anger, divisiveness, and fear, this book of inspiring quotes selected by the editors of Parallax Press is a still, small voice in the storm that will bring peace of mind to the reader. With delicate illustrations by artist Maude White, this book speaks to the vulnerability and courage of holding space for the loving, connected, and more beautiful world our hearts know is possible. This book is gift, solace, and inspiration for idealists, progressives, and anyone fighting the good fight. In the long tradition of spiritual activists from Martin Luther King Jr and Thich Nhat Hanh to new and less known voices, this book of 100 quotes draws from a range of contemplative traditions and offers wisdom and nourishment for anyone engaged in working for a more compassionate world. Quotes include those by Thich Nhat Hanh, Sister Chan Khong, Joanna Macy, Sulak Sivarakaa, and others, on themes of awareness, idealism, self-compassion, truth-telling, transformation, resilience, and love.

In this little dictionary of monastic wisdom, Joan Chittister offers an A-Z of how to 'be in the world, but not of the world.' In her inimitable style, she eschews the quick fix in favor of a solid spiritual direction that has stood the test of time. Each chapter is devoted to a letter that illuminates a spiritual quality to be cultivated, from Awareness to Zeal, Community to Interiority, Enlightenment to Yearning--and many more. Every illumination opens with a story from the desert mystics, then seques into a practical application of that value to our tumultuous times.