



Windows into the Soul: Art as Spiritual Expression

Michael Sullivan

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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.

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