



The Soul's Palette: Drawing on Art's Transformative Powers for Health and Well-Being

Cathy A. Malchiodi

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Making

art, according to Cathy Malchiodi, may be as important to your physical and spiritual health as balanced nutrition, regular exercise, or meditation.

Expressing yourself creatively—through drawing, painting, sculpture, photography—allows you to tap into a source of inner wisdom that provides guidance, soothes emotional pain, and revitalizes your being.

*The
Soul's Palette*

reveals art's transformative powers. Exercises include working with materials for drawing, painting, sculpting, and collage; simple drawing and journal projects; self-guided meditations and affirmations; ideas for cultivating intuition, inspiration, and spontaneity; exploring personal symbols; and making art a spiritual practice.

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