



## **Connection Through Direct Experience**

*Art in all forms is one of the greatest gifts we have for communication and self-expression. It is a portal for other worlds, and offers us new ways of seeing and appreciating our own reality. Through images, colors, shapes, and lines we can tell a story and express a variety of ideas.*

**Art as a Spiritual Connection™** is a new kind of experience that uses the art medium as a ground for a relationship with the Divine. With a variety of art programs for all ages, **Art as a Spiritual Connection™** creates a nurturing environment, and provides tools for art exploration, to foster connections to God, self and others through the creative process. Giving is at the heart of art making, and when we create something with our hands, we integrate our minds to our hearts, making space for our spiritual life to develop and flourish. In art, we can express our true identity – the Soul.

**Art as a Spiritual Connection™** works with four concepts also found in the spiritual journey:

### **Art is universal**

*art is for all*

We are all artists by design, created to respond to Creation. Everyone has a signature, a style, a way of seeing things, a preferred shape and color, and a creative self.

### **Art takes time**

*art is created layer by layer*

Just like life is a journey, art is a process, and it takes time to unfold. To truly express ourselves as creative beings, we need to embrace our gifts and limitations. Imperfections and mistakes are part of our learning process and development. Art happens when we let go of trying to be perfect and simply embrace the creative process.

### **Art requires practice**

*art is a daily practice*

Our emotions need release, and our minds need to be creative, and our bodies need to move every day. We need to give ourselves permission to make things and leave our mark in the world, by making space and time to be creative. When we create from the heart, the place of grounding, the world is a better place.

### **Art builds community**

*share what you know*

In art making we can transcend language, race, gender, age, culture, and faith, connecting our stories in profound ways.

***Art as a Spiritual Connection***<sup>™</sup> fosters love, patience, generosity and wonder.