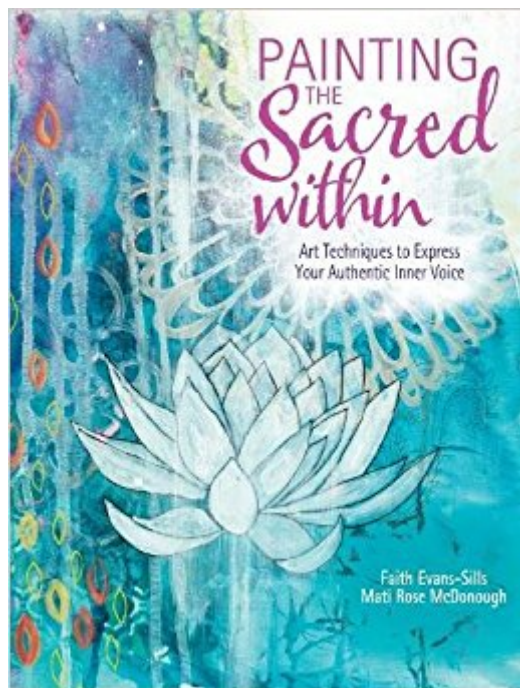




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# Painting The Sacred Within: Art Techniques To Express Your Authentic Inner Voice



## Synopsis

Claim your space. Start painting. Begin now. By *Painting the Sacred Within* you, you'll unlock a new rhythm of working intuitively to allow space for your own transformation. Inside these pages, you'll discover twelve areas of focus as you learn to see your world through paint and to experience deeper self-exploration. You will learn new ways of seeing, how to experiment with abstract techniques, how to work with natural elements, how to meditate with mandalas and much, much more. Experiment with freeing and engaging techniques such as pouring paint, lettering with a brush and painting on unconventional surfaces. Uncover the continuous thread that runs through your work as you develop art-making rituals and learn the importance of investing time in your creative dreams as you develop healthy studio habits. In addition to more than 14 step-by-step demonstrations, you'll discover inspiring works from guest artists, learn helpful tips on self-care and find a plethora ideas for making creativity a part of your lifestyle. Begin a new practice today. Let *Painting the Sacred Within* ignite the creative spark inside you.

## Book Information

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## Customer Reviews

Faith Evans-Sills offers workshops in her Charleston, South Carolina studio and online at [faithevanssills.com](http://faithevanssills.com). While she calls Oakland, California home, Mati Rose McDonough teaches painting internationally and offers much inspiration at [matirose.com](http://matirose.com).

*Painting the Sacred Within* is a jewel of a book that is a complete resource for anyone needing fresh inspiration to complement their creative process. Faith Evans-Sills and Mati McDonough help you

explore the possibilities and provide inspirational approaches to beginning your creative journey. From setting up your painting space, to developing your personal color palette, to establishing a daily practice of seeing and exploring your world, this book covers all of this and more! Each lesson includes a supply list, step by step instructions and gorgeous full color photos of each technique. The exercises are helpful, clear, and concise, and designed to help you create beautiful art in your own unique way through experimenting with abstract techniques. Along with the lessons, they've also included inspirational artist experiences with exercises to help you explore your environment with fresh eyes. Other artists featured will help you create a personal altar and set intentions for yourself. The book also showcases work from the students in Faith and Mati's e-courses to show lovely examples of how these techniques look when interpreted by other artists. Learn how to infuse your painting with both delicate subtlety and dominant elements and colors and how to express your unique feelings onto the canvas. Mati and Faith discuss how to sustain your creative self and awaken your creativity, even when you are feeling stuck from the stress of life. One of my favorite exercises in the book is the "Using Prompts for Abstract Mark Making" section. They've provided a page full of fun prompts that you can copy and cut up and place in a pretty bowl. Then, you can either create an entire canvas using this technique, or you can reach into the bowl and pull out a prompt when you feel like you need to take your art in a fresh direction. My husband, Phil, has never worked on a canvas or creatively painted with acrylic paint in his life but by using the prompts during an afternoon painting session together, he created an original painting. From my hard core, heavy metal loving, drum playing, rocker husband came a painting with thoughtful strokes, beautiful color and unique marks. From watercolor to collage to acrylic paint, this book contains an abundance of techniques and lessons to inspire and encourage any painter to explore new approaches to abstract painting. No matter where you are in your creative journey, this book is perfect for both beginners as well as experienced artists.

I am so excited to start using the techniques in this book with the kids I teach at the after school program I work at! I really appreciate the encouragement and inspirational writing and imagery provided in this book. I highly recommend this book for all artists and inspiring artists to jump start their creativity and open their horizons with fresh new techniques and prompts! Thank you for writing this book Faith and Mati! My dream is to some day go on one of your retreats!

This book is going to be my go to guide for abstract painting, inspiration and reminder to play! Not

only is it beautifully put together but Mati & Faith are truly the most insightful and giving artists. They have put out a piece of their heart and soul by birthing this gorgeous book and if you are lucky enough to receive it, then you will find yourself artfully blessed.

This book is so full of beauty , inspiration and actual step by step instructions . As a student of Mati and Faiths' 'Painting the Sacred Within' year long e-course I was super excited to get this book. It's really awesome to have a physical and tangible reference point to go along with the online Class . I can't believe how much they were able to get on one book.

I was so excited to receive Faith and Mati's book! It is full of inspiration! Color, mark making and technique. Feeling their support to grow as an artist.

I adore this book. It is a rare combination of books -- both a delight for the eye as well as the creative spirit. I love the visual bounty of this book -- just flipping through the pages and taking in Faith and Mati's gorgeous photos, artwork and colors lifts my spirits and makes me feel more connected to the sacred, hopeful parts of myself. The demos and instructions are also beautifully written, practical and fun! I can't wait to dive into abstract painting with abandon and joy with these two teachers as my guides.

I love this book! It is full of beautiful images and helpful step-by-step photos to explain each project, technique or creative process. The projects are fun and great for beginners to advanced artists. I'm inspired by each project and I love that there are also student examples throughout the book as well, showing a variety of interpretations of each project. I've really enjoyed diving into this book and each time I try a new technique, I can feel myself growing creatively! :) Thank you Faith and Mati!

As a student of Faith and Mati's Painting the Sacred Within year long eCourse, I have to say this book does such a great job of capturing so much of what we learned and experienced throughout our year long journey. I literally read the book from cover to cover and loved every part of it!! The photography is gorgeous and the step-by-step tutorials are easy to follow and awesome! If you're looking for an amazing painting book to add to your collection, this is it!! It's so beautiful and so full of inspiration!!

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