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Spirit of Color: A Sensory Meditation Guide to Creative Expression

Connie Smith Siegel

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The first book to integrate meditation, therapy, and color into one meaningful whole. *Spirit of Color* brings exciting new ideas to the creation of art and the use of color—ideas that combine meditation, art therapy, and hands-on exploration of the creative experience. Sensory awareness, the technique used here and in the companion volume, *Spirit of Drawing*, is similar to Buddhist meditation. Author Connie Smith Siegel takes readers through a series of visual experiments that teach the relationships between touching, seeing, and moving. Soon artists are able to find the movements, shapes, and colors that express what they are experiencing in the moment. Exercises build to help artists create more complex color visuals—visuals that express our lives through color; explore the elements of air, earth, fire, and water; celebrate the expressive freedom of collage; reveal the union of drawing and color; and use color as a healing language. Part art instruction, part art therapy, *Spirit of Color* captures the true spirit of artistic self-expression.

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