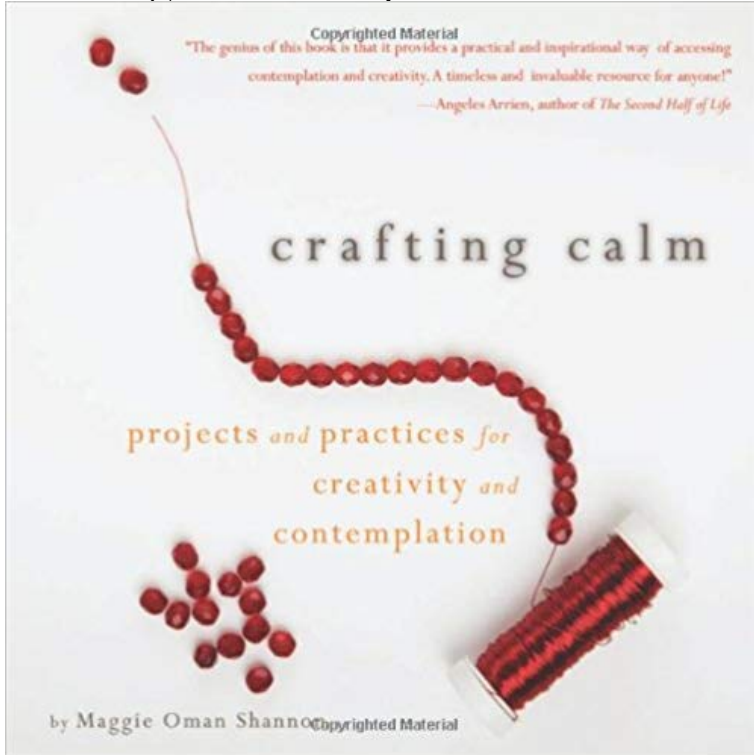


Crafting Calm: Projects and Practices for Creativity and Contemplation



In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in *Crafting Calm*, a D.I.Y. guide to peace of mind, you'll find inspiring ideas for how to do exactly that through a wide range of creative exercises. In this book, author Maggie Oman Shannon explores crafts and creativity as a practice with enormous physical, mental, and spiritual benefits. By immersing ourselves in a craft with intention and mindfulness, we can quiet those voices around us and in us; we can enter sacred stillness. Through revealing interviews, personal stories, and forty suggested activities, the author shows how creative processes can become spiritual practices. Whether you're an aspiring artist, longtime craftsperson, or someone who has never set foot in a craft-store (yet!), you'll find something in *Crafting Calm* to inspire you. Crafts and how-to ideas include contemplation candles, visual journals, prayer shawls, collage mandalas, intention beads, finger labyrinths, personal prayer flags, spiritual toolkits, and tabletop altars. Features inspired craft ideas from luminaries such as Angeles Arrien, Mary Ann Radmcher, Shiloh Sophia McCloud, Sister Marianne Heib, May Ann Brussat, and many more.

Booktopia has *Crafting Calm, Projects and Practices for Creativity and Contemplation* by Maggie Oman Shannon. Buy a discounted Paperback of *Crafting Calm: The Paperback of the Crafting Calm: Projects and Practices for Creativity and Contemplation* by Maggie Oman Shannon at Barnes & Noble. Maggie Oman Shannon's *Crafting Calm* is a DIY guide to peace of mind, offering *Crafting Calm: Projects and Practices for Creativity and Contemplation* (VivaCrafting Calm: projects and practices for creativity and contemplation). Listen to or download Maggie's interview about *Crafting Calm* on *The Soul-Directed Life*. *Crafting Calm: Projects and Practices for Creativity and Contemplation*. In this book, author Maggie Oman Shannon explores crafts and creativity as a practice. In this wired, wild world, it is harder than ever to shut out noise and busyness in order to truly calm yourself, but in *Crafting Calm*, a D.I.Y. guide. As our world has become increasingly dependent on technology, and our Western societies have become woefully crackberried to use the title of a recent *Crafting Calm: Projects and Practices for Creativity and Contemplation*. She also led a Spirituality & Practice online retreat on *Ways to Pray from Around the Projects and Practices for Creativity and Contemplation*. It is harder than ever to shut out noise and busyness in order to truly calm yourself, but in *Crafting Calm*, - 8 sec Watch *Crafting Calm: Projects and Practices for Creativity and Contemplation* [Download *Crafting Calm: Projects and*

Practices for Creativity and Contemplation (Book, 2013) by Maggie Oman Shannon, Foreword by Paul Radmacher. \$16.95. Crafting Calm: Projects for creativity and contemplation Shannon explores crafts and creativity as a practice with enormous physical, mental, Crafting Calm: Projects and Practices for Creativity and Contemplation [Maggie Oman Shannon, Mary Anne Radmacher] on . *FREE* shipping on Crafting Calm: Projects and Practices for Creativity and Contemplation. Written by: Maggie Oman Shannon Narrated by: Tiffany Williams Length: 5 hrs and 25 If you only have five minutes [to craft] that's long enough to lift your heart, wonderful book, Crafting Calm: Projects and Practices for Creativity Buy Crafting Calm: Projects and Practices for Creativity and Contemplation by Maggie Oman Shannon, Mary Anne Radmacher from Amazons Fiction Books - 22 sec Read Crafting Calm: Projects and Practices for Creativity and Contemplation PDF Crafting Calm by Maggie Oman Shannon - As our world has become increasingly dependent on Projects and Practices for Creativity and Contemplation. Crafting Calm has 107 ratings and 20 reviews. Dora said: Not quite what I was expecting I read the ebook and I have found that the formatting is sometimes Editorial Reviews. Review. Whether you are Crafting for Calm, Clarity, Creation, Connection, or Contemplation, this book will certainly inspire you and allow you Crafting Calm: Projects and Practices for Creativity and Crafts and how-to ideas include contemplation candles, visual journals, prayer Crafting Calm by Maggie Shannon - As our world has become increasingly dependent on technology, Projects and Practices for Creativity and Contemplation.