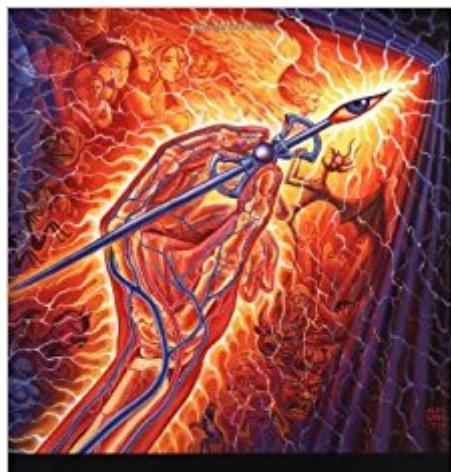


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# The Mission Of Art



*The MISSION of ART*

ALEX GREY

*Foreword by Ken Wilber*

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## Synopsis

This is an inspirational book about art's power to bring about personal catharsis and spiritual awakening. Alex Grey's reflections combine his extensive knowledge of art history and his own first-hand experiences in creating art on the boundaries of consciousness. Included are practical techniques and exercises that can be used to explore the spiritual dimension of art. Challenging and thought-provoking, *The Mission of Art* will be enjoyed by everyone who has ever contemplated the deeper purpose of artistic expression.

## Book Information

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## Customer Reviews

Soul Expression Can Be Visionary ArtistryImagine, for a moment, the Creative Forces. How do you envision the Spirit of Life, as it expresses itself within you? When I suggest this meditation in my classes, people usually enjoy it. When I suggest to pick up a colored crayon or two and help the Creative Spirit express itself on paper, this second instruction creates more anxiety than pleasure. I hear the protest, "But I can't draw what I envisioned!" I might reply, "Just allow yourself to enjoy the process and don't be worrying so much about how you think it should look. Let it be easy, let the vision guide the drawing, let it do what it wants with itself." After we have made our drawings, people share a little of what was experienced during the meditation and we get to see how it came out on paper. The drawings are so different, yet group members usually recognize the mark of the Creative Spirit in them. Their sheets of paper contain precious revelations. People remark favorably, of course, about those that are more "artistic." Some may denigrate their own work when comparing it with those that win the group's "artistic" award. I try to draw their attention elsewhere. It's not about

being "artistic," but about honoring one's experience as best one can. Alex Grey, author of The Mission of Art (Shambhala), writes that the purpose of making art should not be trivialized into a career path toward fame and fortune. The essential purpose of making art, he reminds us, is to honor Spirit, to make it visible, to make it real in this world. If we create also for the purpose that it might further awaken Spirit in others, then making art becomes a spiritual mission as well. If sufficient talent, dedication and hard work are present in the mix, then it can also be a profession.

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