



Painting the Sacred Within: Art Techniques to Express Your Authentic Inner Voice

Faith Evans-Sills, Mati Rose McDonough

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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.

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