



Crafting Calm: Projects and Practices for Creativity and Contemplation

Maggie Oman Shannon

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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.

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