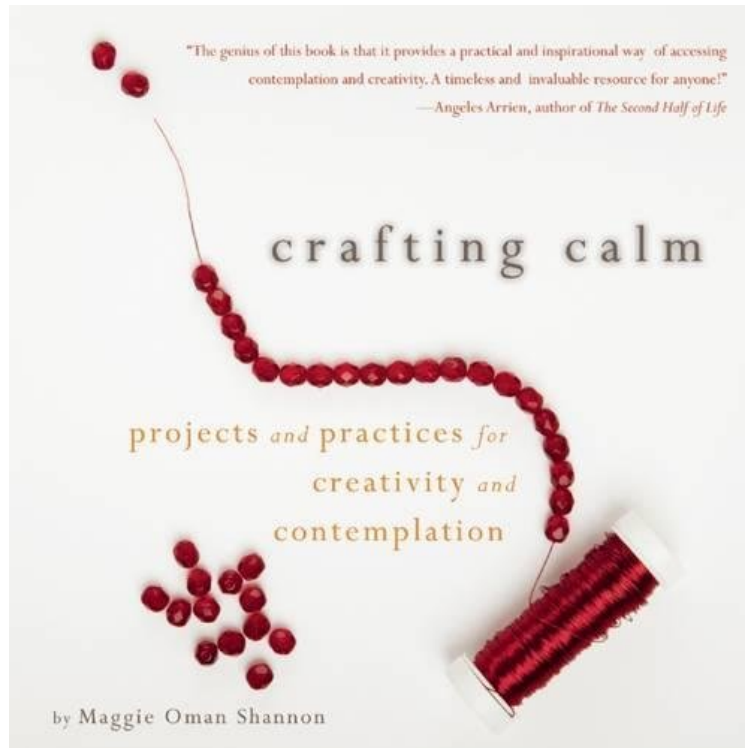


Crafting Calm: Projects and Practices for Creativity and Contemplation

Maggie Oman Shannon

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Maggie Oman Shannon : Crafting Calm: Projects and Practices for Creativity and Contemplation before purchasing it in order to gage whether or not it would be worth my time, and all praised Crafting Calm: Projects and Practices for Creativity and Contemplation:

34 of 34 people found the following review helpful. Great content but no pictures!By Stephanie CakeI really wanted to like Crafting Calm. Maggie Oman Shannon is a wonderful writer and there is great content in the book but it seriously suffers from lack of visuals. I purchased the Kindle version thinking I might find some ideas for adding my crafting passion to my spiritual journey. I understand that the author perhaps intended the crafting ideas to be more theoretical than actual step-by-step projects but the few pictures were just small line drawings.I am fairly proficient on the crafting front so I didn't really need in-depth explanations of how to make any of the projects but some photos, or at least more illustrations, would have been helpful for inspiration. For a reader who has little experience with craft projects, I think the book would be disappointing. Unfortunately, there was also inconsistency within the chapters. Some projects came with general step-by-step instructions, whereas others got only a cursory description.In the world of "making" - whether it's small, personal handicrafts or large, public works of art - visuals are pretty important. It's difficult to inspire when you are only describing something with words. Crafting Calm felt more like a thesis paper than a guide for adding handmade to a spiritual practice.2 of 2 people found the following review helpful. Not quite

what I was expecting
By Dora L. Davison
I read the ebook and I have found that the formatting is sometimes lost in the ebook format for whatever reason. I am not certain if this is what detracted from my enjoyment of the book or if I simply read this book at the wrong time. When I first read about the book, I could scarcely wait to read it. Glancing at the table of contents, I saw many topics that piqued my interest. As I read the book though, I became more and more anxious. I would be reading along the text and then realize that somehow I was in the middle of a quotation. I do think that the book would have been better with photographs of the projects as well as more instructions. I did like the sources section. I'm not sure how eager I would be to recommend this book.
3 of 3 people found the following review helpful.
Wish it had photos
By J. Cochran
This is a lovely book, and I'm glad I bought it. As another reviewer said, it's sadly missing pictures, which would have been a wonderful accompaniment for inspiration. I thought it would have at least one photo of each project that's as nice as the one on the cover. I tried searching for a hashtag on Instagram hoping that I'd find reader's photos, but there are very few. The book could have created a call to action for a whole online community. Maybe there is one, but I haven't found it. Regardless, I love the craft ideas, and will try to google images for inspiration.

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.

"Whether you are Crafting for Calm, Clarity, Creation, Connection, or Contemplation, this book will certainly inspire you and allow you to truly relax. *Crafting Calm* is truly a DIY guide to peace of mind."
"A Beautiful Little Life"
No matter what kind of crafter you are, whatever your raw materials, the projects, quotes, and commentary in this book will inspire you. I found myself with a new and deeper appreciation not only for my crafts, but also for all crafts. It is indeed through this use of our creative energy to transform something common into something special, that we touch the universal creative spirit, that our craft becomes a divinely inspired spiritual practice."
"About.com"
The book is divided into 8 crafting sections to serve different intentions; calm, clarity, comfort, contemplation, creation, community, connection with others and connection with spirit. Author Reverend Maggie Oman Shannon's message is that we are inherently creative, and the book is permission to explore, play and discover your own creativity."
"Examiner.com"
If you are spiritual, seeking calm and looking for avenues to express your creativity, you should get *Crafting Calm*.
"The Baby Spot"
I firmly believe that crafting can be a great way to reduce stress, which is why I was immediately attracted to the idea of *Crafting Calm*. Written by Maggie Oman Shannon, this DIY guide showcases projects designed to help you achieve serenity and satisfaction."
"Smart Mom Picks"
An essential tool for mindfulness."
"La Splash"
Definitely a book that should be added to the library of any faith geek who loves to craft."
"Faith Geeks"
By immersing ourselves in a craft with intention and mindfulness, we can quiet those voices around us and in us."
"Eco Child's Play"
Maggie Oman Shannon will show you how to put down the prozac and pick up the prayer beads! Shannons book, *Crafting Calm*, informs the reader of spiritual practices gathered from crafts communities around the world."
"Life Mastery Radio"
Maggie Oman Shannon offers numerous creative exercises to ignite your spirituality and your craft."
"Science of Mind"
Important on that journey to truly live our purpose."
"On Purpose Radio"
Within these pages, countless crafts and projects from anointing oils and collage treasure maps to inner wisdom dolls and prayer pots jump off the page, just waiting to be brought into existence [...] Pick it up and get ready to refresh your soul."
"Somerset Studio"
Each of the eight chapters in this delightful book suggests five simple practices for calm, clarity, comfort, contemplation, creation, community, connection with others, and connection with spirit, including a tabletop meditation fountain, personal prayer flags, mandalas, and more."
"Spirituality Health"
Crafts are more than just artistic creations ... Prayer beads, prayer journals, pastel mandalas and tiny tin shrines are just some of the soul-connecting projects Oman Shannon has guided in crafting workshops through the years."
"Unity Magazine"
This book walks you through ways to quiet your mind, and find a bit of peace through crafting. It was certainly an inspiration to turn off the TV, or the laptop, or cell phone, and do some crafting."
"Emily s"
I found all sorts of peaceful ideas to make my world a better place to be."
"My Journey with Candida"
Crafting Calm is more powerful than a craft book. It's a spiritual guide, it's peace of mind, it's calming and exploring your creativity. Maggie gives idea's, history and quotes throughout the book. *Crafting Calm* brings together creativity, spiritual practice mixed together with the love of arts and crafts to bring calm into your life."
"Peanut Butter and Whine"
Creative projects that

can bring peace and insight to busy lives."American Craft Council"Oman Shannon (Prayers for Healing), a San Franciscobased interfaith minister, finds spiritual calm through creating, and this collection of stories, journal prompts, inspirational quotes, and craft projects is designed to help others find their own inner peace. The authors focus is on the Christian faith, but she includes anecdotes from crafters from other faith traditions, including Judaism and paganism. The projects are fairly simple, and all focus on bringing spirituality, prayer, or meditation into the mix. The intersection of crafts and spirituality is a popular topic, and Oman Shannons exploration will inspire crafters of a variety of faiths."Library Journal"With her latest book, Oman Shannon offers readers guidance for creating their own collage treasure map, along with more than three dozen other projects meant to provide serenity and satisfaction."San Francisco Chronicle"This thoughtful book would interest anyone who enjoys working with their hands and is interested in mindfulness."San Francisco Book "This is how good Crafting Calm by Maggie Oman Shannon is; I couldnt help but dive right in and create something after reading it! I hope to try more soon!"The Magical Buffet"I strongly recommend this book, it would make an amazing addition to anyone's craft room."Tanya Rudd"Crafts aren't a competition to get the most repins on Pinterest ;) but rather a way for us to find ourselves, achieve serenity, and relax. Use [Crafting Calm] as your inspiration to jump off to a whole new creative world."Confessions of a Psychotic Housewife"Never again will you have to run to the store to buy a quick gift because youll have so much fun making these items that all your gifts will be special one-of-a-kind homemade ones. The author shows how to craft with intentions such as: calm, clarity, comfort, contemplation, connection with others, and connection with spirit. Use crafting as prayer and commune with the divine while making meaningful art. This is a terrific book you will use many times over."New Spirit Journal"In Crafting Calm, find inspirational crafts and activities that promote a sacred stillness in a world filled with busyness and noise."Mother Earth Living"In Crafting Calm, Oman Shannon shares a variety of creative activities, stories and resources that help readers relax, comfort ourselves, get clarity and connect with others. Ultimately, connecting to our creativity can help us connect to our spirituality. In other words, crafting can become a spiritual practice." Psych Central"Maggie Oman Shannon is an enthusiastic guide through all these project possibilities. She often shares about her personal attempts with different crafts, openly admitting that some things are just not for her. We were relieved by this . . . and encouraged to try some new things anyway! Crafting Calm is a practical resource we're sure you will enjoy dipping into when you feel inspired or are looking for inspiration."Spirituality Practice"Crafting Calm is an inspirational book that will help get your ideas and feelings in order. It includes places to look for crafting inspiration and idea that will bring a smile to your face."Networking Witches"Anyone who has crafted, has probably experienced good things as a result of their creative labor. The author takes it a step further which can really help you get the most from this beneficial and practical hobby."Valerie Mitchell"Crafting Calm was a revelation to me! Over the years I have enjoyed many of the crafting activities highlighted in Maggie Oman Shannons wonderful book. However, it was only after reading Crafting Calm that I understood the connection between creativity and the divine. Oman Shannons book helped me see that what I previously viewed as fun and satisfying, actually provides spiritual nourishment for my soul." June Cotner, author of the bestselling Graces"The genius of this book is that it provides a practical and inspirational way of accessing two universal essential forces that sustain the human spirit: contemplation and creativity. A timeless and invaluable resource for anyone!" Angeles Arrien, author of The Second Half of Life: Opening the Eight Gates to WisdomAwaken and illuminate your creative and spiritual connections with Crafting Calm: Projects and Practices for Creativity and Contemplation. Nourish yourself and others with this practical, elegant, deeply inspiring book. The title alone will uplift your spirits!SARK, author, artist, Succulent Wild Woman PlanetSARK.com"One of the central challenges of any spiritual path is the need to weave the moments of insightthat come from inner practice into the fabric of everyday life. Maggie Oman Shannon's new bookCrafting Calm draws on time-honored handicraft traditions to do exactly this, providing a rich toolkit of approaches for the modern spiritual seeker."-- John Michael Greer, Grand Archdruid of the Ancient Order of Druids in America and author ofApocalypse Not: Everything You Know About 2012, Nostradamus, and the Rapture is WrongAs a lifelong artist, I am intimately familiar with the profound connections to spirit that are available to us when we engage in creative acts. Despite already knowing this deep in my heart, mind and body, I relish the opportunity to learn the way my artistic tools, techniques and mediums can open up specific spiritual channels and encourage an array of mindful, prayerful practices. I look forward to adding Crafting Calm to my bookshelf and sharing it with my artistic and spiritual sisters. Christine Mason Miller, Artist and Author of Ordinary Sparkling Moments: Reflections on Success and Contentment"In Crafting Calm, Rev. Maggie Oman Shannon gently reminds that we are by our very nature, both spiritual and creative beings. She inspires us to create as a way of self-exploration and spiritual growth and guides us through fun and illuminating projects. From anointing oils to visual journals and prayer paintings to messages in bottles Oman Shannon shows us how crafting can be part of our spiritual journey and a powerful way to connect to our very essence -- the creative spirit within all of us. This book will inspire, uplift and illuminate your spiritual path in a unique and important way and youll also discover how much fun you can have when creating from spirit."Polly Campbell, Author of Imperfect Spirituality: Extraordinary Enlightenment for Ordinary People"During these tumultuous times it is more important than ever to cultivate our calm. Maggie Oman's Crafting Calm is a balm of a book that teaches us this subtlest of lessons." Phil Cousineau, author of Wordcatcher and

The Painted Word "Crafting Calm is the perfect gift for anyone who has ever had the urge to create. Maggie Oman Shannons writing is engaging and accessible, making her the ideal guide for those interested in embracing calm, deepening self-awareness, and renewing faith in the power of creativity."-Kate Hopper, author of Use Your Words: A Writing Guide for Mothers and Ready for Air: A Journey Through Premature Motherhood "I still have pictures in my head of my Mom sitting and knitting in the pre-television days of my youth. It was a peacefulness scene seeing her take a meditative moment out of her household responsibilities. Today, in our non-stop world of ever-present text messages and emails, it is nice to have a book like this to help us both quiet our mind and enrich our life, as the simple art of knitting did for my Mom. So, put down your cell phone, pick up this wonderful book, and begin creating your own comforting handiwork from Crafting Calm."-Allen Klein, author of The Art of Living Joyfully and Words of Love