



## The Artists Rule: Nurturing Your Creative Soul with Monastic Wisdom

By Christine Valters Paintner

Sorin Books. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 8.9in. x 5.9in. x 0.5in. Christine Valters Paintner, author of *Water, Wind, Earth, and Fire*, invites readers to discover and develop their creative gifts in a spirit of prayer and reflection. This twelve-week course draws on the insights and practices of Benedictine spirituality to explore the interplay between contemplation and creativity. Summarized in the phrase pray and work, *The Rule of St. Benedict* provides the inspiration for Christine Valters Paintner's newest exploration of the mutually nourishing relationship between contemplative practices and creative expression. Artists of all stripes and stations in life--poets or painters, potters or photographers--will discover how traditions of Benedictine, Celtic, and desert spirituality can offer new sources of inspiration for their work. Through this twelve-week course, themes like Sacred Tools and Sacred Space, Creative Solitude and Community, and Nature as a Source of Revelation and Inspiration are enriched by Paintner's perceptive discussion and enhanced by insightful quotations from well-known artists and writers. Each week offers suggestions for grounding both the creative and the spiritual life through three basic practices: walking, lectio divina, and journaling. In sync with Paintner's vibrant Internet presence, *The Artists Rule* is supplemented with online resources,...

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