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Art Meditation - Art, Zen and Senses: Have you art meditated before?...Explore magic and your creativity, and enlighten yourself. (Volume 1)

Rita M. Rivas

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Art Meditation is a revolutionary approach to art and to meditation, where Art, Zen, Yoga, Tao, Science, Art Therapy and Art come together to create a unique art and life experience. This book shares with others my own experience in meditating with art, and finding tranquility and eternal instants. As an artist, my Art Mission is to get closer to my human and spiritual existence, to be connected to the “infinite”, to climb another step toward enlightenment, to find and be myself, and to share with others my experience. I put to work together philosophy, art techniques and proven sources of inspiration used by artists in history, and named it “Art Meditation”. When applying this technique, I reach a higher level of creativity and mindfulness, and my creations are integrated to my whole existence. “Art Meditation” is the use of art techniques to reach a state of meditation empowered by philosophy and proven sources of inspiration. Chapter 1 and 2 provide the basic knowledge tools and materials needed for the meditations. Then I expose 14 art meditation sessions from Chapter 3 until Chapter 16. In each chapter I follow the creative cycle: “Meditate to make art and make art to meditate” “Art Meditation” contributes to Art Making and to Art Therapy. In “Art Meditation” the objective is to find a state of meditation using philosophy, art techniques and proven sources of inspiration. The process brings creativity and mindfulness, and enlighten the person to a higher level. In Art Making the objective is to communicate, make a point, or follow the artist’s mission. Art Meditation helps the artist find a mission and a creativity flow. In Art Therapy, the objective is self knowledge, conflict solving and life stage understanding. Art Meditation provides art techniques and processes that facilitate a therapy session. Art Meditation contributes to anyone looking for a meaning in life, a fresh view, a new start, and a reinvention of life or business. Art Meditation is for anyone.

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