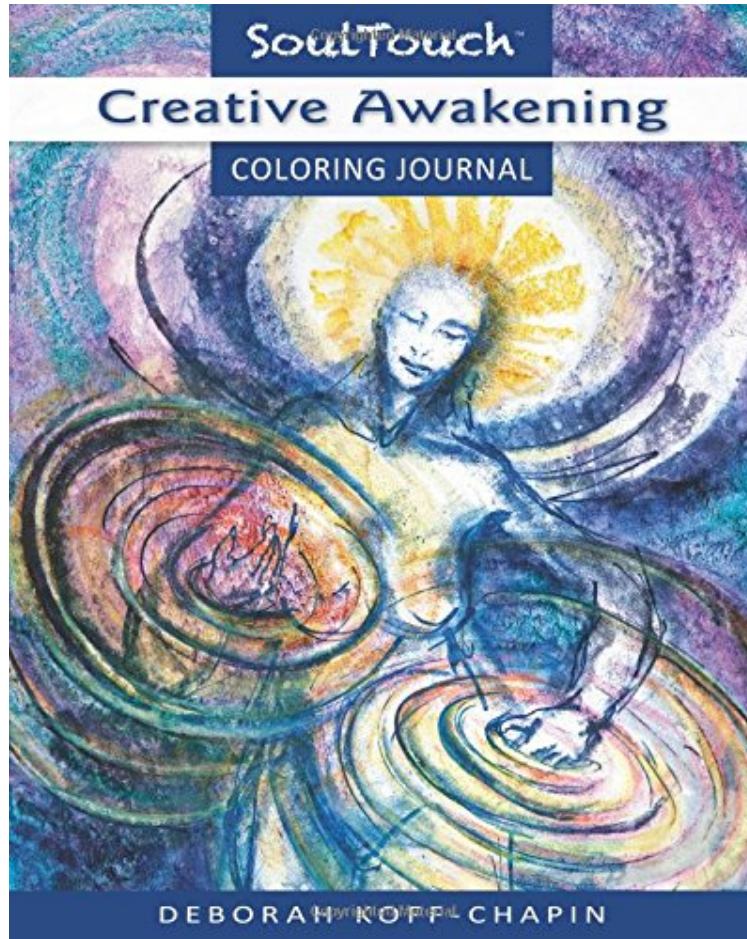


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## CREATIVE AWAKENING: Soul Touch Coloring Journal

*Deborah Koff-Chapin*

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**Deborah Koff-Chapin : CREATIVE AWAKENING: Soul Touch Coloring Journal** before purchasing it in order to gage whether or not it would be worth my time, and all praised CREATIVE AWAKENING: Soul Touch Coloring Journal:

2 of 2 people found the following review helpful. MesmerizingBy DianaThis is a coloring book that invites to be picked up, thumbed through, purchased, and loved because it evokes such curiosity--People will not even realized what it is at first that grabs them except that they like what they feel and will want to know more. What a treasure for people in their personal growth at their own pace one image at a time.These coloring books are not just for passing time they invite you to another dimension of coloring you might not have thought possible. Each person experiences these images differently as an energetic shift, a connection to a part of themselves, the kind that takes your breathe away and fills up your heart. Coloring the image, seeing it transform, rotating the paper to see it from many different angles evokes something beyond the ordinary experience of coloring. It is as if I have just experienced timelessness with an element of my own soul as I color. I cannot recall having ever had an experience of this kind from a coloring

book. I actually made two of the images my iPhones lock screen and background wallpaper. Every time I pick up my phone, the eyes are staring back at me. For a split second I experience a knowing with the image, even in the midst of scheduling my work. This series of books is a must have and will give you joy exponentially. 2 of 2 people found the following review helpful. Another lovely book by Deborah, with a place to ...By DenitaAnother lovely book by Deborah, with a place to journal one's thoughts. was right on time with delivery, too! 0 of 0 people found the following review helpful. Love her work!By ShambhaviGI gave several of Koff-Chapin's Coloring Journals to family and friends for Christmas. This is one I got for myself. i love it!

Creative Awakening: SoulTouch Coloring Journal is one in a series of uniquely soulful adult coloring books by Deborah Koff-Chapin, creator of the best selling SoulCards decks. Deborah has selected this collection of 38 images from thousands of inspirational Touch Drawings that she created in a range of meaningful settings. Creative Awakening focuses on active images that convey inspiration, expression, affirmation, vision, innovation, emergence, creative process, and renewal. The other SoulTouch coloring books evoke different positive, universal human attributes such as love, contemplative inwardness, appreciation of nature, and the gifts of the feminine. Together the series evokes a sense of balance and wholeness. These coloring books engage you in an active, co-creative relationship with inspiring images through free-form coloring and journal writing. The text suggests ways to play with color, words and even collage. It provides prompts for writing on the lined-journal side of each page. It also includes suggestions to create an atmosphere for renewal and inspiration as you work with the coloring journal, alone or in a coloring and writing group. Printed on very high quality, heavy weight paper, you have the choice to take the perforated pages out of the book to share the coloring experience with friends or frame your colored art for long term appreciation and for use as gifts. Soul Touch Coloring Journals ride the current wave of interest in coloring books for art therapy and stress relief; and take them to a new level of depth and creativity!

From the Inside FlapCreative Awakening The drawings selected for this coloring journal express many facets of the creative process. Bring these images to life on the page and within yourself through free-form coloring and reflective writing. May your time with these images help you develop greater trust in the deep wisdom of creativity in all of its phases. Blessings, Deborah Koff-Chapin About the Author Deborah Koff-Chapin, BFA Cooper Union, is an artist, vocalist, author, and teacher. She has been developing the process of Touch Drawing since she discovered it in revelatory play in 1974. Deborah is creator of the best selling decks, SoulCards 12 and author of Drawing Out Your Soul and The Touch Drawing Facilitator Workbook. She has produced a DVD, audio CD, slide shows, e-newsletters and online community to support the dissemination of Touch Drawing worldwide. Deborah is on the faculty of California Institute of Integral Studies, She has presented at many programs and conferences including Esalen, Naropa Institute, Omega Institute, JFK School of Arts and Consciousness, School of Visual Arts, The American Art Therapy Association, and The Association for Humanistic Psychology. She has served on the board of directors of The International Expressive Arts Therapy Association. Deborah's workshops and Interpretive Touch Drawing have been integrated into executive and management retreats for hospitals and health systems. She has been Interpretive Artist at numerous conferences including The Parliament of World Religions, The New Story Summit, Engaging the Other, Sacred Activism, and Seeds of Compassion with the Dalai Lama and Archbishop Desmond Tutu. Deborah's artwork and essays have been published in numerous magazines, journals and books. Deborah is founding director of The Center for Touch Drawing. She has convened the Annual Touch Drawing Gathering since 1997. "Deborah Koff-Chapin is one of the world's leaders in Transformative Arts." Michael Grady Dean, Graduate School Arts and Consciousness John F Kennedy University "The drawings have captured a deep and mysterious element of both pain and uplift..." Jon Kabat-Zinn Author, Wherever You Go, There You Are "Deborah Koff-Chapin's artwork is extraordinary, unique, and a particularly special manifestation of that deep pool of talent that dwells within each of us." Tony Buzan Author, Use Both Sides of Your Brain