

# Express the art within you

There are clues all around you—sounds, textures, memories, passions—just waiting for you to shine a light on them, and unearth the most intimate form of expression—the self-portrait. Inside *Inner Excavation*, author Liz Lamoreux will be your guide, along with eleven inspiring artists, as you discover more about who you are, how you got here and where you wish to go. Prompts and exercises will show you how to express who you are through the photos you take, the words you write and the art you create.

## Find encouragement and fresh ideas in these pages as you:

- Uncover prompts to use your senses for exploring and capturing where you are in any particular moment.
- Tap into the poet's voice that's whispering inside of you, even if you've never written poetry before.
- Be given permission to spend time "Delving into the Quiet," being still and listening to the mindful voice inside of you through meditation to create a balance in your daily moments.
- Bring words and art together in self-portrait expression that is as layered as you are.

Take a fresh look inside today; become inspired, through *Inner Excavation*, to see more than the smiling reflection in the mirror.



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# Inner Excavation Liz Lamoreux

**Jessica J Manson**



### **Inner Excavation Liz Lamoreux:**

*Inner Excavation* Liz Lamoreux, 2010-10-06 Express the art within you There are clues all around you sounds textures memories passions just waiting for you to shine a light on them and unearth the most intimate form of expression the self portrait Inside *Inner Excavation* author Liz Lamoreux will be your guide along with eleven inspiring artists as you discover more about who you are how you got here and where you wish to go Prompts and exercises will show you how to express who you are through the photos you take the words you write and the art you create Find encouragement and fresh ideas in these pages as you Uncover prompts to use your senses for exploring and capturing where you are in any particular moment Tap into the poet's voice that's whispering inside of you even if you've never written poetry before Be given permission to spend time Delving into the Quiet being still and listening to the mindful voice inside of you through meditation to create a balance in your daily moments Bring words and art together in self portrait expression that is as layered as you are Take a fresh look inside today become inspired through *Inner Excavation* to see more than the smiling reflection in the mirror

**The Artist Unique** Carmen Torbus, 2011-04-27 Make your mark your way Every artist seeks to stand apart from the crowd But how Let author Carmen Torbus inspire you to new creative highs in this collection of hands on techniques and heartfelt stories from 16 artists who have worked through their own artistic struggles and stalls to emerge triumphant with looks uniquely their own Whether art is new to you or you have been at it awhile and are having trouble discovering your own style this encouraging book will guide you to experiment with different mediums techniques and possibilities to make a mark that is exclusively yours Inside you'll find 17 of the artists favorite mixed media techniques shown step by step with suggestions for how to make them your own Beautiful finished art illustrating how individual artists use and combine these techniques in their own work Easy worksheets to help reveal your artistic skills strengths and preferences A quick start guide to various mediums mark makers and creative paraphernalia Lots of tips and advice for putting yourself into your art Embrace who you are and find out what defines you as an artist Make your art far from ordinary become the artist UNIQUE

**Art Saves** Jenny Doh, 2011-06-08 Discover it for yourself Inside *Art Saves* experience the stories of 20 artists who found that artistic expression and the artistic process is worth living for Whether you are a calligraphy graffiti artist like Lisa Engelbrecht a metal artist like Michael DeMeng or digital collage artist like Susan Tuttle art has a way of giving you beauty meaning spiritual richness community even salvation The stories in this book come from every medium because the power of the creative process can be found everywhere Hear from Drew Emborsky a crochet artist provides comfort through his creations by donating his work to hospitals and shelters Rebecca Sower puts craft materials and hope into the hands of Haitian women through Haiti By Hand Marie French who through art creates personal miracles of healing Suzi Blu who discovered the real therapeutic effect of art making shows you many simple effective ways you can give back **INSIDE ART SAVES YOU LL ALSO FIND** Mixed media techniques and projects Throughout the book you'll find practical ideas to put you

on the art making path Karen Michel shares instructions on creating prayer flags Lynn Whipple shows you how to construct a permission plaque Susannah Conway gives advice on revealing the soul of a place through inspired photography Inspired Lessons Each artist lists the lessons they have learned about living life artfully When the Going Gets Tough Sidebars suggest ways you can remain strong even when things get challenging Hear how different artists deal with difficulty head on In the artist's own words Advice and wisdom shared directly from each artist to you The act of art making is an act of life So thread a needle lift a paintbrush put pencil to paper focus the camera find salvation

**Adventures in Mixed Media Art** Amy Jones, 2014-07-16 Are you inspired by mixed media art but don't know where to start Adventures in Mixed Media Art is the ultimate guidebook for embarking on your own creative adventure Featuring 20 favorite mixed media projects from the bestselling North Light backlist this best of the best collection will motivate any would-be artist to start creating Beginning with motivational readings you will discover and learn to refine your creative energy by discovering what inspires you Then you are ready to create your very own art journal using guided mixed media techniques including hand lettering and basic painting and collage techniques When you're ready to create and refine your signature style you'll start creating canvas paintings collages and assemblage pieces based on projects from popular mixed media artists like Dina Wakley Mary Beth Shaw and more Even if your project doesn't turn out as planned the book includes helpful tips and techniques for repurposing those pieces into a new work of art you can proudly display The book also includes collaborative projects so you can encourage others to start their own Adventures in Mixed Media

**She** Mary Anne Radmacher, 2014-01-07 She is a book of qualities illustrating the greatness of women From everywoman to exemplars such as Madame Secretaries Hillary Clinton and Madeline Albright to visionary artist Shiloh McCloud and poet Maya Stein these many women represent the very best in the human spirit Author artists Mary Anne Radmacher and Liz Kalloch have gathered these fierce and feisty females along with their best advice for our life's journey on the topics of leadership friendship purpose adventurousness cooperation collaboration risk taking resourcefulness happiness compassion and much more including what it is to inspire Each page spread features a collection of vintage art and ephemera elegantly designed by Liz Kalloch paired with a love letter by Mary Anne Radmacher to each quality along with a tribute to women's strength character and the extraordinary capabilities within each and every woman She gathers the wisdom of many wise women including Madeleine L Engle Laura Schlessinger Erica Jong Rachel Carson Oprah Winfrey Harper Lee Lucille Ball Mother Teresa Pearl Buck Cheri Huber Julia Child Drew Barrymore and many more

Mixed-Media Paint Box Editors of North Light Books, 2010-11-18 Play With Paint All Year Long Incorporating paint into your mixed media art has never been easier or more fun Open up your paint box and delve into a year of creative ideas from 45 of your favorite artists Whether you've used paint for years or have been anxious to try a new medium you'll find great advice and ideas inside Mixed Media Paint Box Each week you'll be guided with step by step instructions through a different project or technique that will add instant depth and drama to your art Inside you'll find 52

projects and techniques one for every week of the year to inspire a weekly dose of creativity Tips hints and suggestions from some of your favorite authors including Ruth Rae Claudine Hellmuth Chrissie Grace Bernie Berlin and Margot Potter Step by step instructions for jewelry making assemblage journaling collage and a variety of painting techniques to incorporate into your own art Discover inspiration and new ways to express yourself every week inside Mixed Media Paint Box Photo Craft Susan Tuttle,Christy Hydeck,2012-10-19 Digital Photography and Mixed Media a creative match made in heaven Love photography Want to make yours better Want to use your photography as a springboard for fabulous and diverse mixed media and digital projects Photo Craft will help you elevate the average into the extraordinary Using Adobe s Photoshop Elements and following thorough easy to follow step by step instructions you ll learn to make basic adjustments to your photographs that will yield stunning and artistic results You ll also learn to use those photographs along with some everyday mixed media supplies to create unique and personal art Inside You ll Find 13 stepped out mixed media techniques and projects 16 stepped out digital techniques 9 stellar techniques and projects from contributing artists including Michele Beschen and Claudine Hellmuth Dozens of great examples of and tips for iPhoneography Countless inspirational suggestions for photo field trips and photo shoots An author curated list of recommended apps to take your photos to the next level Access to exclusive online materials including new techniques and projects and downloadable materials for your personal use So get to it Take new pictures today any every day look through those boxes of old and long forgotten photos and free those lonely images from your hard drive Make them better make them new and make them art Soon you ll be seeing things in a whole new way **Spark and Inspire: 30 Days of Meaningful Insight to Spark Your Business and Inspire Your Soul** Robin Norgren,2012-10-03 Within these pages you will find the voices of over 40 creative entrepreneurs who run their businesses both online and in brick and mortar stores who run workshops and sell in shows who have a range of experiences and have been in business from 1 year to more than 25 years and who offer you no nonsense information on their processes and how they have been able to keep moving in tough economic times and how they have found a way to let good ideas go when the money was not in line with the dream We are talking on a range of topics from collaborations to big leaps that did and did not come together as planned We are talking about how to get at the soul of your business and how to stay excited about the work you offer the world 30 days worth of questions that you can take and use as a 30 day diagnostic for your idea vision or business *One Day In My Life A Photographic Soliloquy* Tabitha Beck,2014-06-28 Based upon a prompt from the book Inner Excavation by Liz Lamoreux I have put together some thirty photographs taken one day in June 2013 There is very little text There are no captions I allow the photos to speak for themselves **Mixed Media Storytelling Workbook** Kristy Conlin,2013-06-14 So What s Your Story You know you ve got one And Mixed Media Storytelling Workbook Art Journaling Inspiration Words and Prompts is here to help you tell it and turn it into a personal and meaningful work of art No matter where you are in your journey this art journaling workbook is the perfect companion With twenty techniques projects

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