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## Areas of Expertise

- Shambhala Art
- Buddhism
- Contemplative Art
- Meditative Practices
- Mindfulness
- Contemplative Practices
- Dharma Art

# Be, Awake, Create

*Mindful Practices to Spark Creativity*

REBEKAH YOUNGER, MFA

*"The Artist's Way for the twenty-first century."*

—Nancy Coleman, PhD, clinical psychologist, writer, facilitator, and teacher

Settle your mind, connect with the moment, and unleash your creativity with this unique and mindful art journal.

In our demanding, fast-paced culture, it's increasingly important to find ways to decompress and recuperate from the busyness and stress of life. More and more, mindfulness and creativity are being recognized as antidotes to the speed and overstimulation of modern society. This beautiful book combines the two, offering both creative and meditative practices to provide a guided journey into contemplative art for healing, relaxation, deeper connection, and greater well-being.

Rather than focusing on any one medium or art form, this unique guide offers basic meditation instructions, and a variety of creative prompts and activities—from collage and coloring to meditative mark making and sketching to photography and perceptual exercises—making it perfect for anyone who wants to deepen and cultivate their mindfulness and creativity.

With these artistic and introspective practices, you'll put meditation into action, and learn to view yourself and your own creative process without judgment or aggression. Using *Be, Awake, Create*, you'll see beyond habitual patterns, discover the richness of your world, and recognize the ordinary magic of your own creativity, with greater freshness of expression and spontaneity.

By cultivating awareness and allowing yourself to play in the open space of artistic creation, you'll come to discover all of the positive impacts mindfulness and creativity can have on every area of your life.

For more information, contact Cassie Kolas  
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# Be, Awake, Create

*Mindful Practices to Spark Creativity*

REBEKAH YOUNGER, MFA



Nick Wolf Photography

REBEKAH YOUNGER, MFA, is a multidisciplinary artist with over thirty years of experience as a creative professional, entrepreneur, designer, and teacher. Her work has been exhibited in galleries and museums around the United States, as well as featured in magazines such as *Ornament*, *FiberARTS*, *Threads*, and *The Crafts Report*. Younger is trained as a Shambhala Art instructor, a training in which art is viewed as a practice to cultivate an awakened mind and genuine expression beyond aggression. This program, based on the teachings of Chögyam Trungpa Rinpoche (a Tibetan Buddhist teacher of such creatives as Allen Ginsberg, Alice Walker, and Meredith Monk), explores the creative process as a meditative practice and a means of awakening to things as they are. Younger completed a Master of Fine Arts in interdisciplinary arts at Goddard College, with a focus on contemplative art, Buddhism, and photography/video/installation. She lives in Chicago, IL, where she teaches photography, creating, and meditation.

"Based on the popular meditation practice of mindfulness, *Be, Awake, Create* offers exercises and advice that introduce us to the wider view of 'wakefulness,' where we learn to stop rushing past our lives and instead open to a timeless moment that unleashes our natural, creative brilliance. Rebekah's voice is wise; her advice, practical; her insights, profound."

—**Michael Carroll**, chief operating officer of Global Coaching Alliance; author of *Awake at Work*, *The Mindful Leader*, *Fearless at Work*, and *Mindful Leadership Training*; and authorized teacher in the Kagyu-Nyingma lineage of Vajrayana Buddhism

"*Be, Awake, Create* is a useful and profound introduction to the dharma art teachings. It offers a revelation of insight, teachings, and experiential activities. The exercises are contemplative, creative, and life transforming. This is a book about making palpable the compassion and potency of creative presence to heal our hearts and transform the world."

—**Laura Simms**, world-renowned storyteller, global educator, worldwide performer, and author of *Our Secret Territory*

"*Be, Awake, Create* is full of inspiring exercises and motivating quotations. Once you pick it up, you can't put it down; and when you do put it down, you just want to rush off and do something creative! This is a unique book, which expands the boundaries of art and reveals the vital importance of being creative. It will be an indispensable resource of ideas and exercises for anyone interested in exploring the vast potential hidden within their being."

—**Seyed Alavi**, MFA, artist

"*Be, Awake, Create* is *The Artist's Way* for the twenty-first century, a gentle and thorough guide to next steps on the journey. For the artist who longs to land in the work more deeply, for the contemplative whose creativity yearns to bloom, Younger's book offers a beautifully designed combination of mindful and creative practices which embrace playfulness as well as discipline. Accessible enough for beginners, the book could also be used as a template for depthful learning at the meeting place of presence and artistic process, and a springboard for those powerful transformations toward which all art beckons us. I'm excited to begin!"

—**Nancy Coleman, PhD**, clinical psychologist and writer, facilitator of *Wide Open Writing*, and international writing and yoga teacher

Praise

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