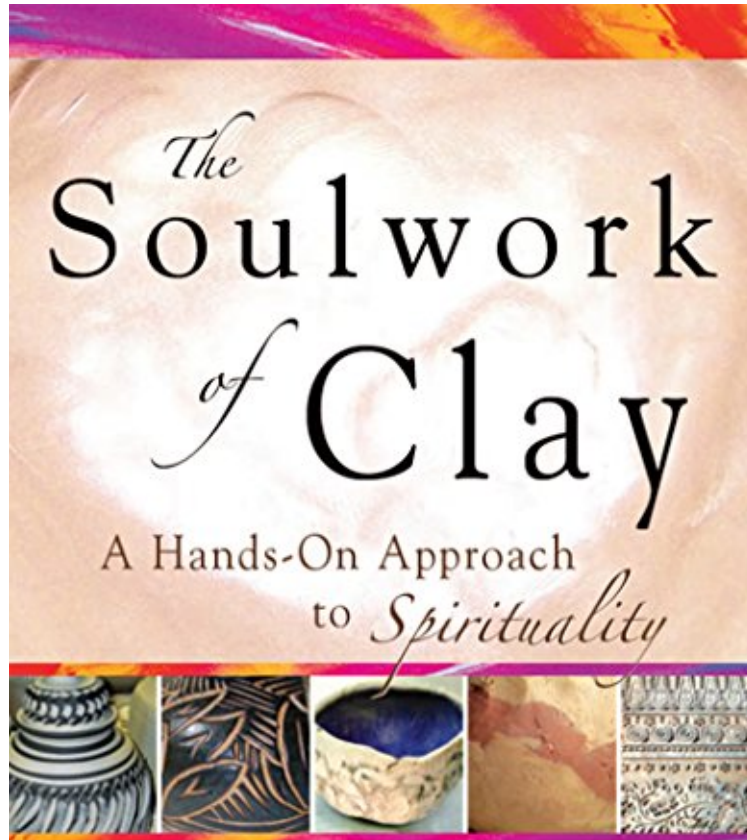



(Free pdf) Soulwork of Clay: A Hands-On Approach to Spirituality

Soulwork of Clay: A Hands-On Approach to Spirituality

Marjory Zoet Bankson
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Marjory Zoet Bankson
Photographs by Peter Bankson

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Marjory Zoet Bankson : Soulwork of Clay: A Hands-On Approach to Spirituality before purchasing it in order to gage whether or not it would be worth my time, and all praised Soulwork of Clay: A Hands-On Approach to Spirituality:

0 of 0 people found the following review helpful. just didn't connect. By S S. not much actual content to this book, either in the clay work or in the soul work aspect. i get what the author was trying to say, but , i probably would not recommend this book 0 of 0 people found the following review helpful. this one is perfect for what I needed and I am doing By Virginia Matter I have several of Bankson's books, this one is perfect for what I needed and I am doing. the book was in excellent condition. Thank you. 0 of 0 people found the following review helpful. Honest and Insightful By North Shore Soulwork of Clay takes the metaphor of making pots and uses it to invite one into a deeper spiritual journey. I think this book is best "done" in a group setting, where participants can share their reflections and give feedback. Marjory Bankson is one of the best retreat leaders I have ever experienced. I would highly recommend her

books, and especially, her retreats.

Let go of your pretensions squeeze, shape, knead play your way to spiritual growth. "I am being formed by the clay. I am reconnecting with the earth, and with the other basic elements, too air, water, fire and life itself. Every gesture leaves its trail in the clay. Every fingerprint, a message. My breath fills the cavity. My touch curves the wall of a bowl. And inwardly, I am being formed by the outward practice. I am learning to trust the process, to lean into the possibilities rather than striving for some predetermined goal. I am being hollowed out, stretched and constricted, trimmed and sometimes reworked entirely." from the Prologue Drawing from her first-hand experience of working with clay, Marjory Zoet Bankson takes you through the seven-step process of making clay into a pot, drawing parallels at each stage to the process of spiritual growth: Grounding Connecting with our core elements Kneading Awakening to the inner realm Centering Gathering everything together Shaping Focusing inner and outer pressures Finishing Trimming away the excess Decorating Adding a playful touch Firing Committing to transformation This simple connection with the earth has the potential to put you in touch with the whole of creation and, at the same time, your soul's longing to participate as an artist, creating something new and unique. Through reflective questions in each chapter along with a wealth of unique clay projects that even beginners can do Bankson invites you on a journey of spiritual discovery, a path of reconnecting with your body and spirit, and with the earth itself.

From the Inside Flap Reconnect with your spiritual self through the handwork of clay. Soulwork is heartwork. It is the reunion of body and spirit, the process of joining the inward and outward dimensions of our lives. While some people go on vision quests or wilderness journeys to restore this balance, you can reclaim this elemental sense of connection through the handwork of clay. Based on years of personal experience, Marjory Zoet Bankson offers original projects and probing questions to show you how working with clay can help you rediscover your humanity and your sense of community and communion with all living things. She provides you with a path to a more conscious wholeness--feeling and thought, intuition and sensation--and demonstrates how you can reawaken your connection to the earth--and your spiritual self--through clay. Ideal for beginners or experienced potters, you will be encouraged to consider: * What grounds you? * What pressures knead you outside of yourself? * What actions or practices are centering for you? * What inner and outer pressures shape your life? * What piece of your life is finished? How do you mark that? * When do you play? Celebrate? Enjoy community? With whom do you share your imagination? * Which fires (transforming experiences) have made you who you are? "A personal and grace filled invitation--to claywork, the spiritual journey, and the stuff of life." --Doug Wysocky-Johnson, executive director, Faith at Work "Wonderful... Shares divine insight, stretches us with spiritual questions, and offers practical artistic instruction on working with clay." --Rev. Jean M. Richardson, executive director, Kirkridge Retreat and Study Center, Bangor, Pennsylvania About the Author Marjory Zoet Bankson, an artist and spiritual guide, is author of *The Soulwork of Clay: A Hands-On Approach to Spirituality and Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World* (both SkyLight Paths) and many other books. Former president of Faith At Work (now called Lumunos) and editor of Faith@Work magazine for over twenty years, she now travels nationally to offer retreats and workshops. She currently teaches on spiritual companionship at Washington National Cathedral, the Servant Leadership School, and Virginia Theological Seminary in Washington, D.C. Peter Bankson has been a popular preacher, regular presider at worship and spiritual guide for Seekers Church since the mid-1980s. Formerly a colonel in the U.S. Army, he is now a member of the Servant Leadership Team and the mission groups that support worship and the ministry of place. He also experiments as a fiber sculptor, combining mathematical equations and sculptural crochet.