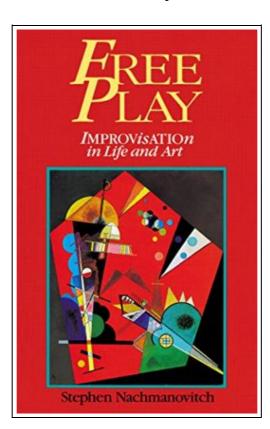
Free Play



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Reviews

This type of publication is almost everything and helped me looking forward and much more. I am quite late in start reading this one, but better then never. You wont really feel monotony at whenever you want of your own time (that's what catalogs are for relating to if you ask me).

(Prof. Buddy Leuschke)

FREE PLAY



Book Condition: New. Publisher/Verlag: Penguin US | Improvisation in Life and Art | Free Play is about the inner sources of spontaneous creation. It is about where art in the widest sense comes from. It is about why we create and what we learn when we do. It is about the flow of unhindered creative energy: the joy of making art in all its varied forms. Free Play is directed toward people in any field who want to contact, honor, and strengthen their own creative powers. It integrates material from a wide variety of sources among the arts, sciences, and spiritual traditions of humanity. Filled with unusual quotes, amusing and illuminating anecdotes, and original metaphors, it reveals how inspiration arises within us, how that inspiration may be blocked, derailed or obscured by certain unavoidable facts of life, and how finally it can be liberated - how we can be liberated - to speak or sing, write or paint, dance or play, with our own authentic voice. The whole enterprise of improvisation in life and art, of recovering free play and awakening creativity, is about being true to ourselves and our visions. It brings us into direct, active contact with boundless creative energies that we may not even know we had. | Free PlayPrologue: A New Flute Introduction The Sources Inspiration and Time's Flow The Vehicle The Stream The Muse Mind at Play Disappearing The Work Sex and Violins Practice The Power of Limits The Power of Mistakes Playing Together Form Unfolding Obstacles and Openings Childhood's End Vicious Circles The Judging Spectre Surrender Patience Ripening The Fruits Eros and Creation Quality Art for Life's Sake Heartbreakthrough Notes Bibliography Illustrations | Format: Paperback | Language/Sprache: english | 180 gr | 208 pp.

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