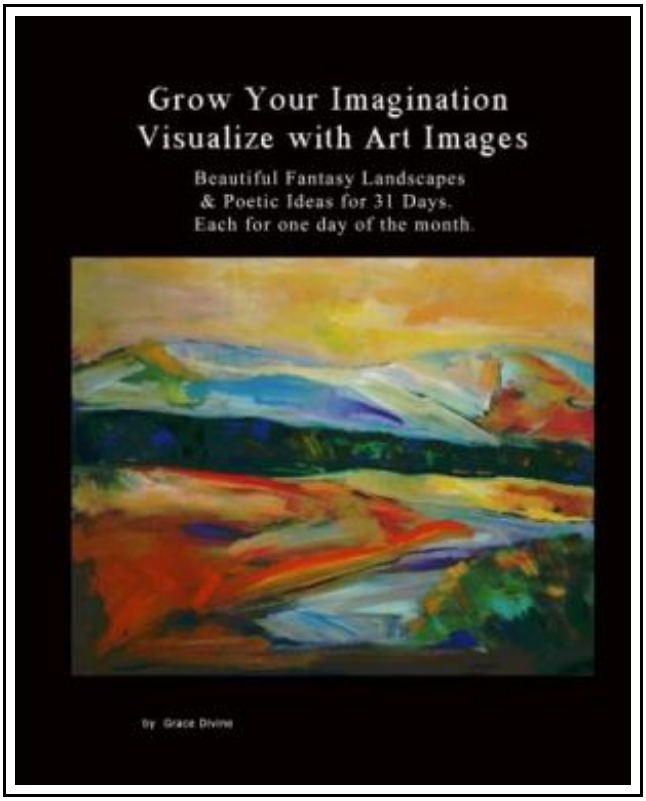
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Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.My name is Grace Divine. I created the art and poetic ideas in this book. And ALL OF IT, came from my IMAGINATION. Please note, these paintings, were NOT meant to be exercises in representational or realistic art. These paintings came from an exercise in the IMAGINATION AND VISUALIZATION. The idea this book expounds upon is one of DECONSTRUCTION. What does that mean in this book? Mostly, I am a self taught artist. And I have learned to paint in multiple styles by deconstructing other artists work. That is, looking at art, and taking it apart piece by piece, brushstroke by brushstroke to try to understand how the piece was created step by step. But for this book to work, YOU DON T HAVE TO DO THAT. This book is an experiment in the growing of the IMAGINATION. This of is this way, for purposes of this book, YOUR MIND IS THE CANVAS. This is what I suggest you try: First, relax and breath deeply at least 3 times. Fill your body with air deep into your abdomen. Then, starting with an image, look at it for as long as you are comfortable. Third, close your eyes and try to re-create it in your mind. Start by re-creating the colors, one by one. Then the textures. Then the lines and shapes. And also, become aware of your feelings, memories and thoughts that may arise as you do this, so you become more aware. I believe that by exercising your mind in this way, you will grow those areas in your brain that relate to the IMAGINATION. And why will these images work? This is just my theory, but...

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