



Chi and Creativity: Vital Energy and Your Inner Artist

Elise Dirlam Ching, Kaleo Ching

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Most people tend to idealize artists, writers, and others of the “creative class” as uniquely gifted. But the capacity to create is part of being human—whether that means writing, making art, cooking, gardening, sewing, dancing, acting, singing, or virtually any activity. In *Chi and Creativity*, Kaleo Ching and Elise Dirlam Ching show readers how to use a wide range of strategies to harness the energy of chi to uncover, and cultivate, that often elusive inner artist. Based on their popular workshops, the authors offer an integrative process to generate the joy, wonder, and sense of well-being necessary for artistic self-expression. Specific exercises draw on everything from acupuncture and breathing techniques to Chi Kung movement and meditation. Through Chi Awareness, the body, mind, emotions, and spirit come into greater harmony. Through guided imagery, they dialogue. Through journaling, they speak. Through art, they join in creative expression of the inner discoveries along the path to greater balance and integration. *Chi and Creativity* is the authors’ way of sharing this magical transformative process and can be used by anyone who wants to add fuel to their creative fires.

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