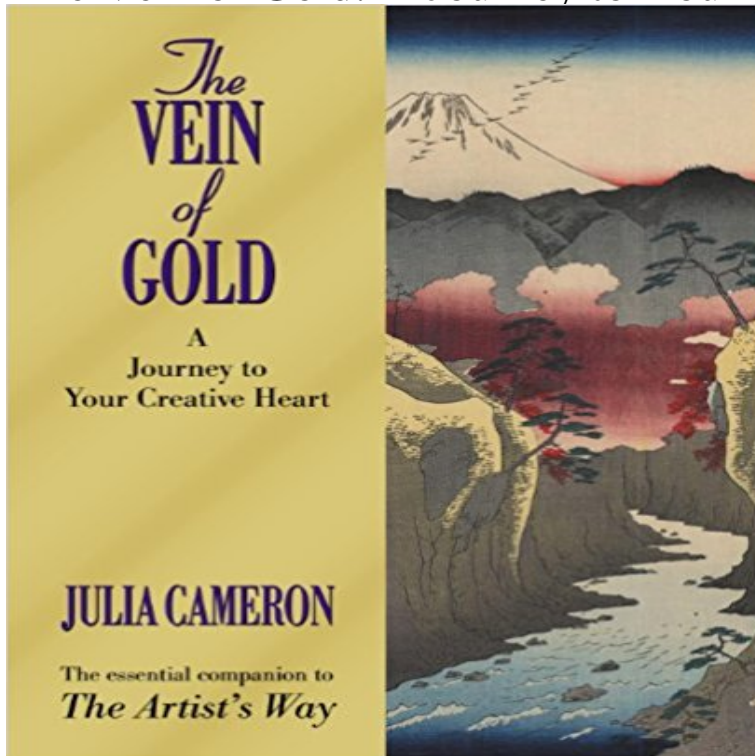


The Vein of Gold: A Journey to Your Creative Heart



In *The Vein of Gold: A Journey to Your Creative Heart*, Julia Cameron again draws from her extensive artistic and teaching experience to steer readers towards ever-widening creative horizons. This extraordinary book of learning through doing features inspiring teachings on the creative process and more than one hundred imaginative, involving and energising tasks. Each task engages readers in inner play, leading to authentic growth, renewal and healing. *The Vein of Gold* assures readers that creativity can be a spiritual path and a means of personal growth. Julia Cameron takes readers on a journey to the heart of creativity through seven kingdoms: The Kingdom of Story, where language animates our guiding self-image. The Kingdom of Sight, where we honour our most personal feelings. The Kingdom of Sound, where we tune in to the melodic flow of creative life. The Kingdom of Relationship, where we sharpen the skills to choose companions. The Kingdom of Attitude, where we cast off negativity. The Kingdom of Spirituality, where we strengthen contact with the higher realms to discover unsuspected inner resources. The Kingdom of Possibility, where we inhabit our creative life vision. Whether you are already actively pursuing a creative enterprise or are just beginning to nurture your own creativity, this powerful book provides the innovative and practical tools for mining the vein of gold within you.

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