

The Art Of Pilgrimage The Seekeraposs Guide To Making

The road across northern Spain to Santiago de Compostela in the northwest was one of the three major Christian pilgrimage routes during the Middle Ages, leading pilgrims to the resting place of the Apostle St. James. Today, the system of trails and roads that made up the old pilgrimage route is the most popular long-distance trail in Europe, winding from the heights of the Pyrenees to the gently rolling fields and woods of Galicia. Hundreds of thousands of modern-day pilgrims, art lovers, historians, and adventurers retrace the road today, traveling through a stunningly varied landscape which contains some of the most extraordinary art and architecture in the western world. For any visitor, the Road to Santiago is a treasure trove of historical sites, rustic Spanish villages, churches and cathedrals, and religious art. To fully appreciate the riches of this unique route, look no further than *The Pilgrimage Road to Santiago*, a fascinating step-by-step guide to the cultural history of the Road for pilgrims, hikers, and armchair travelers alike. Organized geographically, the book covers aspects of the terrain, places of interest, history, artistic monuments, and each town and village's historical relationship to the pilgrimage. The authors have led five student treks along the Road, studying the art, architecture, and cultural sites of the pilgrimage road from southern France to Compostela. Their lectures, based on twenty-five years of pilgrimage scholarship and fieldwork, were the starting point for this handbook.

A striking collection by the eminent photographer encompasses her visual translations of how people live and do their work, showcasing her images of historically and culturally relevant homes belonging to such famous figures as Sigmund Freud, Charles Darwin and Louisa May Alcott.

This volume explores the religious motivations for pilgrimage and reveals the main preoccupations of worshippers in Ancient Greece. Dillon examines the main sanctuaries of Delphi, Epidauros and Olympia, as well as the less well-known oracle of Didyma in Asia Minor and the festivals at the Isthmus of Corinth. He discusses the modes of travel to the sites, means of communication between pilgrims and the religious and ritual practices at the sanctuaries themselves. A unique insight into pilgrimage in Ancient Greece is presented, focusing on the diverse aspects of pilgrimage; the role of women and children, the religious festivals of particular ethnic groups and the colourful celebrations involving music, athletics and equestrian events. *Pilgrims and Pilgrimage in Ancient Greece* is an accessible and fascinating volume, which reveals how the concept of pilgrimage contributes to Greek religion as a whole. Since the seventh century, the Hajj, or Great Pilgrimage to Mecca, has been a lifelong goal of devout Muslims throughout the world. Egyptian pilgrims traditionally celebrate their sacred journey by commissioning a local artist to depict their religious odyssey on the walls of their homes. This book shows the richness and variety of this naive art form covering images from towns, villages, and isolated farm communities along the Nile, across the Delta, down the Red Sea coast, and into Sinai. On the walls of buildings ranging from alabaster factories to mud-brick farmhouses they found brilliant murals illuminated by the desert sun, portraying beloved icons of the pilgrims' faith and scenes from the Qur'an.

A thought-provoking reflection on the practice and history of pilgrimage, and a compelling exploration of its relevance today. Pilgrimage, a global ritual embraced by nearly all faiths, is one of civilization's most enduring traditions. In this compelling book, author and journalist Peter Stanford reflects on the reasons people have walked along the same sacred paths through the ages. Through this history, Stanford explores how the experiences of the first pilgrims to Jerusalem, Mecca, and Santiago de Compostela compare to the millions of people who embark on life-changing physical and spiritual journeys today. Pilgrimage traverses

sacred landscapes around the world, from the Basilica of Our Lady of Guadalupe in Mexico City to the monolithic rock-cut churches of Lalibela, Ethiopia and the riverbanks of the Kumbh Mela in India. Stanford explores the historical and spiritual significance of these places of healing and reflection and discusses their roles as crossroads. Although pilgrimage is usually viewed as an individual's escape from the everyday to refocus the mind and soul, institutional and national struggles for power have always had an impact on the way pilgrims experience their own personal journey. Guiding readers through the global history of pilgrimage, this thought-provoking book educates a new generation that may seek solace, clarity, and wonder by following in the footsteps of travelers from the past.

This collection includes essays on the visual experience and material culture at medieval pilgrimage shrines of northern Europe and the British Isles, particularly the art and architecture created to intensify spiritual experience for visitors. These studies focus on regional pilgrimage centers which flourished from the 12th-16th centuries, addressing various aspects of visual imagery and architectural space which inspired devotees to value cults of enshrined saints and to venerate them in memory from afar. Subjects include pilgrim dress, jeweled and painted reliquaries, labyrinths, elaborate processions, printed texts of the saint's life, shrines, sculpture and other architectural decoration, and pilgrim souvenirs. Profusely illustrated with 350 photographs, this work will interest scholars and students of art history, history, religious studies, and popular culture. Contributors include: Ilana Abend-David, Virginia Blanton, Sarah Blick, Katja Boertjes, James Bugslag, Lisa Victoria Ciresi, Daniel K. Connolly, M. Cecilia Gaposchkin, Laura D. Gelfand, Anja Grebe, Anne F. Harris, Kelly M. Holbert, Vida J. Hull, Jos Koldeweij, Marike de Kroon, Claire Labrecque, Stephen Lamia, Nora Laos, Jennifer M. Lee, Albert Lemeunier, Mitchell B. Merback, Scott B. Montgomery, Jeanne Nuechterlein, Rita Tekippe, William J. Travis, Kristen Van Ausdall, Benoît Van den Bossche.

The images in this book each represent one of the 12 Spiritual Powers. Each drawing is accompanied by a page of information about the attributes of that power, the disciple associated with it, the color, the body energy point, and any angels, flowers or herbs associated with the power. Consciously using this information allows the essence of each power to become more real, and a powerful tool in our daily lives.

From "the world's greatest tour guide," a deeply-researched, captivating journey through the rich history of Christianity and the winding paths of the French and Italian countryside that will feed mind, body, and soul (New York Times). "What a wondrous work! This beautifully written and totally clear-eyed account of his pilgrimage will have you wondering whether we should all embark on such a journey, either of the body, the soul or, as in Egan's case, both." --Cokie Roberts "Egan draws us in, making us feel frozen in the snow-covered Alps, joyful in valleys of trees with low-hanging fruit, skeptical of the relics of embalmed saints and hopeful for the healing of his encrusted toes, so worn and weathered from their walk."--The Washington Post Moved by his mother's death and his Irish Catholic family's complicated history with the church, Timothy Egan decided to follow in the footsteps of centuries of seekers to force a reckoning with his own beliefs. He embarked on a thousand-mile pilgrimage through the theological cradle of Christianity to explore the religion in the world that it created. Egan sets out along the Via Francigena, once the major medieval trail leading the devout to Rome, and travels overland via the alpine peaks and small mountain towns of France, Switzerland and Italy, accompanied by a quirky cast of fellow pilgrims and by some of the towering figures of the faith--Joan of Arc, Henry VIII, Martin

Luther. The goal: walking to St. Peter's Square, in hopes of meeting the galvanizing pope who is struggling to hold together the church through the worst crisis in half a millennium. A thrilling journey, a family story, and a revealing history, *A Pilgrimage to Eternity* looks for our future in its search for God. Traveling two and a half months and one thousand miles along the ancient route through southern France and northern Spain, Conrad Rudolph made the passage to the holy site of Santiago de Compostela, one of the most important modern-day pilgrimage destinations for Westerners. In this chronicle of his travels to this captivating place, Rudolph melds the ancient and the contemporary, the spiritual and the physical, in a book that is at once travel guide, literary work, historical study, and memoir.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

For over a thousand years pilgrims from all over the world have made the journey from St. Jean Pied de Port, France to Santiago de Compostela, Spain on the Camino de Santiago. The path takes the pilgrim over four mountain ranges, through big cities, rural areas, across the vast Meseta of central Spain, and

through the green hills of Galicia. This pilgrimage is both a physical and spiritual challenge and is truly a once in a lifetime journey. Experience and enjoy the Pilgrimage through the vivid images contained in this collection. By the authors of Buen Camino-Hiking the Camino de Santiago

The renowned author of eight books and abbess of the online retreat center Abbey of the Arts, Christine Valters Paintner takes readers on a new kind of pilgrimage: an inner journey to discover the heart of God. Eight stages of the pilgrim's way--from hearing the call to coming home--are accompanied by scripture stories of great biblical journeys and the author's unique and creative practices of prayer, writing, and photography. As she did in *The Artist's Rule* and *Eyes of the Heart*, Christine Valters Paintner once again helps readers travel to the frontiers of their souls to discover the hidden presence of God. In *The Soul of a Pilgrim*, Paintner identifies eight stages of the pilgrim's way and shows how to follow these steps to make an intentional, transformative journey to the reader's inner "wild edges." Each phase of the exploration requires a distinct practice such as packing lightly, being uncomfortable, or embracing the unknown. Paintner shows how to cultivate attentiveness to the divine through deep listening, patience, and opening oneself to the gifts that arise in the midst of discomfort. Each of the eight chapters offers reflections on the themes, a scripture story, an invitation to the practice of *lectio divina*, and a creative exploration through photography and writing.

On *Literature, New Places*, and the *Sacred Sacred* travel guide. First published in 1998 and updated with a new preface by the author, *The Art of Pilgrimage* is a sacred travel guide full of inspiration for the spiritual traveler. Not just for pilgrims. We are descendants of nomads. And although we no longer partake in this nomadic life, the instinct to travel remains. Whether we're planning a trip or buying a secondhand copy of Siddhartha, we're always searching for a journey, a pilgrimage. With remarkable stories from famous travelers, poets, and modern-day pilgrims, *The Art of Pilgrimage* is for the mindful traveler who longs for something more than diversion and escape. Rick Steves with a literary twist. Through literary travel stories and meditations, award-winning writer, filmmaker and host of the acclaimed *Global Spirits* series, Phil Cousineau, sets out to show readers that travel is worthy of mindfulness and spiritual examination. Learn to approach travel with a desire for spiritual risk and renewal, practicing intentionality and being present. Inside find:

- Stories, myths, parables, and quotes from many travelers and many faiths
- How to see with the "eyes of the heart"
- More than 70 illustrations

Spiritual travel for the soul. If you're looking for reasons to travel, this is it. Whether traveling to Mecca or Memphis, Stonehenge or Cooperstown, one's journey becomes meaningful when the traveler's heart and imagination are open to experiencing the sacred. *The Art of Pilgrimage* shows that there is something sacred waiting to be discovered around us. If you enjoyed books like *The Pilgrimage* by Paulo Coelho or *Unlikely Pilgrim*, *Zen on the Trail*, and *Pilgrimage? The Sacred Art*, then *The Art of Pilgrimage* is a

travel companion you'll love having with you.

While place-based pilgrimage is an embodied practice, can it be experienced in its fullness through built environments, assemblages of souvenirs, and music? *Imaging Pilgrimage* explores contemporary art that is created after a pilgrimage and intended to act as a catalyst for the embodied experience of others. Each chapter focuses on a contemporary artwork that links one landscape to another—from the Spanish Camino to a backyard in the Pacific Northwest, from Lourdes to South Africa, from Jerusalem to England, and from Ecuador to California. The close attention to context and experience allows for popular practices like the making of third-class or "contact" relics to augment conversations about the authenticity or perceived power of a replica or copy; it also challenges the tendency to think of the "original" in hierarchic terms. *Imaging Pilgrimage* brings various fields into conversation by offering a number of lenses and theoretical approaches (materialist, kinesthetic, haptic, synesthetic) that engage objects as radical sites of encounter, activated through religious and ritual praxis, and negotiated with not just the eyes, but a multiplicity of senses.

Miracles happen today. Do you want to increase your faith? Read about miracles. True stories of God's faithfulness, love, and power are woven together with art, poetry and scripture into a tapestry made of the colors of the rainbow that demonstrate the many aspects of faith. A woman finds herself in a car accident on a lonely Nevada highway gazing at her two daughters sprawled on the road. She screams in terror for help. Someone places a white gold cross in the palm of her hand. This changes everything. "A White Gold Cross," one of the true stories found in "Faith Colors, Encounters with God in Living Faith," explores the power of faith in God to transform the outcome of a terrible crisis. This story is found in the section called White Faith, the kind of faith that strengthens the inner heart to persevere. A son prays in earnest while the emergency team from the fire station try to revive his father. After the paramedics give up and permission is granted to stop CPR, the father miraculously begins to breathe on his own. But will he survive long enough to take care of his unfinished business? This story is found under Blue Faith, the kind of faith that looks up from a dark pit to find hope. These testimonies and others, including some of the author's own experiences, are grouped into the colors of the rainbow to highlight important aspects of faith. Poems and prophetic art, intensifying the impact of the messages, are found throughout the book. Each color section concludes with a prayer to draw the reader's heart closer to God. Scriptures and colorful prophetic pictures featured in this book highlight significant attributes of faith that are bound to spark hope in God and His promises found in the Bible.

Join 14 very special artists on a Creative Pilgrimage as they share exciting projects that they teach through the various art retreat venues from across the nation. As they teach their special projects, we experience what it's like to learn from this celebrated cohort of talented artists. Hear their unique perspectives about the importance of teaching—a process where through sharing

knowledge, they also gain knowledge and develop community. Featured artists include: "Alisa Burke "Julie Haymaker Thompson "Lisa Kaus "Mary Beth Shaw "Maya Donenfeld "Roxanne Padgett "Sarah Ahearn Bellemare "Stephanie Jones Rubiano "Tracie Lyn Huskamp "Heather Smith Jones "Carla Sonheim "Mati Rose McDonough "Alma Stoller "Flora Bowley Peppered throughout the book are snapshots that give us a glimpse of some of the most amazing art retreats from across the nation. They are: "Squam Art Workshops "The Makerie "Artfest "An Artful Journey "Artistic Bliss "Valley Ridge Art Studio "Art & Soul "Silver Bella You'll get a special behind-the-scenes look at these special gatherings from the unique points of view of the coordinators, students, and instructors alike. Take a leap of faith into your quest to learn, teach, grow, and create with Creative Pilgrimage!

The problem with fighting death is that you will eventually lose. Eric has provoked the fury of no fewer than three grim reapers and now they're after his life.

Leading the charge is his old foe, Gruffle. Flanked by an army of ghosts and nature spirits, and supported by Lord Death himself, Gruffle's victory is guaranteed. Eric's only hope of survival is to transcend the limitations of both mortality and magecraft, and fight the hostile gods as an equal. Chaotic deities support him in his endeavor but they might be a greater danger than the reapers. PMPope brings his unique voice to the printed word. A prolific multimedia poet, his work finds its audience via art and word collaborations, video and audio tentacles reaching all around the word. In this collection, PMPope explores the scope of creativity that originates on the 21st century frontier: social media. His incisive observations about disconnectedness, intimacy, and superficiality bear witness to a world of internet friends and virtual relationships.

Cast from their home country by religious intolerance, the Pilgrims' harrowing voyage to the New World was filled with hardships. But through it all they persisted, motivated by the promise of a better life in which they could gather and worship God in their own ways. A collection of ragtag ships carried them across the ocean, among them The Mayflower. Crammed into the ship's hull, 102 people made this most famous pilgrimage. Besieged by illness and Indians and, many of them believed, witches, the Pilgrims eventually flourished, building up colonies and establishing their own rules for the practice of religion. Here is their dramatic story.

This inspirational work is a true story about one man's journey in search of his God. His adventure led him to a remote village in then, Communist Yugoslavia, now Bosnia-Hercovina. Medjugorje is referred to by many as a "Place of Miracles." Updated Second Edition.

"The Pilgrim Art is a remarkable work of synthesis. With porcelain as his focus, Robert Finlay puts the histories of China, India, the Islamic world, Europe, Japan, Korea, Southeast Asia, and East Africa into dialogue with one another. In highlighting the interactions, exchanges, and influences that linked these regions, he makes a distinctive contribution to understanding of the global past. He blends

the histories of production, distribution, and consumption with the histories of technology, trade, and art, as well as social history, commodity history, cultural history, political history, and literary history. The result is a rich stew of historical analysis combining close attention to detail with graceful writing and a clear focus on global themes. The Pilgrim Art ranks as an example of contemporary world history at its finest." --Jerry H. Bentley, Editor of the Journal of World History and author of Old World Encounters: Cross-Cultural Contacts and Exchanges in Pre-Modern Times "Finlay traces the rise and fall of Chinese porcelain across global flows of desire, artistic symbols and styles, innovation, espionage, competition and colonial power. This is commodity history as it should be written--exciting, engaging, with a masterful attention to regional context, be it France, Japan, India, or the Swahili Coast."--Stewart Gordon, author of When Asia was the World

This journal book is a canvas and as the writer YOU get to paint your masterpiece. Allow yourself to capture life thru your eyes, thoughts and feelings.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In The Book of Awe, readers are reminded to take a minute and see the beauty in the everyday things around them.

Wordlessly tells the story of a man trapped in an industrial world, struggling between the grim reality around him and the fantasies his imagination creates.--From publisher description.

Sy Middleton, a teenager living in Manhattan, enters a secret world when he is initiated into Earth-tribe and becomes a Tribesman. In the Middle Realm, Tribesmen from Earth-, Fire-, Air- and Water-tribe train to enhance their powers and compete in monthly Lunar Festivals. The Zodiac Council has protected the Lower and Middle Realms from the Darkforce for thousands of years, but the balance of power has shifted, placing humanity at risk. The Darkforce has stolen the Book of Dreams. Sy and his friend Joshua Ryderson embark on a quest to find it...

The Way of St James has been a pilgrimage event for over 1000 years as people have flocked to the site of the burial of the apostle St James the Great. This book captures the experience of the medieval pilgrim through an examination of art, historical and social contexts as well as themes related to pilgrimage such as music, legend and ritual.

Gregory the Great was pope from 590-604 and left behind a substantial literary heritage. His most ambitious work and one of the most popular works of scriptural exegesis in the middle ages was the Moralia in Job, commenting the book of Job in 35 books running to over half a million words. Saint Gregory's Commentary on Job was written between 578 and 595, begun when Gregory was at the court of Tiberius II at Constantinople, but finished only after he had already been in Rome for several years. This is Volume 1 of 3 - containing Books 1-10

Integrates spirituality, practice, spiritual formation, psychology, world religions and historical resources. Examines how pilgrimages evolved as spiritual practices and the relationship between pilgrimage and transformation.

The annual ritual pilgrimage to Makkah was established by the Prophet Muhammad in the last year of his life (AD 632). Over the following centuries the experience and importance of Hajj have been evocatively documented in countless ways. Highlighting the pilgrims' journey across time, the sacred rituals of Hajj, and the city of Makkah itself, this beautiful little book features illuminated manuscripts, wall paintings and photographs, as well as calligraphy, textiles, scientific instruments, decorative tiles, maps, ceramics, metalwork and powerful works by contemporary artists. Published to coincide with a major exhibition at the British Museum, from 26 January to 15 April 2012.

A case study of the meaning and purpose of pilgrimage, based on the image of the 'scarred

Virgin', Our Lady of Czestochowa.

GUAMAZING Hand Drawn Art Featuring Chamorro Designs is an adult Guam coloring book that highlights the beautiful images of the island and the tropics. Bertha Aflague, a Chamorro native of Guam, enjoys practicing the artful dance of her pen as she creates beautiful patterns that bring Guamanians and its visitors across the world back to the islands! Detach yourself from the everyday distractions, excite your senses and unwind with detailed designs that will keep you entertained. Enjoy coloring a new collection of unique tropical and Guam-related images for your artistic endeavor. These unique hand-drawn designs are best colored with fine colored pens and pencils. The use of heavy felt tip markers may bleed through and are not recommended.

What if dreams are more than dreams? This magical realism novel is the first in a trilogy that is historical fiction, love story and spiritual quest. It is about magic and mysticism, faith and initiation. It is about the soul of art. Woven through history is a love story of many parts, remembered and built upon through the centuries. A great love passes on through generations in some undeniable memory in the flesh, and also reappears in new lives from distant places. Mystical love calls to couples throughout time to bring them together again and again. This remembering travels both ways in time, existing in that place beyond time where love lives. There are vague memories, subtle warnings and obscure communications between individuals separated by centuries. Lives weave together throughout more than five hundred years, paralleling contemporary events. Religious intolerance, fear and greed generate the Spanish Inquisition and the religious wars in Europe that reach a decisive moment with the defeat of the Spanish Armada. Ninety-six years earlier, in the same year that Ferdinand and Isabella sent the three ships that discovered the New World, Spain's power had begun to weaken with the expulsion of the Jews and Muslims. The wisdom and skills of the Islamic and Jewish citizens was what had helped make Spain what it was, but fear caused the end of that golden age. These two critical points in history and what follows are the setting for this novel, but other times are connected over many thousands of years. The story opens in Spain in the 15th Century, with Jewish, Islamic and Christian children playing together as innocents without prejudice or fear. Throughout the book, there is an underlying theme of Hope and Faith manifested in mystical ways. This faith lives in ancient Celtic traditions, as well as Jewish, Islamic and Christian forms, both Catholic and Protestant. Truth is truth, no matter what form it chooses to wrap itself inside. Love empowers many characters in various ways and transforms them into their best. The world of nature sometimes comes to their aid in miraculous ways, and enemies who are treated with love become allies. There are no greater mysteries than time and consciousness and the memories that connect us to the whole of our lives and beyond. The deja vu and vague precognitive experiences that all of us have felt to some degree are the tip of the iceberg of this mystery. The supernatural in our lives is often liberated by powerful emotions like love and fear. We all are familiar with stories about mothers who have sensed when their children are in danger or when a loved one is in crisis. There is an undeniable connection that doesn't fit neatly into our view of everyday physical life. There is a larger world we glimpse as we timidly awake. Editorial Review: Lyrically, hauntingly beautiful....this is storytelling at its best.... -- Phyllis Tickle - Founding editor of the Religion Department of Publishers Weekly and author of dozens of books, including *The Great Emergence: How Christianity Is Changing and Why*

Illuminating one thousand years of history, *The Pilgrim Art* explores the remarkable cultural influence of Chinese porcelain around the globe. Cobalt ore was shipped from Persia to China in the fourteenth century, where it was used to decorate porcelain for Muslims in Southeast Asia, India, Persia, and Iraq. Spanish galleons delivered porcelain to Peru and Mexico while aristocrats in Europe ordered tableware from Canton. The book tells the fascinating story of how porcelain became a vehicle for the transmission and assimilation of artistic symbols,

themes, and designs across vast distances—from Japan and Java to Egypt and England. It not only illustrates how porcelain influenced local artistic traditions but also shows how it became deeply intertwined with religion, economics, politics, and social identity. Bringing together many strands of history in an engaging narrative studded with fascinating vignettes, this is a history of cross-cultural exchange focused on an exceptional commodity that illuminates the emergence of what is arguably the first genuinely global culture.

Escape from the everyday stresses in your life and unwind with Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today.

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