



# Soulwork of Clay: A Hands-On Approach to Spirituality

*Marjory Zoet Bankson*

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**Let go of your pretensions?squeeze, shape, knead & play your way to spiritual growth.**

"I am being formed by the clay. I am reconnecting with the earth, and with the other basic elements, too?air, water, fire?and life itself. Every gesture leaves its trail in the clay. Every fingerprint, a message. My breath fills the cavity. My touch curves the wall of a bowl. And inwardly, I am being formed by the outward practice. I am learning to trust the process, to lean into the possibilities rather than striving for some predetermined goal. I am being hollowed out, stretched and constricted, trimmed and sometimes reworked entirely."

?from the Prologue

Drawing from her first-hand experience of working with clay, Marjory Zoet Bankson takes you through the seven-step process of making clay into a pot, drawing parallels at each stage to the process of spiritual growth:

- Grounding?Connecting with our core elements
- Kneading?Awakening to the inner realm Centering?Gathering everything together
- Shaping?Focusing inner and outer pressures Finishing?Trimming away the excess
- Decorating?Adding a playful touch Firing?Committing to transformation

This simple connection with the earth has the potential to put you in touch with the whole of creation and, at the same time, your soul's longing to participate as an artist, creating something new and unique.

Through reflective questions in each chapter?along with a wealth of unique clay projects that even beginners can do?Bankson invites you on a journey of spiritual discovery, a path of reconnecting with your body and spirit, and with the earth itself.

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#### **Eva Stanfield:**

Spent a free time and energy to be fun activity to complete! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book might be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to test look for book, may be the e-book untitled Soulwork of Clay: A Hands-On Approach to Spirituality can be excellent book to read. May be it might be best activity to you.

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#### **Lula Day:**

That guide can make you to feel relax. This specific book Soulwork of Clay: A Hands-On Approach to Spirituality was colourful and of course has pictures around. As we know that book Soulwork of Clay: A Hands-On Approach to Spirituality has many kinds or style. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore , not at all of book usually are make you bored, any it offers up you feel happy, fun and chill out. Try to choose the best book for you personally and try to like reading which.

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