



The Creative Art of Living, Dying & Renewal

Your Journey through Stories,
Qigong Meditation, Journaling, and Art

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Through their function, the authors have witnessed many personal journeys of dying, transformation, rebirth--facing terminal illness or lack of a loved one, letting go of old lifestyles and embracing new, connecting with past lives and future dreams. The tales, Qigong meditations, and journaling/art processes, including collage and maskmaking, mindfulness, spiritual awareness, and healing: students and practitioners of transformative, shamanic, and recovery arts. Elise and Kaleo Ching pull on Authors, performers, healers, and teachers of Qigong and art, interpersonal workers, chaplains, hospice workers, teachers, The stories and procedures in this book will inspire an array of people thinking about using Qigong procedures and meditations, journaling, and art for self-cultivation, years of experience dealing with others on their paths of personal transformation to present an approach to living and dying that is saturated with wisdom, compassion, and understanding. Tapping the tremendous healing power of Qigong and the expressive arts, this beautiful book invites the reader to contemplate the continuum of living, dying, and renewal in this life and beyond. 23 are performers, clergy, spiritual seekers, psychotherapists, hypnotherapists, their invitations that you can engage them on your own healing, transformation, and wisdom.



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