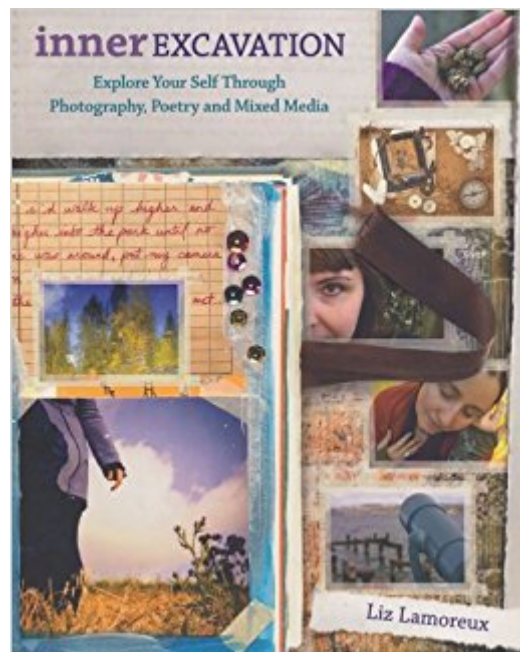




The book was found

# Inner Excavation: Exploring Your Self Through Photography, Poetry And Mixed Media



## Synopsis

Express the art within you There are clues all around you—sounds, textures, memories, passions—just waiting for you to shine a light on them, and unearth the most intimate form of expression—the self-portrait. Inside Inner Excavation, author Liz Lamoreux will be your guide, along with eleven inspiring artists, as you discover more about who you are, how you got here and where you wish to go. Prompts and exercises will show you how to express who you are through the photos you take, the words you write and the art you create. Find encouragement and fresh ideas in these pages as you: Uncover prompts to use your senses for exploring and capturing where you are in any particular moment. Tap into the poet's voice that's whispering inside of you, even if you've never written poetry before. Be given permission to spend time "Delving into the Quiet," being still and listening to the mindful voice inside of you through meditation to create a balance in your daily moments. Bring words and art together in self-portrait expression that is as layered as you are. Take a fresh look inside today; become inspired, through Inner Excavation, to see more than the smiling reflection in the mirror.

## Book Information

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## Customer Reviews

Liz Lamoreux is an editor, poet, photographer, yoga teacher and mixed-media artist living in the Pacific Northwest. She is the organizer of the Be Present Retreats where she teaches alongside nationally known instructors. She has been writing on her blog, Be Present, Be Here, for five years and has quite a following.

Finally! Today Liz Lamoreux's new book *Inner Excavation* arrived and I have been devouring it. I preordered it back in May and waited eagerly for its arrival. I was not disappointed. The focus of the book is on self-exploration through vehicles like poetry, collage creation, examining and recording your world and its many personal meanings through photography, creation of collaborative projects with others who are also on self-discovery journeys. The book is beautifully laid out. Many pages look like photo montages with multiple photographs artfully arranged. There are pages that look as if someone has handwritten intros to various sections on paper from a spiral bound book, contrasting nicely with more traditional layout arrangements and less fancy fonts on facing pages. Liz's narrative is descriptive and insightful. She is a marvelous writer (something you'll already know if you follow her blog *Be Present, Be Here*). She also introduces us to many of her artist friends who have contributed to the book, each in different ways. The artist illuminations, as Liz calls them, are unified through a series of questions Liz asked each: Who are you? Who or what inspires you? How do you nurture yourself? and How did you find your creative voice? For people, especially women, trying to uncover what it is that makes them unique, these are important questions and it is both illustrative and inspiring to hear how women artists of various ages answer these questions for themselves. Liz has exercises that focus on things like light and shadow, sensory tasks, clues in old photos, the landscape of home. She encourages even those who think they are not writers or poets to uncover the poet within. She shows us the beauty of assemblage, teaches us to look for clues about ourselves in what repeatedly draws us. She mentions the current fascination with Polaroid photos even though Polaroid recently stopped making "instant" film. Liz encourages us to look closely at the world around us as if we are seeing newly, freshly. I think of this looking at the world up close and personal as an encounter with the everyday sacred. In my view of the world, there is no delineation between sacred and not-sacred --- and in seeing the beauty in the ordinary subjects of the photography in this book, you are reminded that beauty is indeed in the eye of the beholder. Playing with Liz will help open your mind and your heart if you're ready for the journey. Do I need to say it? This is a wonderful book to add to your collection if you yearn to know yourself better, to play with creative expression in a way that will make you feel capable and safe, if you love to peek into the thinking of ordinary creative women. There's no intimidation factor here: Liz will even convince those who swore off poetry after a bad high school experience that they have poetry in their souls.

The title of this book actually says it all and as an avid journaler and explorer of the self and my relationship to my life (yes, I am that self centered) mixed with my love for all art forms I just had to

have it! And I was not disappointed. Liz Lamoreux guides you through a myriad of exercises and ideas to get to know yourself a little bit better by taking pictures, writing words and making art. She has the help of several well known contemporary mixed media artists and photographers. This gives the book an extra dimension it would not have it was only about Liz' own soul searching. Just to read about the ideas in this book makes you want to go out and play, and even though I have not done any of the exercises in full yet I have already used some parts of the suggestions like changing the perspective of your camera and doing self portraits. This book is not so much about how to make art or about showcasing art works (even though there is plenty to see), but it is an intimate guide into doing personal soul searching through art. I heartily recommend it to those who are not afraid to look at themselves!

There were a few projects in here I might try. It seemed to me this book had too many pictures of the authors just taking pictures of each other with a few projects thrown in.

My photography had gone a bit stale -- but using the lesson plans in Inner Excavation I have renewed interest in photography and even writing some poetry and using more mixed media in my art.

This book guides women through self-introspective exercises using poetry, writing, photography and some mixed media. Very nicely written and illustrated, with some good ideas for emotional and spiritual self-care.

Excellent copy.

A fun and creative book for those with a love of photography.

I Love Liz Lamoreux! This book is absolutely wonderful. It's a read over and over book! Thank you Liz!

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