

Beginning Again

REFLECTIONS on ART
as SPIRITUAL PRACTICE

DEBORAH J. HAYNES

Reading & Book Signing
Saturday, June 1, 2019
2pm at J Michaels Books
160 E. Broadway
Eugene, OR 97401

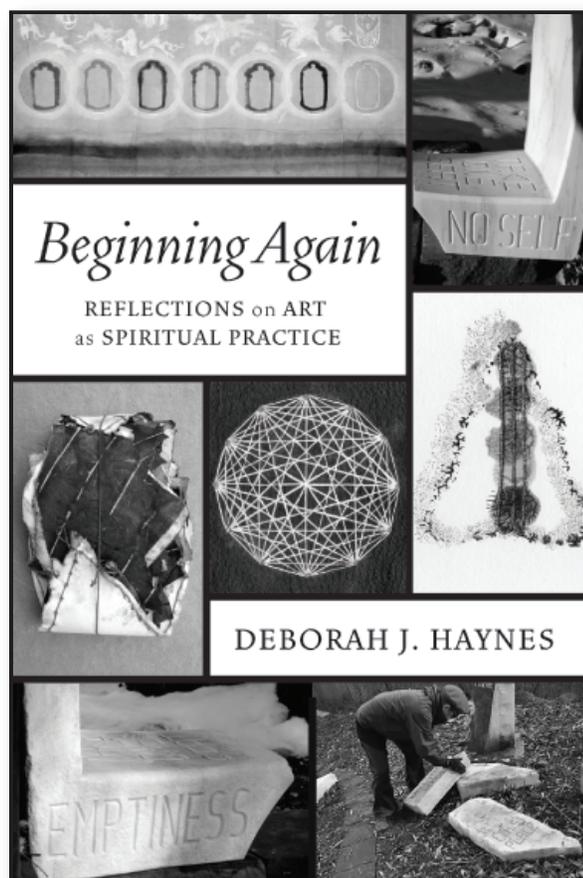
“Deborah Haynes is an exemplary person with immense inquisitiveness and a depth of critical intelligence to apply her spiritual path to all aspects of her life. This book is a byproduct of her own journey and the realizations that she has gathered over a long period of time. I hope it brings deep insight into readers’ own lives as to how creativity and the life that we live can come together in perfect harmony and synchronicity.”

—DZIGAR KONGTRUL RINPOCHE, author of *Training in Tenderness: Buddhist Teachings on Tsewa, the Radical Openness of Heart That Can Change the World* (2018)

“*Beginning Again* is a beguiling guidebook to artistic practice that is grounded both spiritually and intellectually. What does it mean to be an artist? How can making art change the world? As Deborah Haynes shows us, these questions reveal their own answers. By cultivating with creative awareness mindfulness, kindness, and compassion toward all beings, we can live our art practice.”

—JACQUELYNN BAAS, Director Emeritus, University of California Berkeley Art Museum and Pacific Film Archive, author of *Smile of the Buddha: Eastern Philosophy and Western Art from Monet to Today* (2005)

Deborah J. Haynes is Professor Emerita of Art and Art History at the University of Colorado Boulder. She is both a writer and artist. Her books include *Art Lessons* (2003), *Book of This Place* (2009), *Spirituality and Growth on the Leadership Path* (2012), and *Bakhtin Reframed* (2013). Her website is www.DeborahJHaynes.com.



“We all have moments when we step outside our habitual reality to glimpse the magnificence of the world around us. How do we express the depth and freshness of these ineffable experiences in our longing to communicate them to others? In *Beginning Again*, Deborah Haynes shares with us her journey into this very question. A thoughtful, reflective, integrated journey into art and spirituality.”

—ELIZABETH MATTIS NAMGYEL, Buddhist teacher and author of *The Logic of Faith* (2018)