



The Art of Weaving a Life: A Framework to Expand and Strengthen Your Personal Vision

Susan Barrett Merrill

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With more than 120 beautiful color photos, this guide introduces how the simple art of weaving can help each of us—whether we are weavers or not—to build our inner life. The goal is to recognize, receive, and live in harmony with your own deepest truths. Using a system of seven "keyforms" that span cultures, ranging from an amulet to a mask to a belt of power, the growth process is explored in depth. Instructions for seven symbolic keyform projects help beginners to use tapestry weaving techniques, and help seasoned weavers to find new dimensions in their work. To put it in weaving terms, the inner life is like the vertical warp on a loom. The weft of our daily activities weaves through our inner values and beliefs with each moment. The Weaving a Life process has been used successfully by weavers and spinners, psychotherapists, nurses, hospice workers, educators, artists, and youth leaders, as well as by countless individuals who seek a deeper vision for their lives.

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