



Luminous Streams

Mindfulness Coloring by Bennecelli

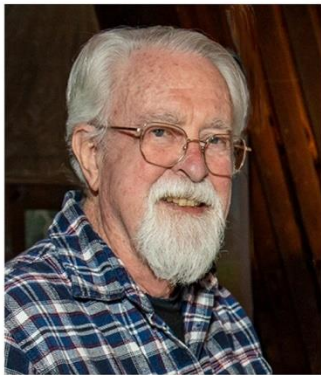
Did you know that coloring is a great way to relax your brain and quiet your mind? During coloring, you are focused on the simple activity in front of you. This relaxes your mind and keeps your thoughts from intruding.

Adult coloring does not replace art therapy, but it can be therapeutic for most people. Recent studies have shown that focusing on the complex structure of your coloring page can help you relax and put your mind at ease.

Recent neurological studies have shown that adult coloring can reduce stress and anxiety, and help a person to feel calm and peaceful.

Bennecelli's "Luminous Streams" art provides uniquely engaging images for adult mindfulness coloring. This art is truly inspired and portrays the energy and rhythm found in music, dance, and in nature.

All the images in this special coloring book were created spontaneously and intuitively with no preliminary sketches or plans. The images are generated entirely by the subconscious mind and reveal aspects of reality which cannot be apprehended by the five senses.



Bennecelli (James Bennett) holds BFA and MFA degrees and has won many awards for his artwork. During his long and varied career as an artist, he has worked as a teacher, portrait painter, and calligrapher. His "*Luminous Streams*" paintings are both inspired as well as the culmination of over sixty years involvement in the arts. He has also authored and illustrated several books including: *Calligraphy For Dummies* and *The Poughkeepsie Mystery*.

A Note from the Artist

The images in this adult coloring book are based on my “Luminous Streams” paintings. They were created intuitively and spontaneously with minimal preliminary sketches or plans. In this way, I believe they bring to consciousness, images (just as a vision in a dream inspired me) of reality perceived by the subconscious mind. I see these images as depicting the energy and rhythm in music, dance, and nature.

Each image is composed of just four lines which enter and exit the canvas at the edges. This implies that the configuration of lines within the limits of the canvas is part of a much larger, even infinite, network. I use red, blue, green, and white which are symbolic of emotions, intellect and spirit, physical being, and the self. You may choose any colors you like. I suggest you begin by coloring the lines.

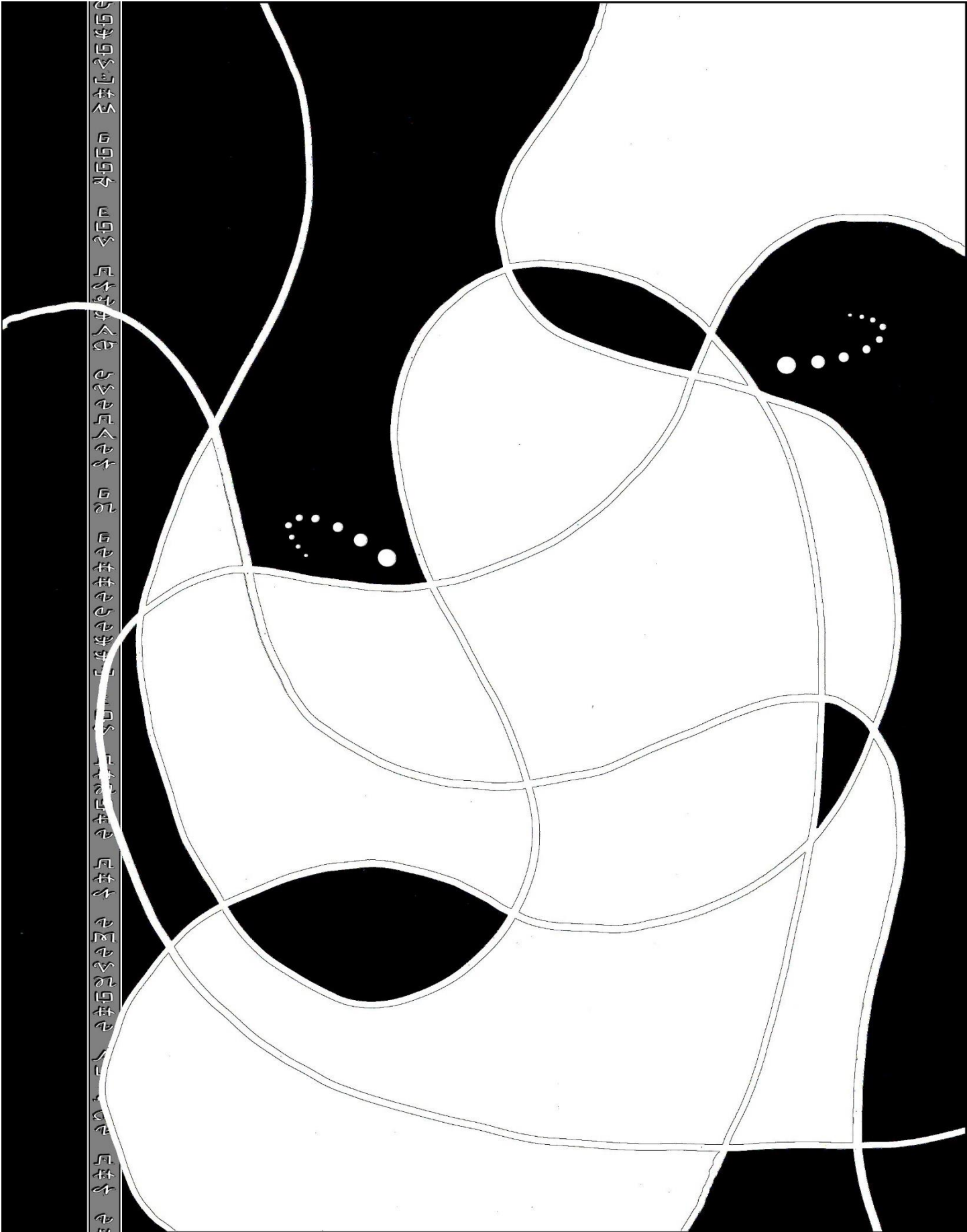
Colored pencils are my preferred medium for this coloring book.

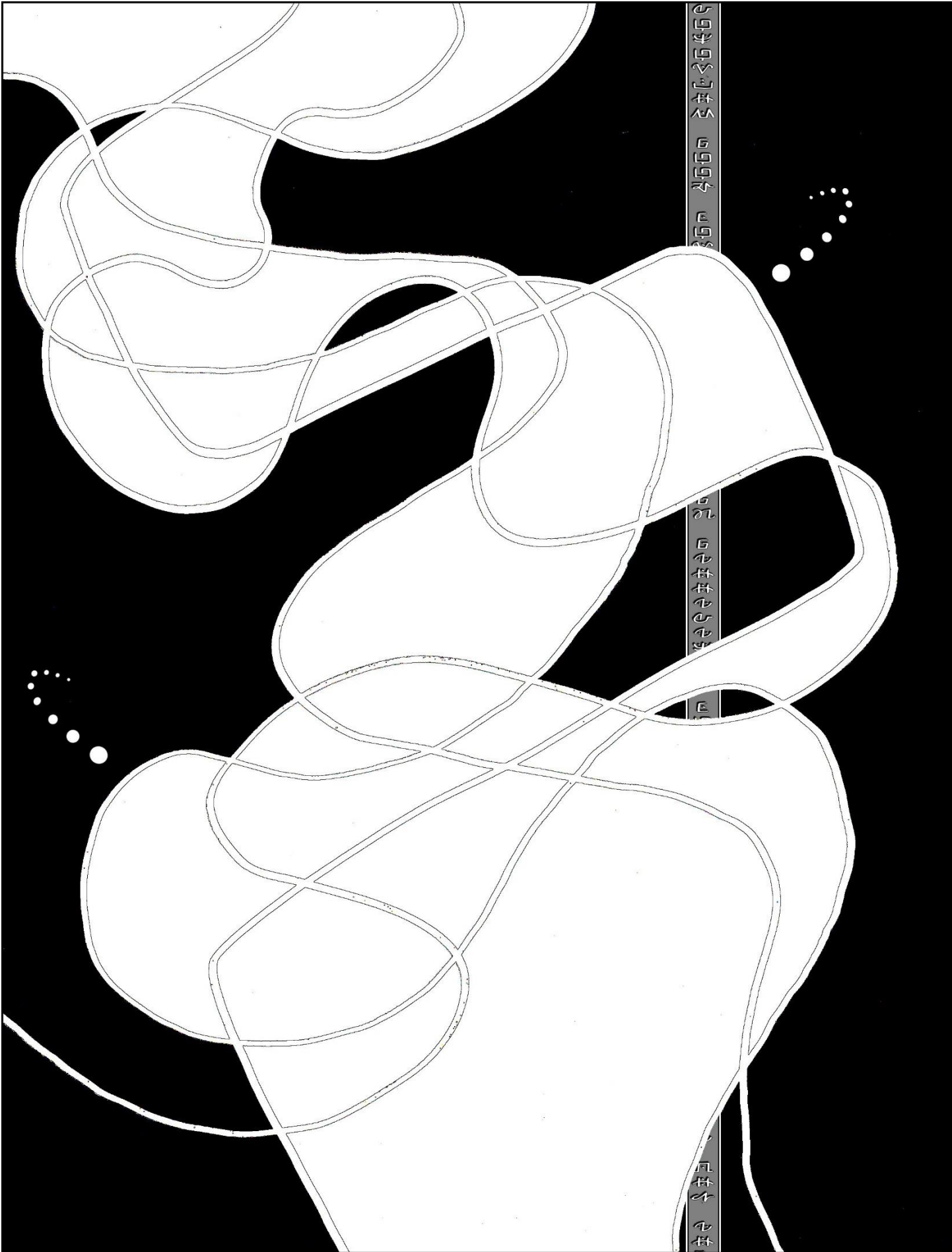
When you color the shapes delineated by the lines, I suggest that you use shading and textures. I think that makes for a highly dynamic design.

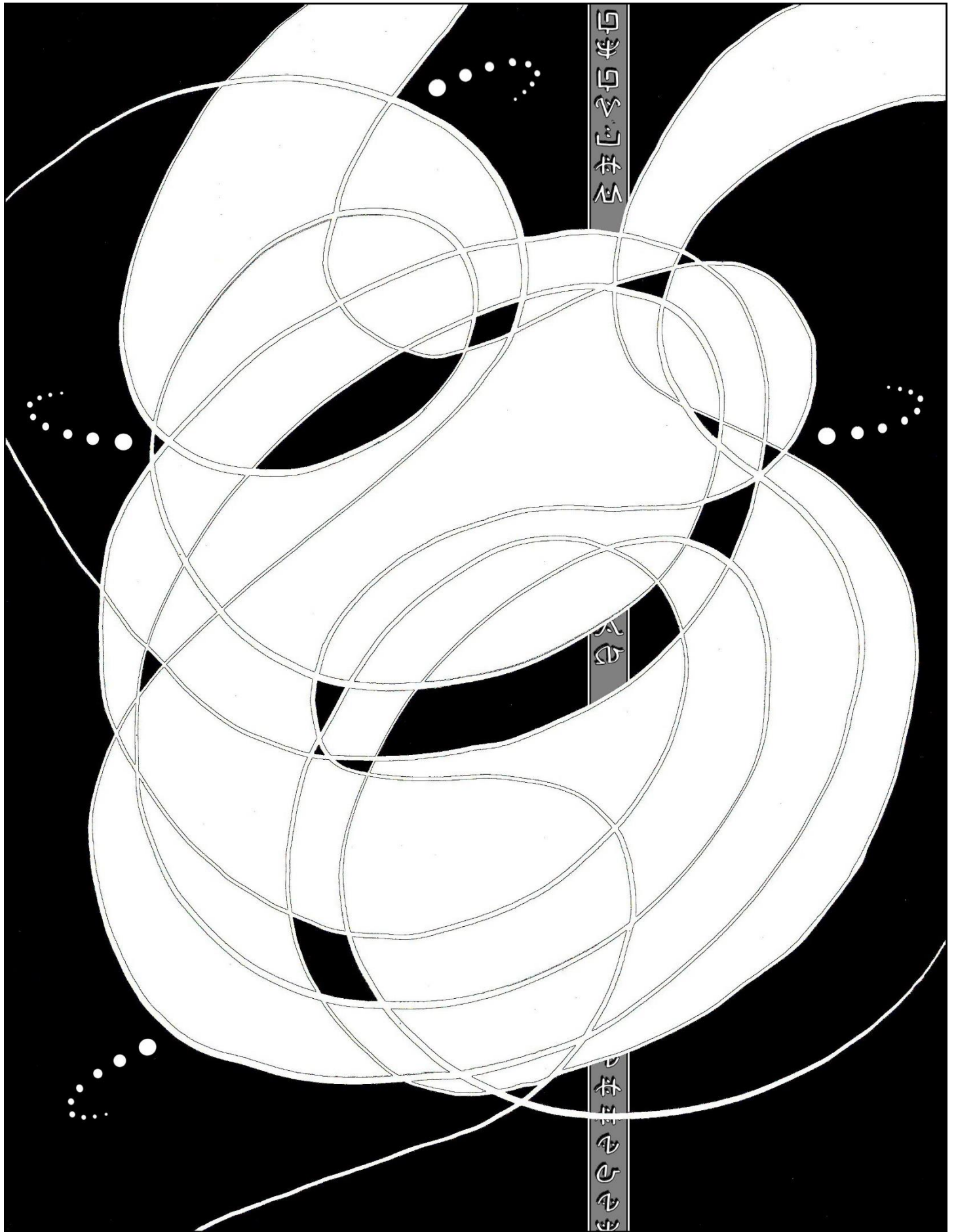
The goal is to enjoy yourself and use your imagination as you use mindfulness coloring to create your own version of Luminous Streams art. The aesthetic experience will have numerous benefits.

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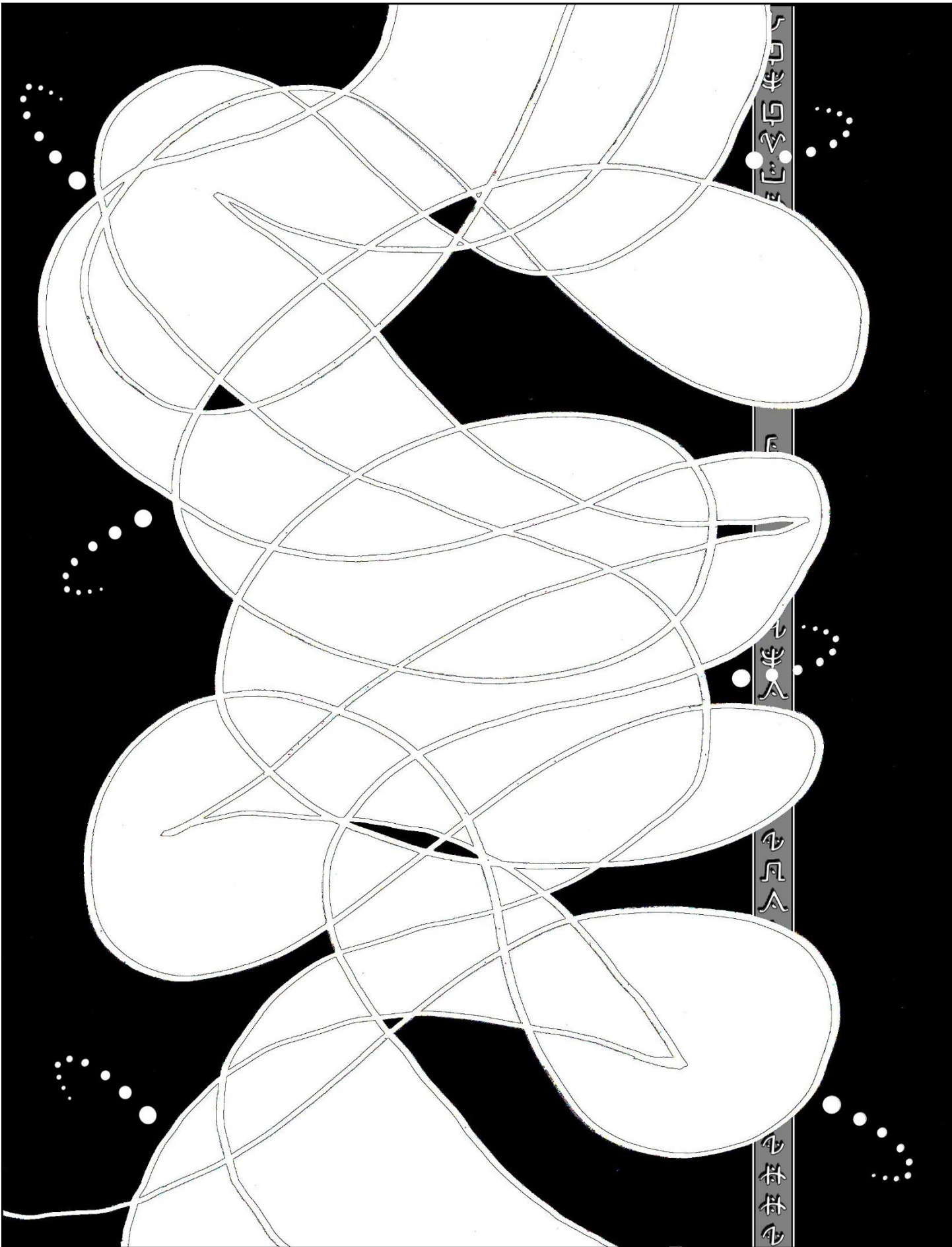
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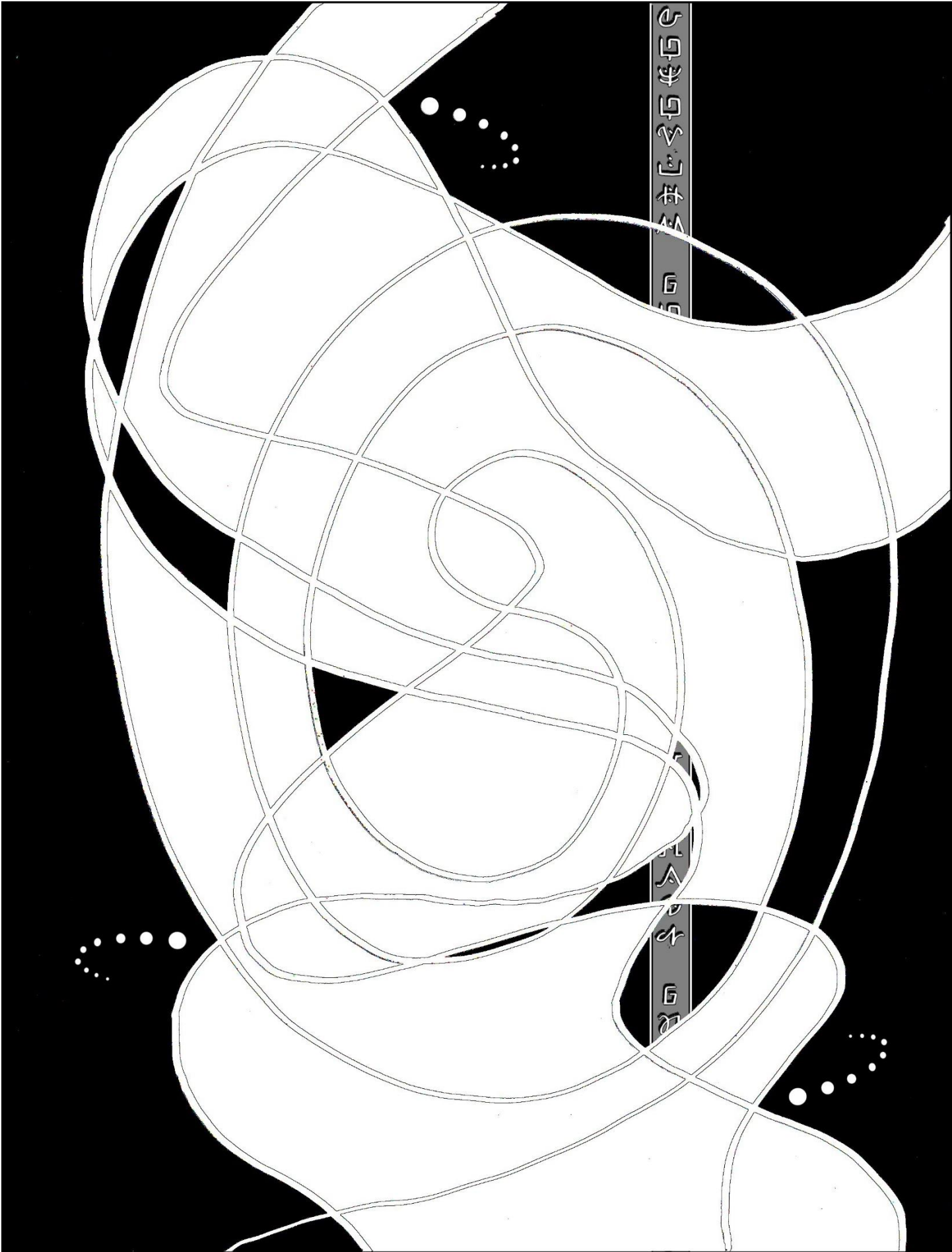


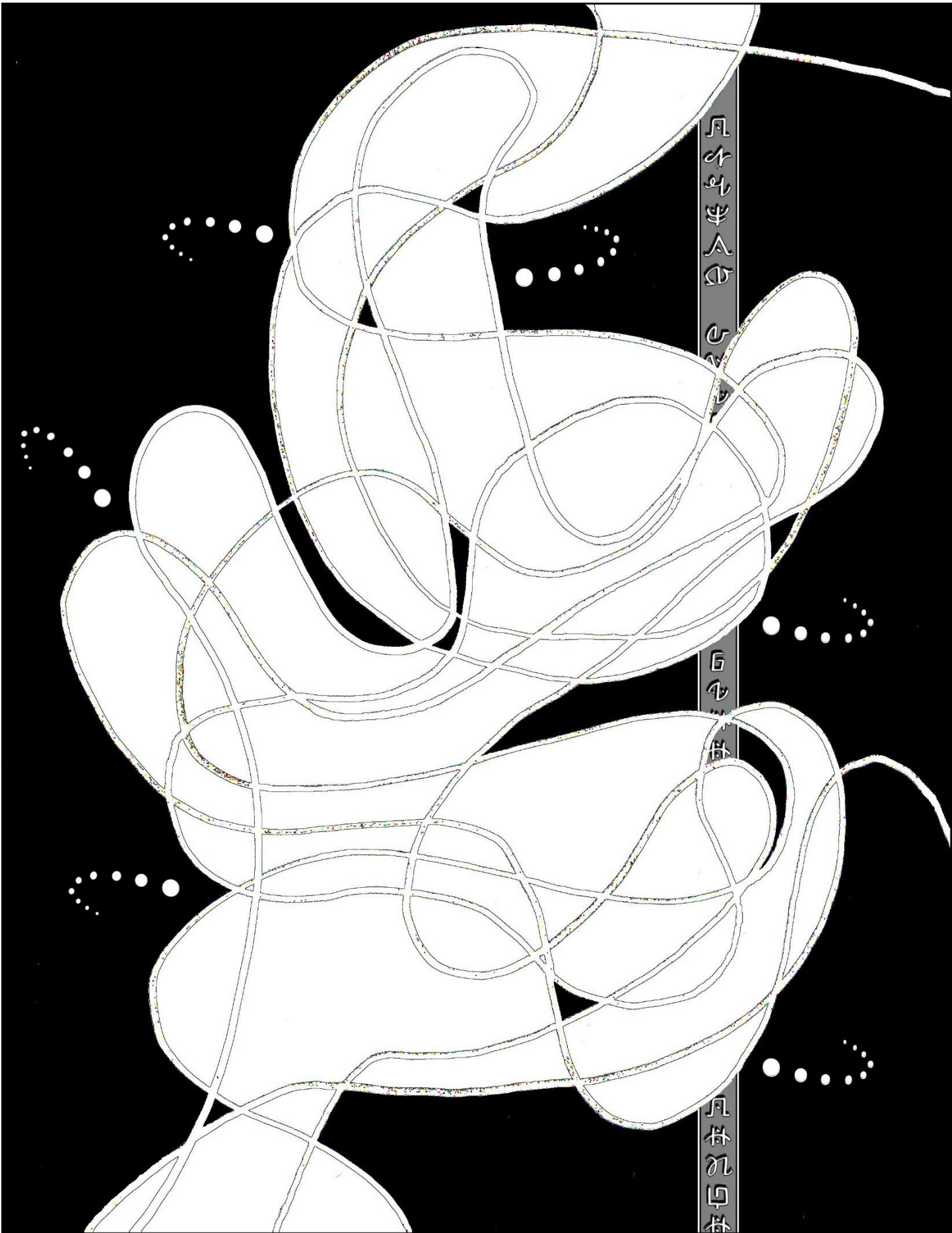


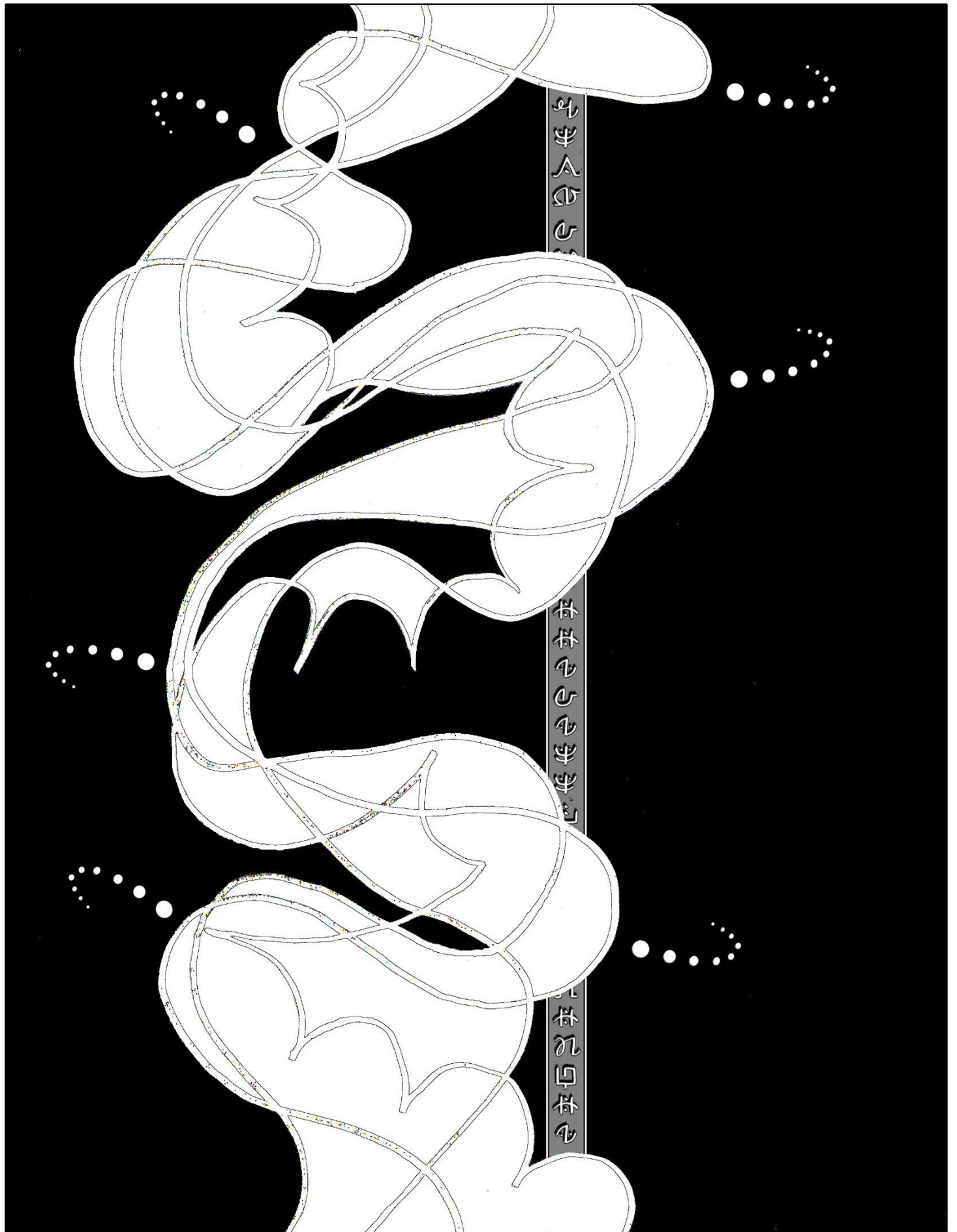


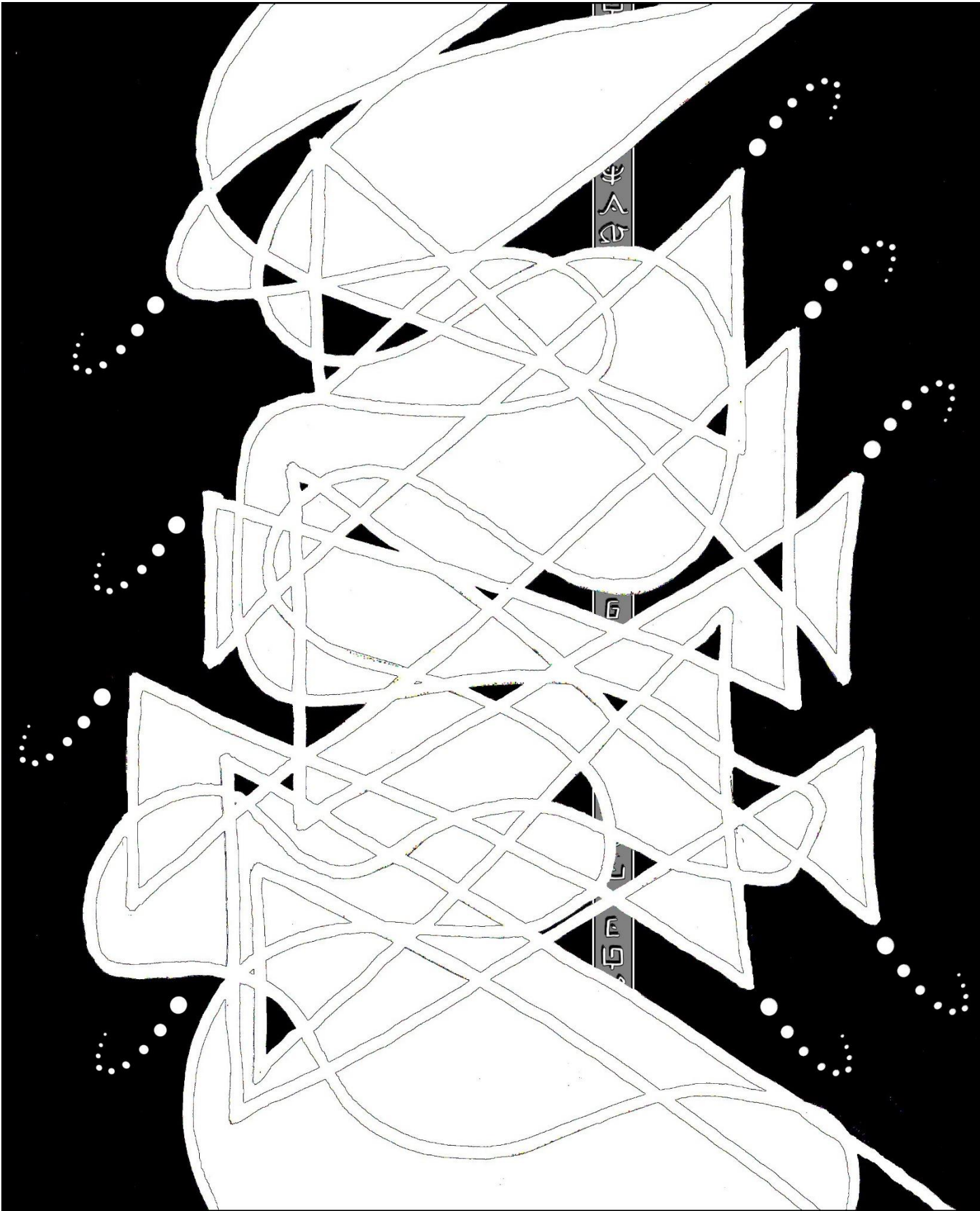


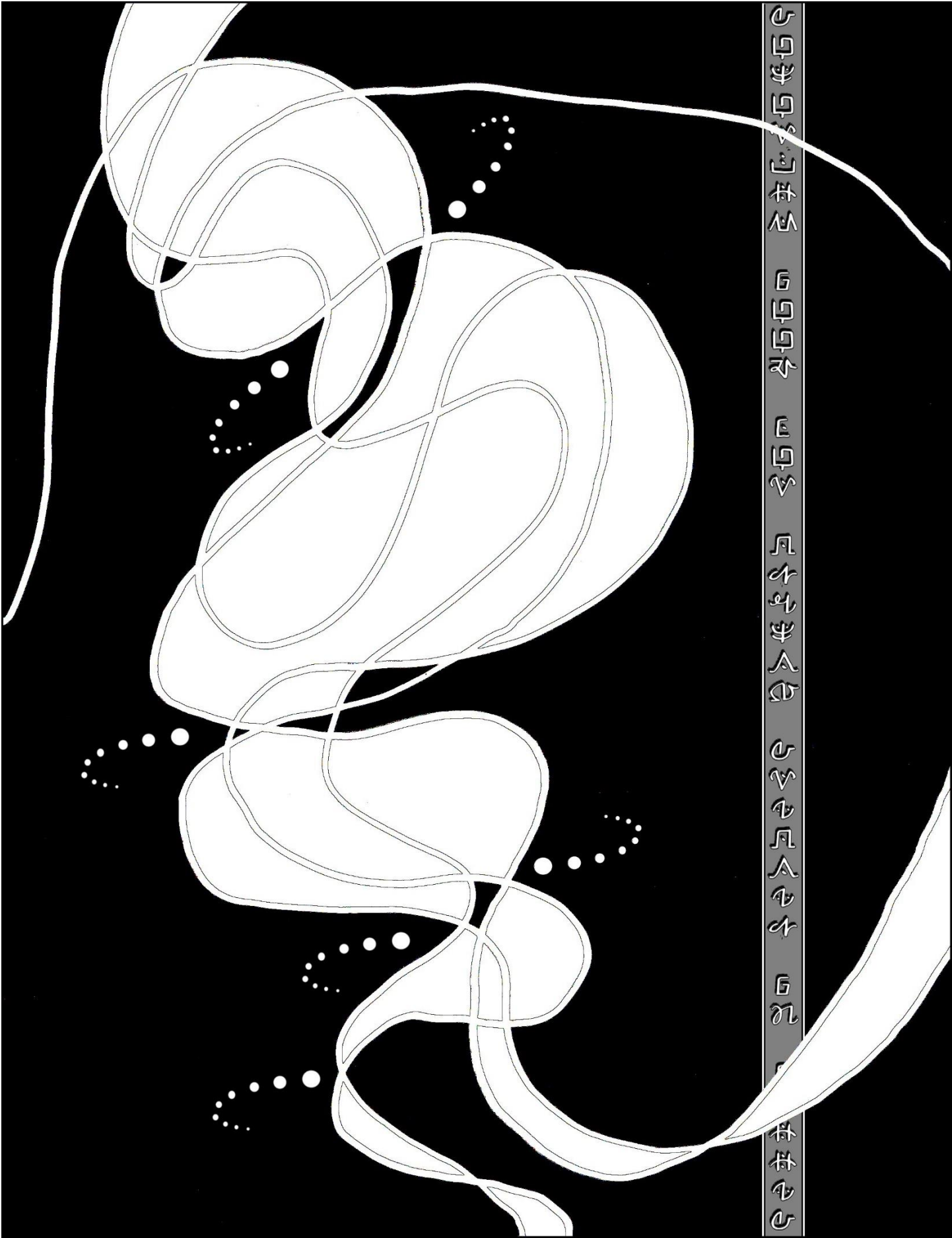




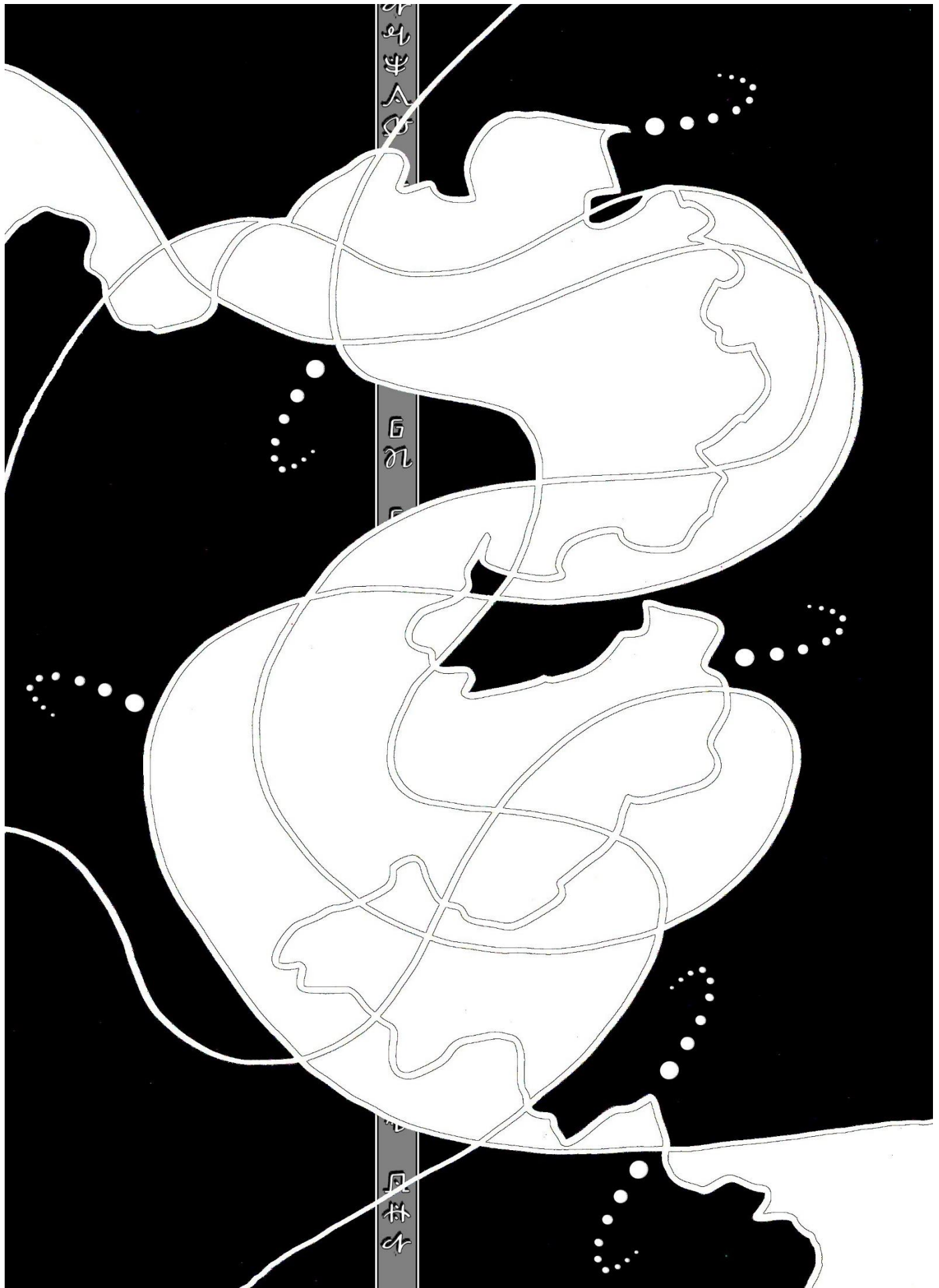


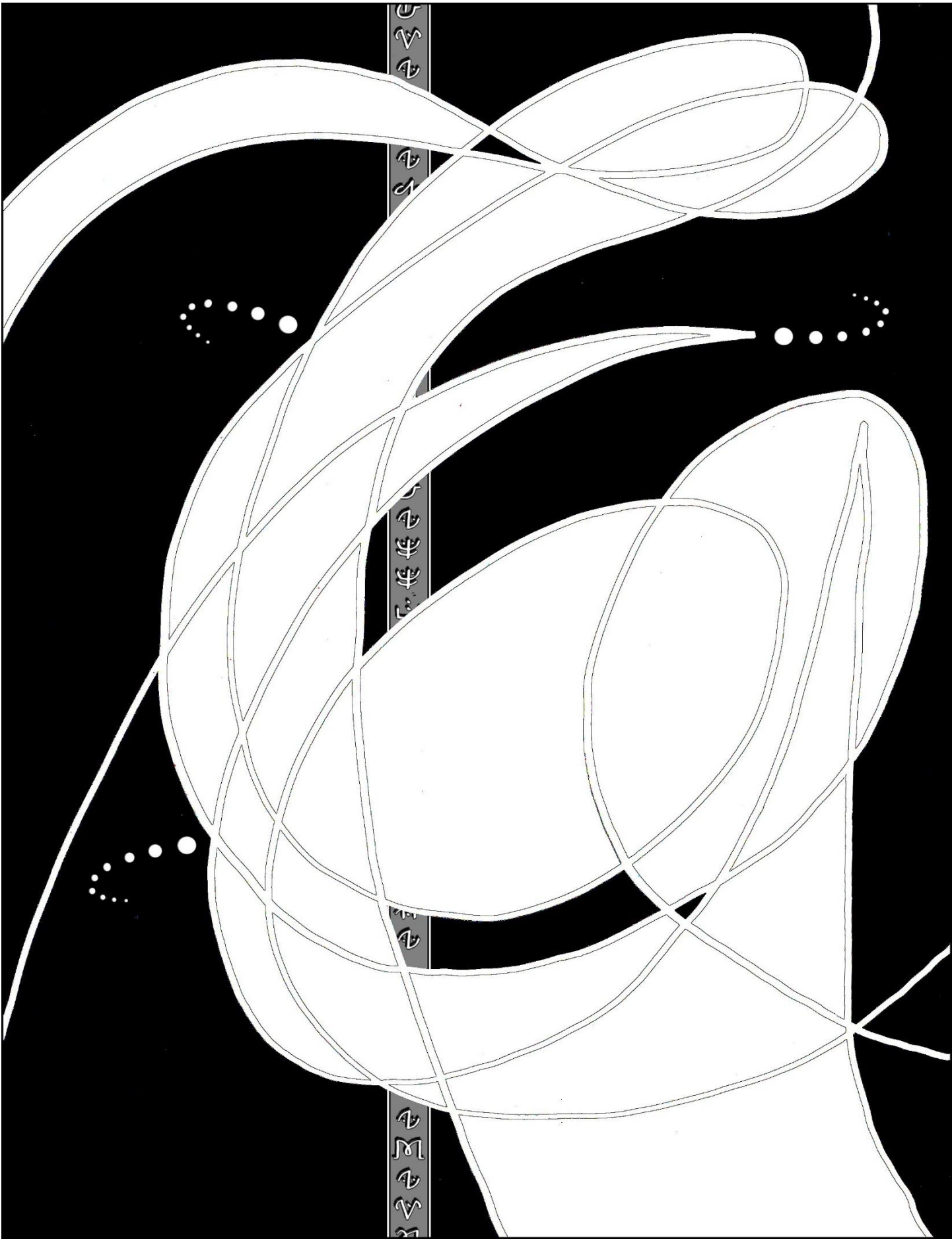












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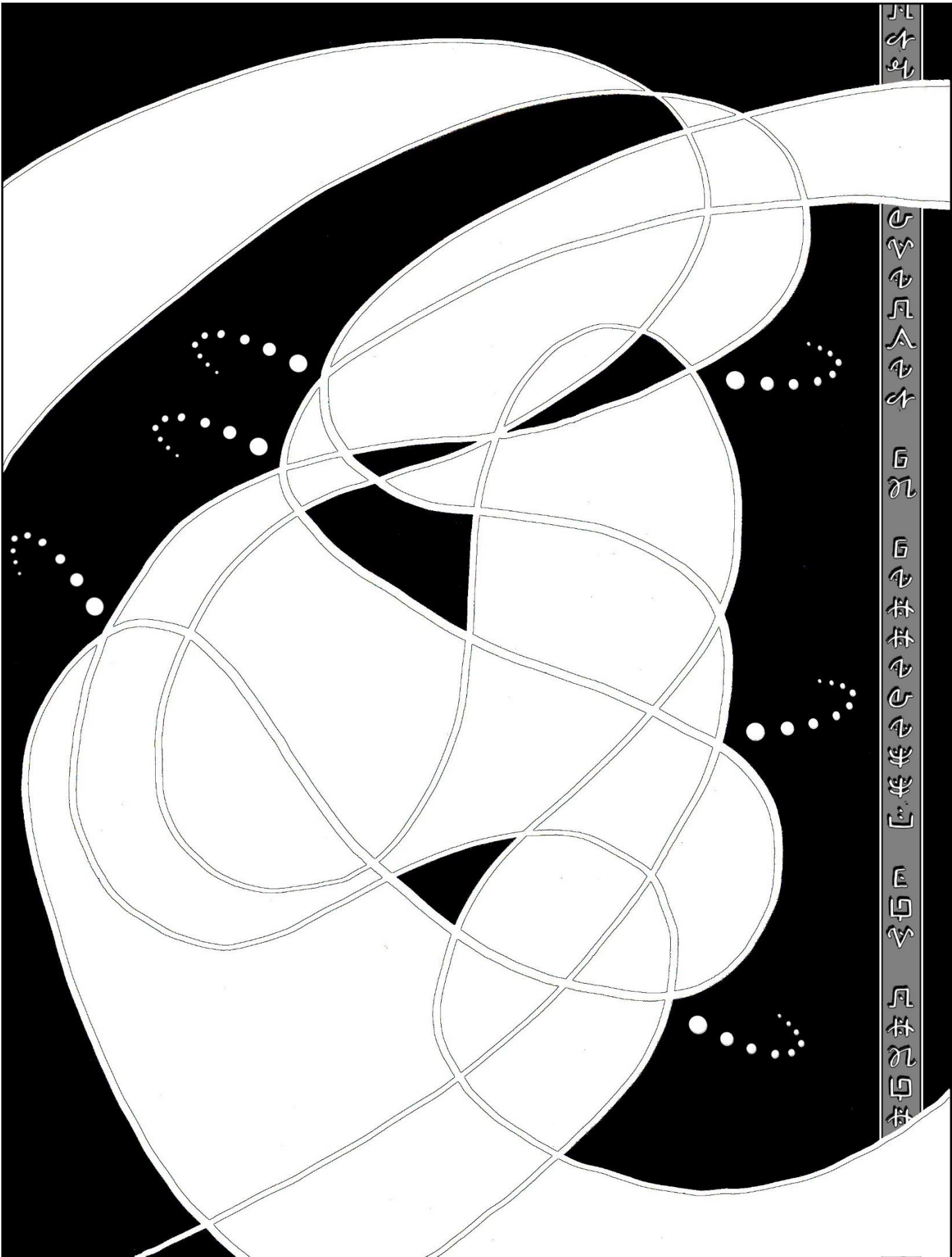
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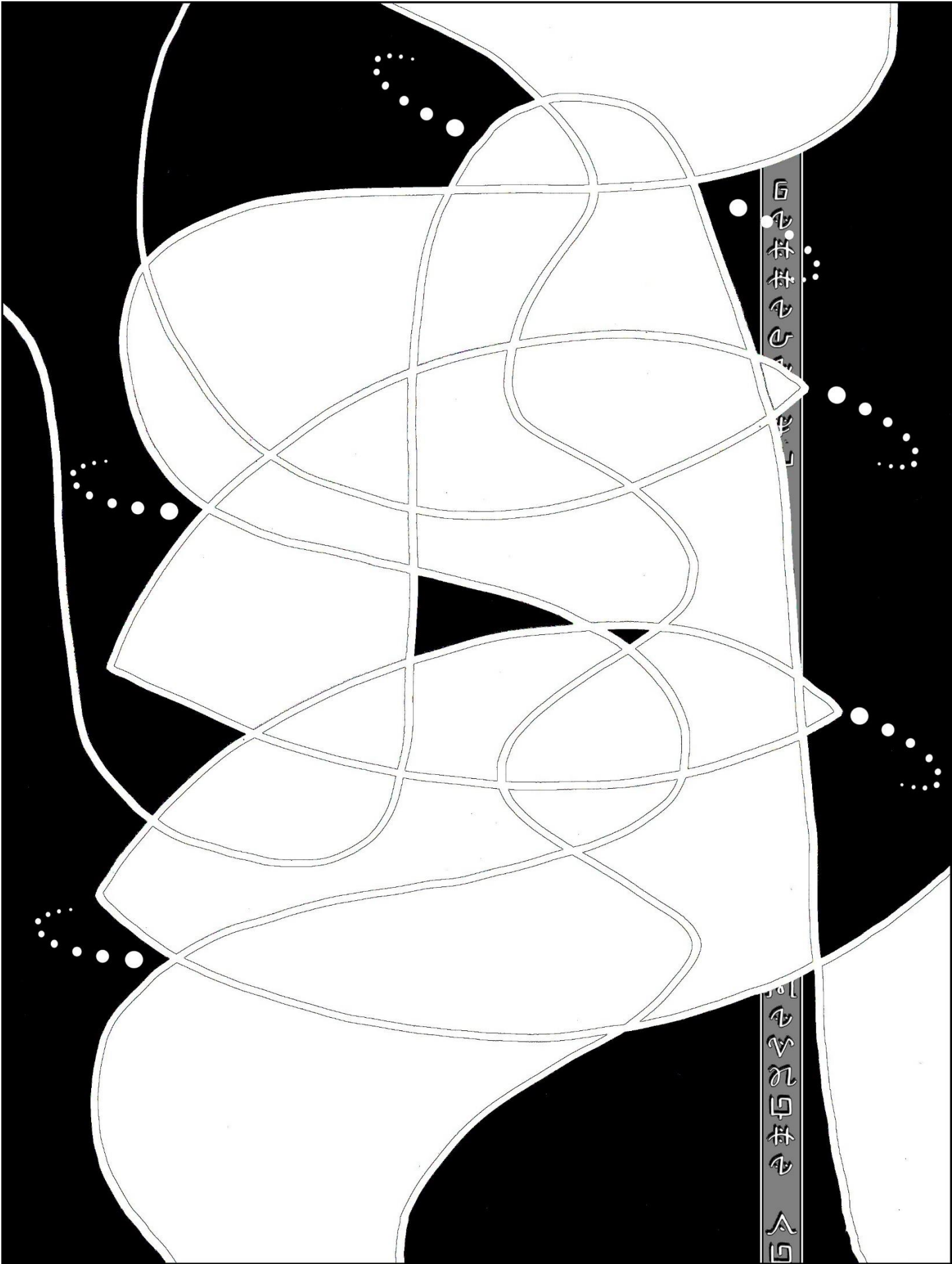
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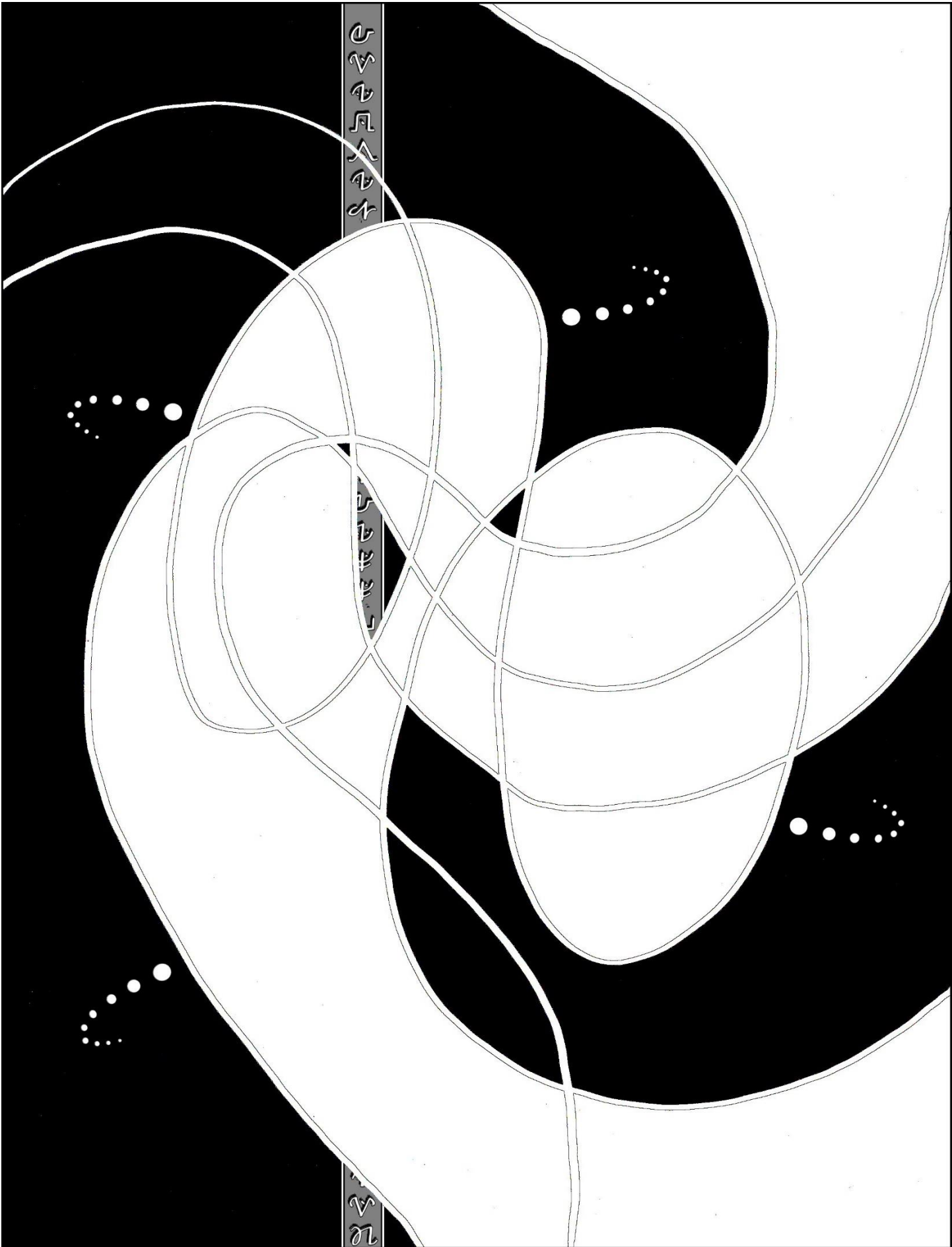
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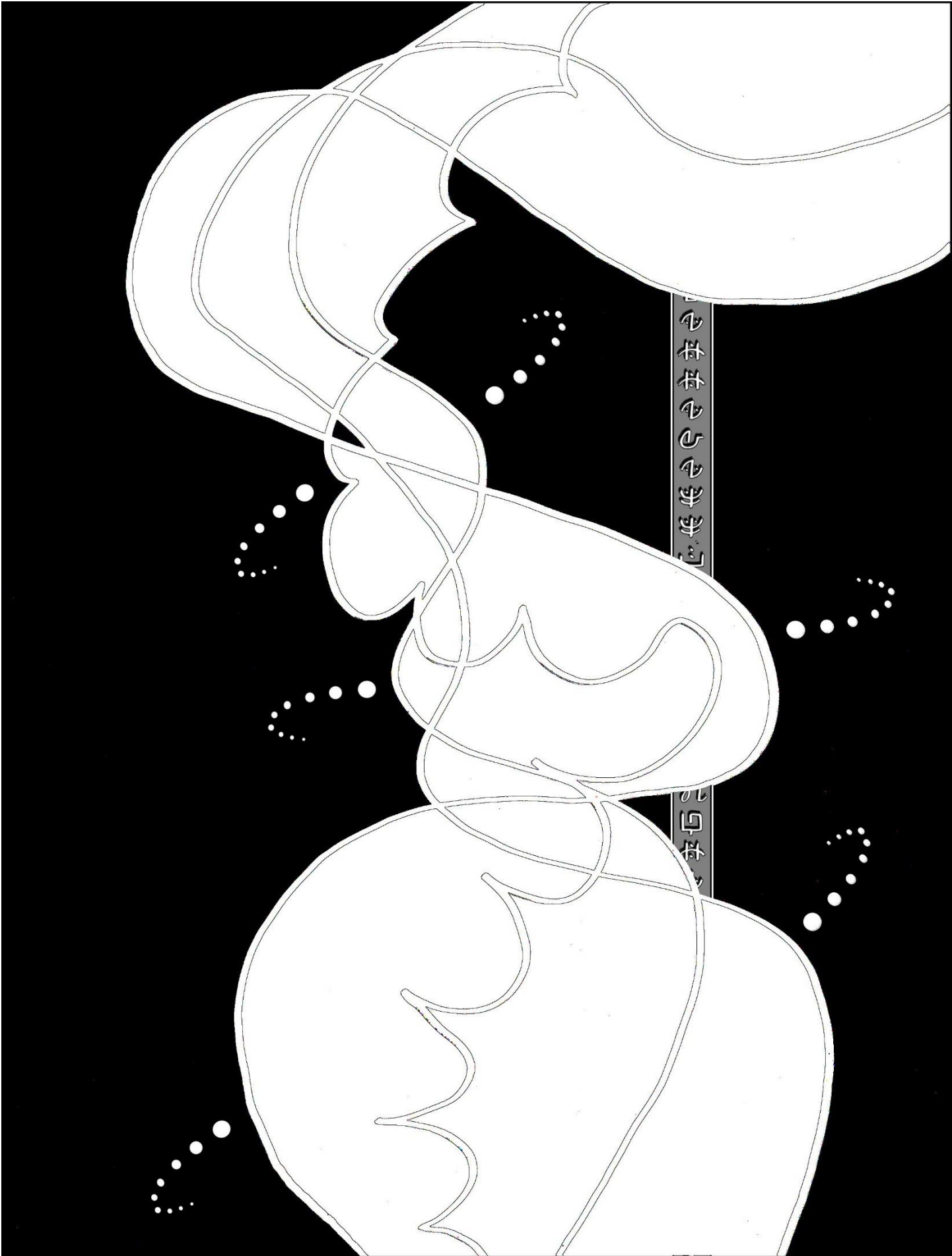
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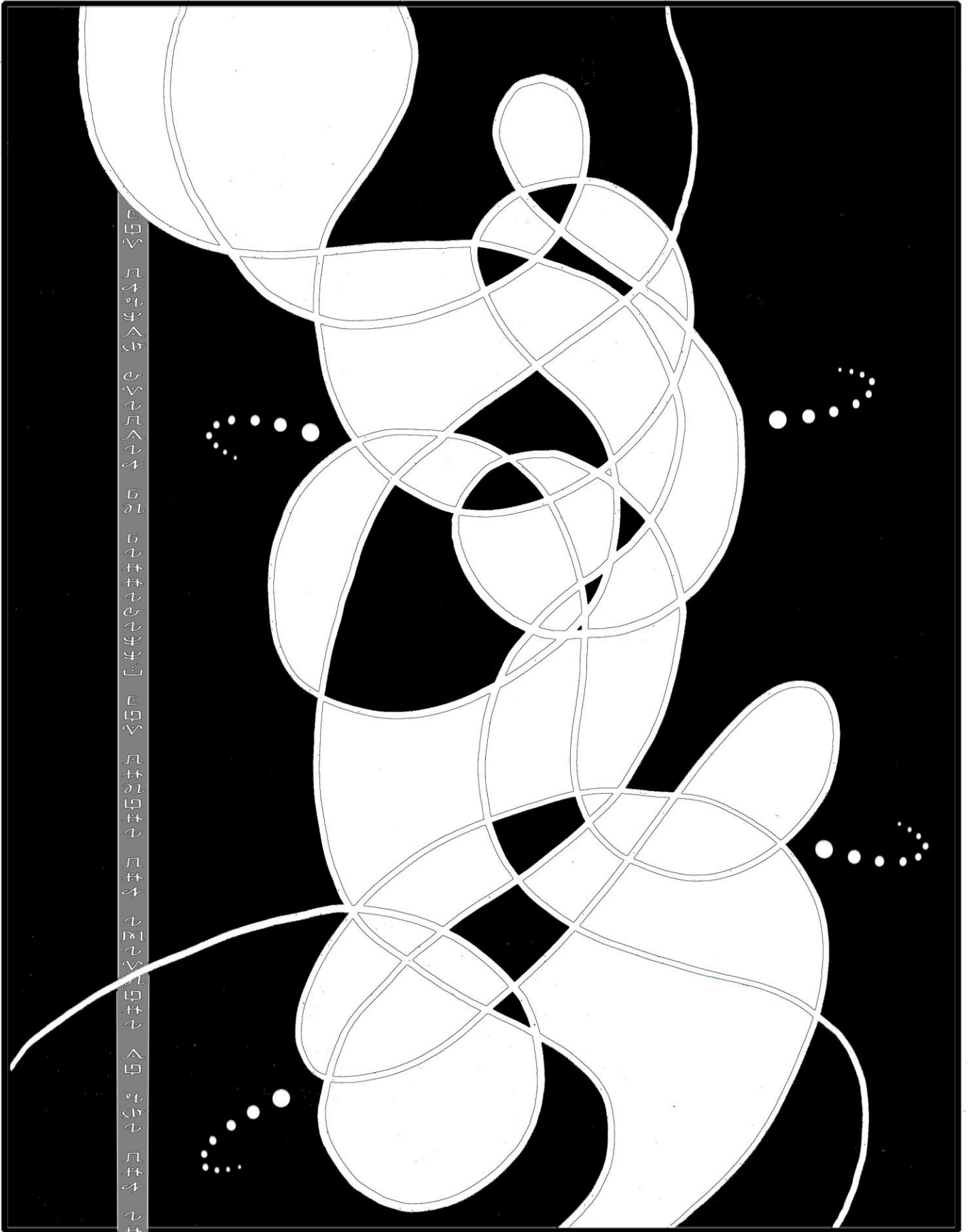
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AN INVITATION

You are invited to discover more about Bennecelli's artwork at his website *bennecelli.com*

There is a contact form on the website where you may arrange the purchase of a painting or print, or to commission him to paint an autobiographical collaborative work, Neuro-AutoBio Art. Please see his website to learn more about this unique art where you actually participate with the artist in the creation of a painting which is all about you!

James Bennett has also authored and illustrated numerous books which are available on Amazon. Here is a partial list.

Behold the Miraculous!

Embrace the Miraculous!

Embody the Miraculous!

Mysteries of the Tanakh

Magic of the Wizard

Locked Out!

The Poughkeepsie Mystery

The Hudson Valley Horror House

Calligraphy For Dummies

Calligraphy For Creative Kids (and adults too!)

You Can Do Calligraphy

Create a Math Adventure Journal

Poughkeepsie's Amazing Extraordinary History