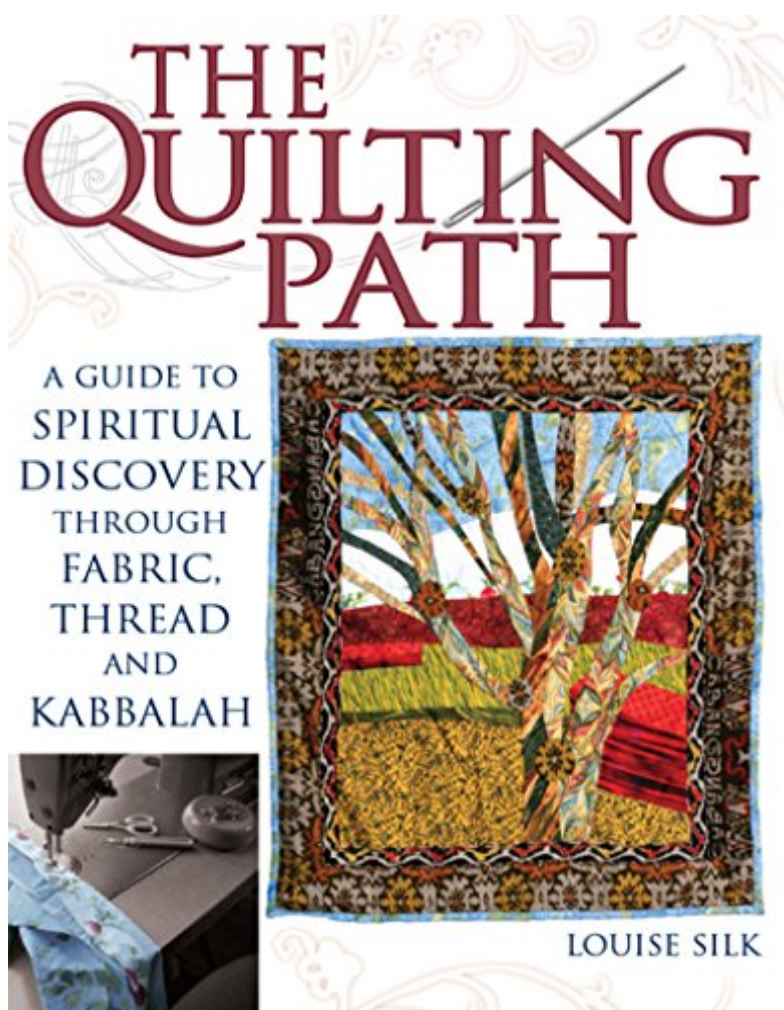


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# The Quilting Path: A Guide To Spiritual Discover Through Fabric, Thread And Kabbalah



## Synopsis

Quilting is the miracle of giving new life and purpose to fabric scraps. It can rejuvenate your spiritual life too. We affirm that life is here and now in our quilting and its ability to enable our journey. It is the vehicle for our continuing movement along our lifetime of efforts. Our quilts allow both the goal and the process in one magnificent creation after another. Our quilting generates the perfect combination of faith with action, hope with realism, and the universal with the particular, so that we are blissful and grateful in our co-creation experiences.

— from the Conclusion

What can you learn about yourself through quilt making? What deeper symbolism can you find in the act of cutting and piecing? How can this simple activity help you make your way down a spiritual path? Delve into these questions and more in this imaginative book that will become your spiritual friend, your teacher and your sanctuary. Contemporary quilter Louise Silk takes you through her own quilting journey to discover how the process of making a quilt can be used to explore and strengthen your own spirituality. Each chapter introduces a universal human attribute organized according to the mystical tradition of Kabbalah, relates it to a personal life practice and then applies the attribute and the practice to an original quilt project. Anyone from the novice to the needlework expert — and from any faith tradition — will be nourished and gratified by the patchwork and applique experiences offered in this creative, engaging book. These ten projects, carefully designed for you, include: One-Patch Utility Quilt Log Cabin Quilt &#x95; String Pieced Pillows Straight Furrows Baby Blanket &#x95; Quilting Carry-all Bag &#x95; Patchwork Prayer Shawl Folk Art Applique Quilt &#x95; Remembrance Crazy Quilt &#x95; T-shirt Quilt Rail Fence Signature Tablecloth &#x95; Plus dozens of variations

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## Customer Reviews

Well worth the purchase! Mind, heart, soul expanding!

I enjoyed the way Louise intertwined her life experience with the her passion for her "practice". I also appreciated learning about Kabbalah, from a woman's point of reference. The projects are exciting and are appropriate for beginners and advanced quilters. I found myself smiling & nodding as I turned the pages. I, too, am an artist. This book has inspired me to bravely embark on a new journey.

thought provoking in that it caused examination of my approach to design of quilts for my special people at various places in their lives

Interesting.

This is a vanity piece more than a helpful book on quilt design. The instructions are basic, but better basic instructions are available from books by master quilters such as Alex Anderson. Her philosophical journey is interesting, but better books (less ego-centric) are available here as well.

Written by Louise Silk, a professional quilter of thirty years' experience, *The Quilting Path: A Guide To Spiritual Discovery Through Fabric, Thread and Kabbalah* is a unique blend of needlecraft and Kabbalah spirituality. Silk presents the mystical traditions of Kabbalah as a contemplative system open to all regardless of individual religious or spiritual background. Chapters walk the reader through the practical steps of crafting ten products ranging from a utility quilts and string-pieced pillows to applique quilts and signature tablecloths, and more while simultaneously introducing the practitioner to the spiritual aspects of cutting and piecing. Each chapter introduces a human attribute as selected in accordance with Kabbalah tradition, and applies the attribute to the quilting project

discussed. A deeply reverent and meaningful guide to the higher dimensions of a widely beloved craft and hobby.

Although not a quilter myself, I could see how easily I could follow Louise Silk's "path" as a painter. I found the chapters fascinating as she wove together personal stories, Jewish mysticism and the spirituality of her quilting art. This is a book about a real life that is shared with courageous honesty, and one steeped in spirituality. For example, the chapter that ends with the creation of a baby's quilt fittingly begins with Louise's brave and frank and loving reflections on her children. A discussion of Kabbalah's fourth divine attribute, "Chesed", or loving kindness naturally follows. Louise's book is meant to be savoured slowly, and her projects provide the opportunity for meditative reflection. I am grateful to have read the book.

HAPPY BIRTHDAY LOUISE !!! Maybe some day our "Paths will Cross" and we can share our history over coffee :) Louise Silk is a woman who was destroyed emotionally. I have enormous respect for this individual who had the courage to expose all of her pain and suffering that she endured over the course of her marriage. She had to let the world know that she suffered and the only way possible was through her quilting which kept her strong. If one notices, she never names her husband of 20 plus years throughout the entire book. Why? The pain is beyond belief. I am very close to this situation as I know her ex husband very well. Believe me, he may be re-married but his pattern has not changed. Louise is stronger as a result and will always have the unconditional love of Isadora, Eli, and Sarah. Her book has given me strength and inspiration in times of sorrow. I refer to it often. A must read for anyone who has been through tremendous pain and suffering. Omit the quilting instructions and focus of her life story. She had to have a catharsis and I commend her for doing so.

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