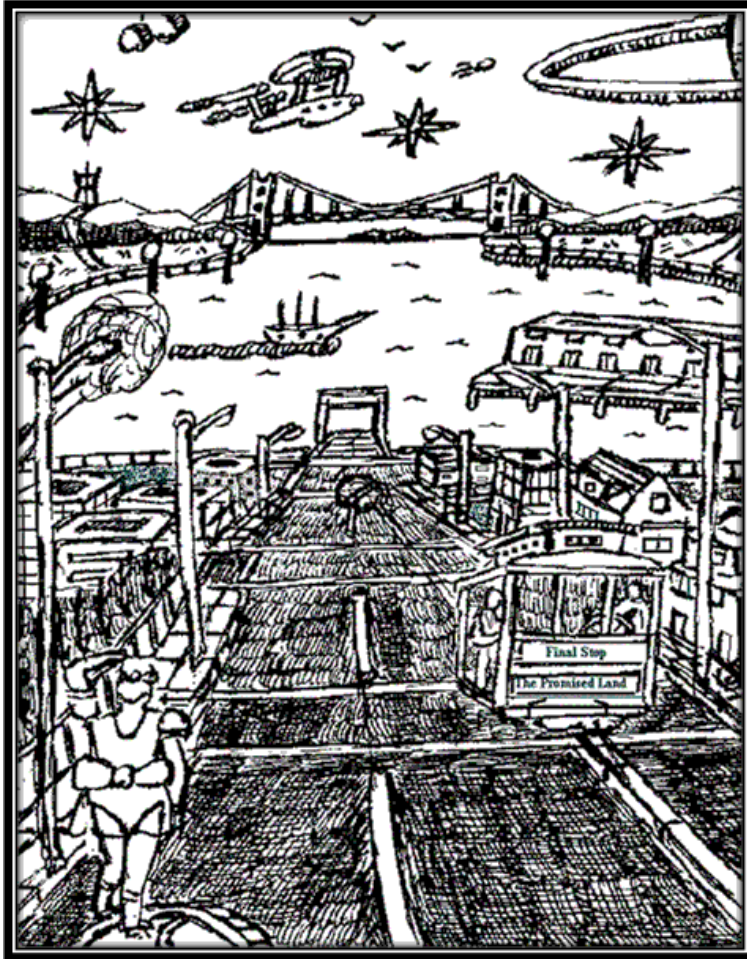


**Rediscover Painting with Antonio's Painting Set**  
**a short story on the**  
**benefits of painting and drawing and an artshow**  
**by Anthony M. Benjamin Sr.**



**after reading this ebook you will know some reasons why:**

- (1) painting and drawing is a tool for dreaming**
- (2) painting and drawing is a ticket to another world**
- (3) painting and drawing as a tool for self improvement.**

**by Anthony M. Benjamin Sr., ISBN 0976459094, U S Copyright pending**

**(previous page-01) \*\*\* (table of contents - page 02) \*\*\*(next page-03)**

**Rediscover Painting with Antonio's Painting Set**  
**Table of Contents**  
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**Short descriptions of Pages**

- (01) Rediscover Painting - Title Page !**
- (02) Rediscover Painting - Table of Contents !**
- (03) Introduction Summary - Benefits of Painting !**
- (04) Benefit (1) Painting is Fun !**
- (05) Benefit (2) Painting is Challenging !**
- (06) Benefit (3) Painting Improves Eye and Hand Coordination !**
- (07) Benefit (4) Painting Satisfies our need for Touch !**
- (08) Benefit (5) Painting Teaches Mixing and Stroking !**
- (09) Benefit (6) Painting Teaches Organization Skill !**
- (10) Benefit (7) Painting Teaches Patience !**
- (11) Benefit (8) Painting is Economical and Good for the Environment !**
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- (29) Rediscover Painting Marketing Message !**
- (30) Rediscover Discover Painting Conclusion !**

**Rediscover Painting with Antonio's Painting Set**

**Introduction**

**Summary of the Benefits of Painting ?**

**Page 03**



**Young children love painting because it is  
fun and non competitive way to Relax and be Creative !**

**Adults should Rediscover Painting because Painting is a Spiritual Tool !  
Painting is Medicine for the Soul  
and provides the body and soul the following benefits:**

- (1) Painting Improves the Body and Mind because it melts stress !**
- (2) Painting Improves Eye and Hand Coordination by working them !**
- (3) Painting Satisfies our Emotional Need for Touch !**
- (4) Painting is a Vocational Talent !**
- (5) Painting let you touch Eternity**

**Read the entire story and find out more about Painting and Drawing benefits.**

**Rediscover Painting with Antonio's Painting Set**

**Benefit One**

**Painting is Fun !**

**Page 04**



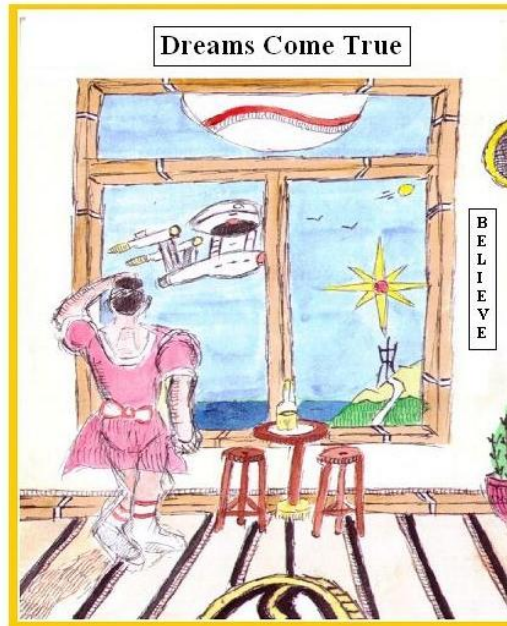
**Many of my most pleasant memories of childhood  
and early education were the times I was painting.**

**While painting as a child my mind was in another world  
far away from the conflicts and challenges of daily living**

**When painting I was never in competition with anyone  
and my soul was free to explore my private world in Peace !**

**Painting is FUN because it lets your Soul be Free  
to explore your inner world without any competition,  
period !**

**Rediscover Painting with Antonio's Painting Set  
Benefit Two - Painting is Challenging !  
Page 05**



**To put colors on a surface, staying within certain lines and applying the your medium of color smoothly and evenly. over a surface is a great accomplishment an artist can take pride in.**

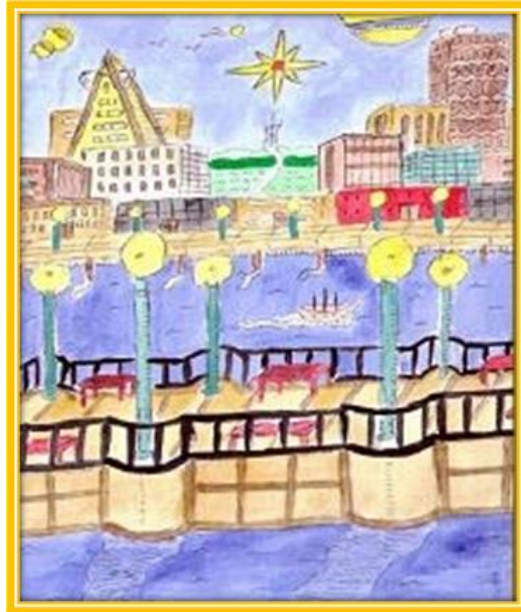
**Mastering the skills in painting is like mastering the skills in a very hard crossword puzzle, only in painting you are mastering the language of words, in painting you are mastering the skills of:**

- (1) Touching with a Brush**
- (2) Mixing Colors**
- (3) Growth in developing a talent**
- (4) Patience in completing an Project !**

**Painting is challenging because the skills required to be a Great Painter takes a lot of determination and the completed project is a tangible object that all humanity can admire for a life time !**



**Rediscover Painting with Antonio's Painting Set**  
**Benefit Three**  
**Painting Improves Eye and Hand Coordination !**  
**Page 06**



**Painting is more than a Fun and Challenging game,  
it is a great skill that also improves our  
Eyes and Hand muscles in many ways.**

**While painting we are perfecting  
two of our greatest gifts as Human Beings.**

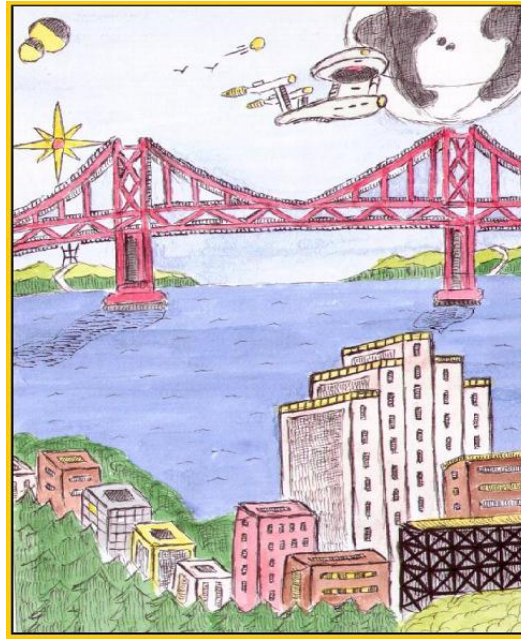
- (1) our gift of vision**
- (2) our gift of touch**

**In perfecting eye and hand coordination we are improving skills  
improving skills that we can use in every aspect of our life.**

**Painting skills can help us in many jobs and in rare instances save a life  
by being able to grab or putting your hand at the right place at the right time  
to hold and grasp someone or something.**

**Eye and Hand Coordination are skills we will use all our working life !**

**Rediscover Painting with Antonio's Painting Set**  
**Benefit Four - Satisfies our need for Touch !**  
**Page 07**



**To many people the need to be Loved is the greatest of all human needs.**

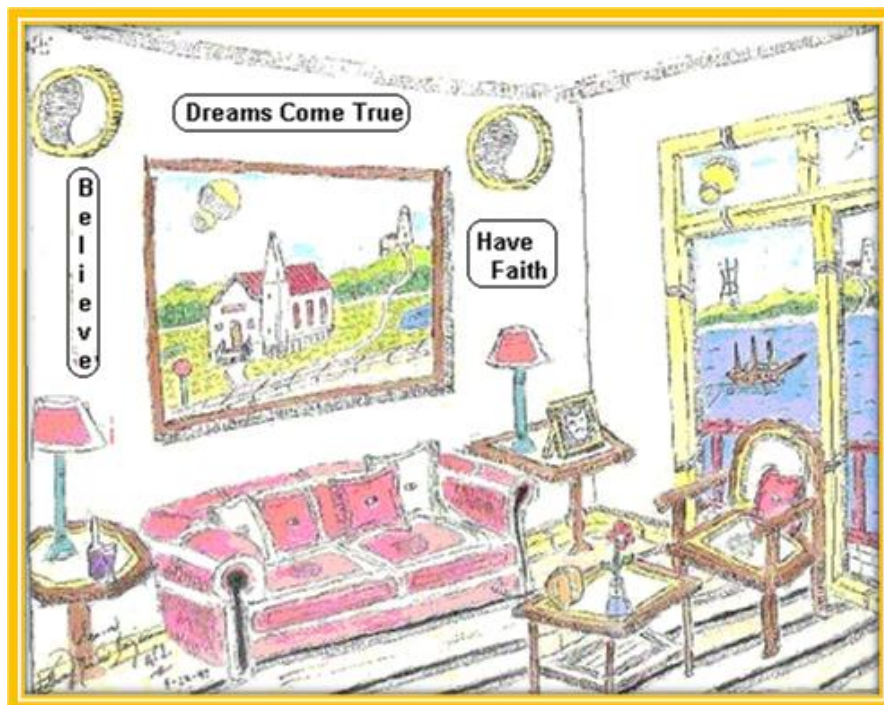
**While nothing can ever satisfy our need to be touched by humans being, painting comes mighty close.**

**Be it the handle of the brush, or the material in the brush tip. painting gives our hands a pleasurable thrill that words cannot describe.**

**I would be dishonest if I said cheap brushes felt as good as expensive brushes, but the sensual feel of putting paint with a brush on any surface is truly an amazing experience.**

**Just as we have a physical body that needs food to stay strong and healthy, we also have an emotional body that needs to touch and feel. and painting magically satisfies those needs !**

**Rediscover Painting with Antonio's Painting Set  
Benefit Five  
Painting Teaches Mixing Colors and Stroking with the Brush !  
Page 08**



**Looking at a painting one can never truly understand the challenge of mixing colors together and layering the paint on a canvas to create the beauty that is truly an art masterpieces.**

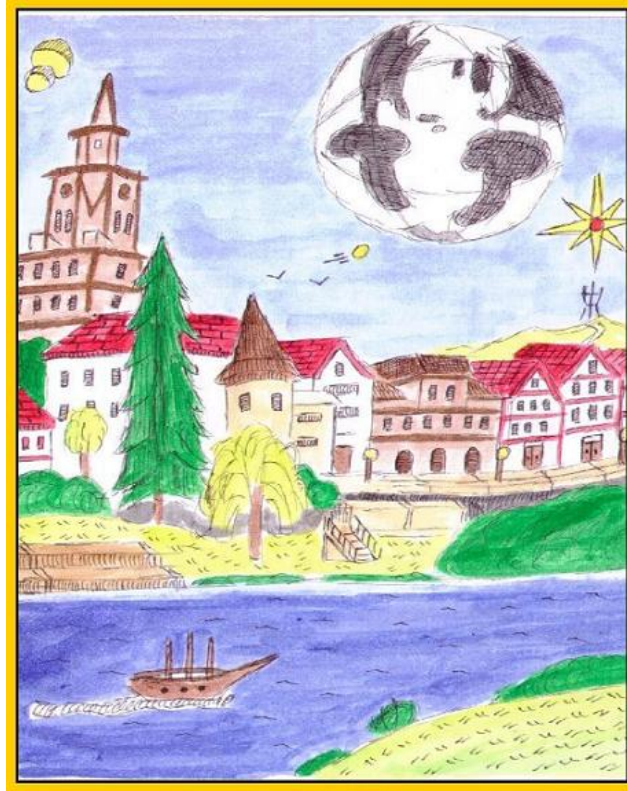
**Mixing paint gives you a chance to see the Magic of Colors.**

**Only as a painter can we see the differences in shades of color in everything around us and know that no two color are ever alike.**

**In attempting to master the arts of stroking and layering we can see why artist like Picasso and Van Gough are legends that will never be forgotten !**



**Rediscover Painting with Antonio's Painting Set  
Benefit Six - Teaches Organization Skill !  
Page 09**



**To paint a picture is a fun project that combines the following element:**

**(1) Materials (2) Talents (3) Time (4) Storage**

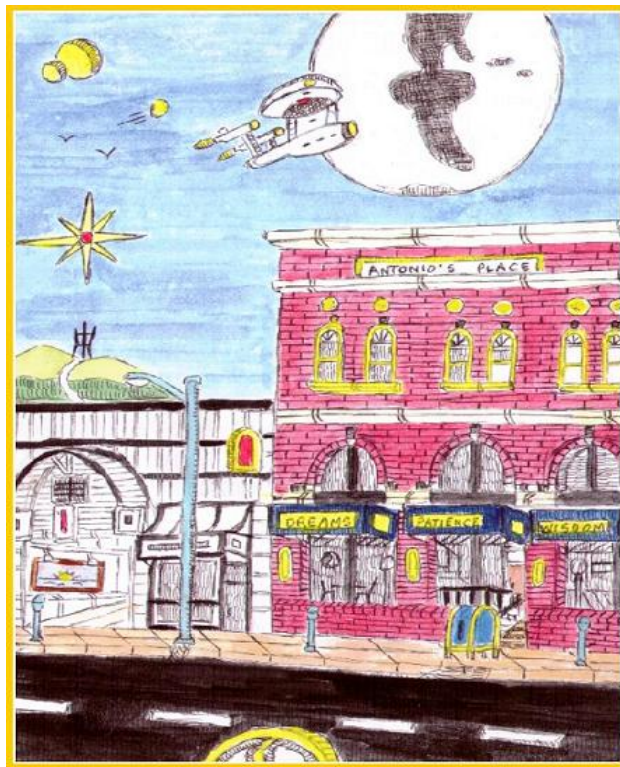
**A painting is more than colors and shapes on a surface, it is a combination of many material including paints, brushes, working spaces and a plan.**

**Being a great painter is a skill that requires many talents, and the major talents are (1) the talent of mixing paints (2) the talent of using a brush and (3) the talent of managing time !**

**When painting, a painter must manage start and finish time for individual inner parts of the picture, the overall project, and how supplies are stored.**

**The person who learns to paint a picture, is the person who is mastering many organizational skill that can be used on any project they create.**

**Rediscover Painting with Antonio's Painting Set**  
**Benefit Seven**  
**Painting Teaches Patience !**  
**Page 10**



**PATIENCE according to the dictionary is art of tolerating delay.**

**But in the world of painting, Painting is the essence of Faith,  
the spiritual gift of turning Nothing into Something.**

**PATIENCE make you move forward on a project and knowing it  
serves a purpose even if you cannot understand it.**

**PATIENCE is a spiritual quality that cannot be given but must be  
proven thru losing and failures.**

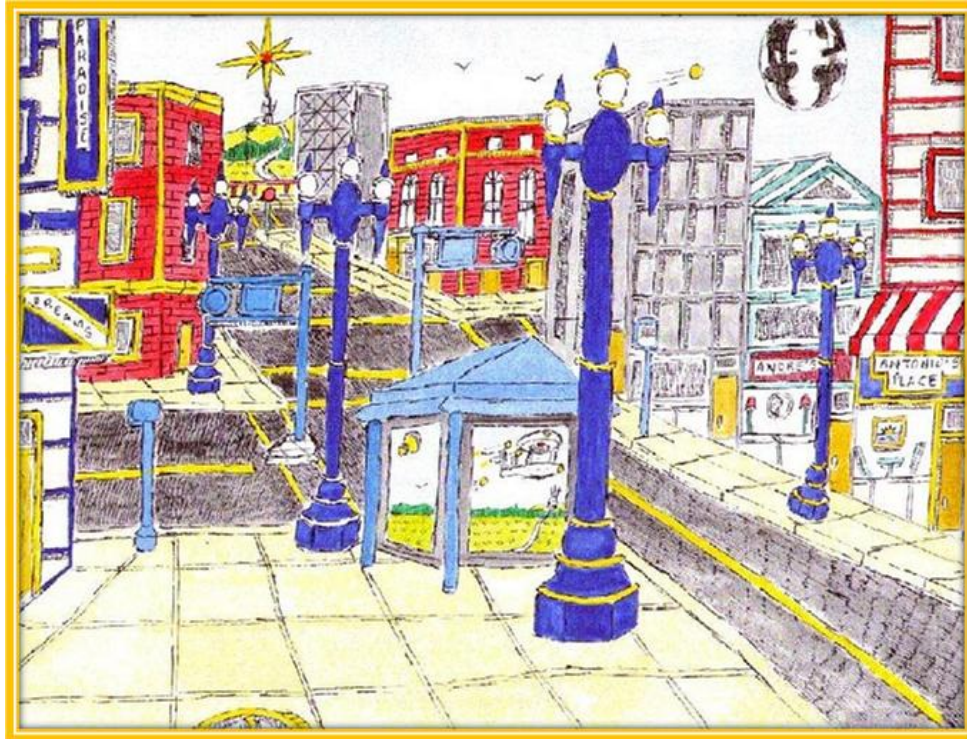
**One of the easiest way to develop the Divine Gift of PATIENCE is thru  
practicing the ART SCIENCE and RELIGION of Painting and Drawing.**

**Rediscover Painting with Antonio's Painting Set**

**Benefit Eight**

**Economical and Good for the Environment !**

**Page 11**



**Painting takes away our dependence on computers and limits our needs for electricity and expensive materials.**

**Once you buy the supplies, (1) Paint (2) Brushes (3) Paper (4) Pots you have a hobby that can give you hours of inexpensive pleasure.**

**Painting is a money saver because lessons from teacher are not needed.**

**Only thru individual practice are the skills of painting mastered and the student of painting has a real chance to be truly creative .**

**Painting is economical because many of the supplies can be found for free and can be done without computers and limited light.**



**Rediscover Painting with Antonio's Painting Set**  
**Benefit Twelve**  
**Painting is a Gift from the Heart !**  
**Page 12**



**A gift of a painting from you to a family member or friend is a gift from the most secret place in your heart.**

**Painting is more than lines and colors on a canvas, a picture you created is an outer reflection of your inner soul, the part of you that is immortal or has no beginning or end.**

**Each of your paintings are cherished possession and tells about a story that is as revealing as confession on a tape recorder.**

**The gift of a picture you created, is a gift of love that is a part of your soul.**

**Want to know what a person thinks of you, see how they react treat a painting you gave them.**

**Rediscover Painting with Antonio's Painting Set**  
**Benefit Ten**  
**Painting As A Possible Career !**  
**Page 13**



**A person only has to travel any tourist cities to see the magic street artist earning money painting picture on the streets !**

**Once partially mastered, an artist talents can earn them extra income and a chance to meet new people just sitting in a chair on the sidewalk .**

**The power of watching someone painting is a marketing tool that has been used for hundred of years.**

**If the gift or desire for pizzazz is in you, the world of painting can be a career that will earn you a nice income and make you a name that will be remembered for a long time.**

**Painting is a rewarding hobby and profession, no matter how much money you earn !**

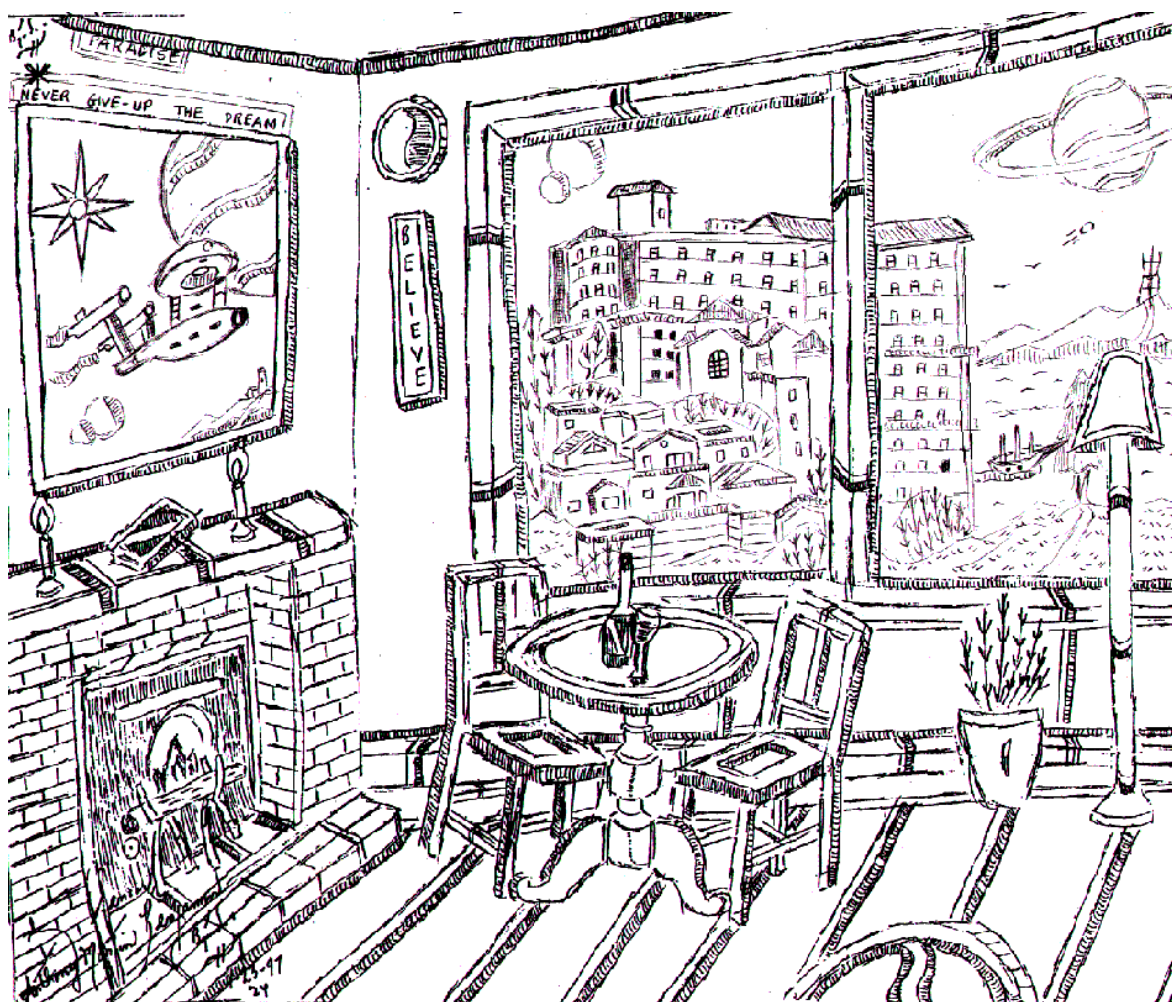


Rediscover Painting with Antonio's Painting Set

Example One A

Fine line drawing before Painting

Page 14



Have Faith

Believe

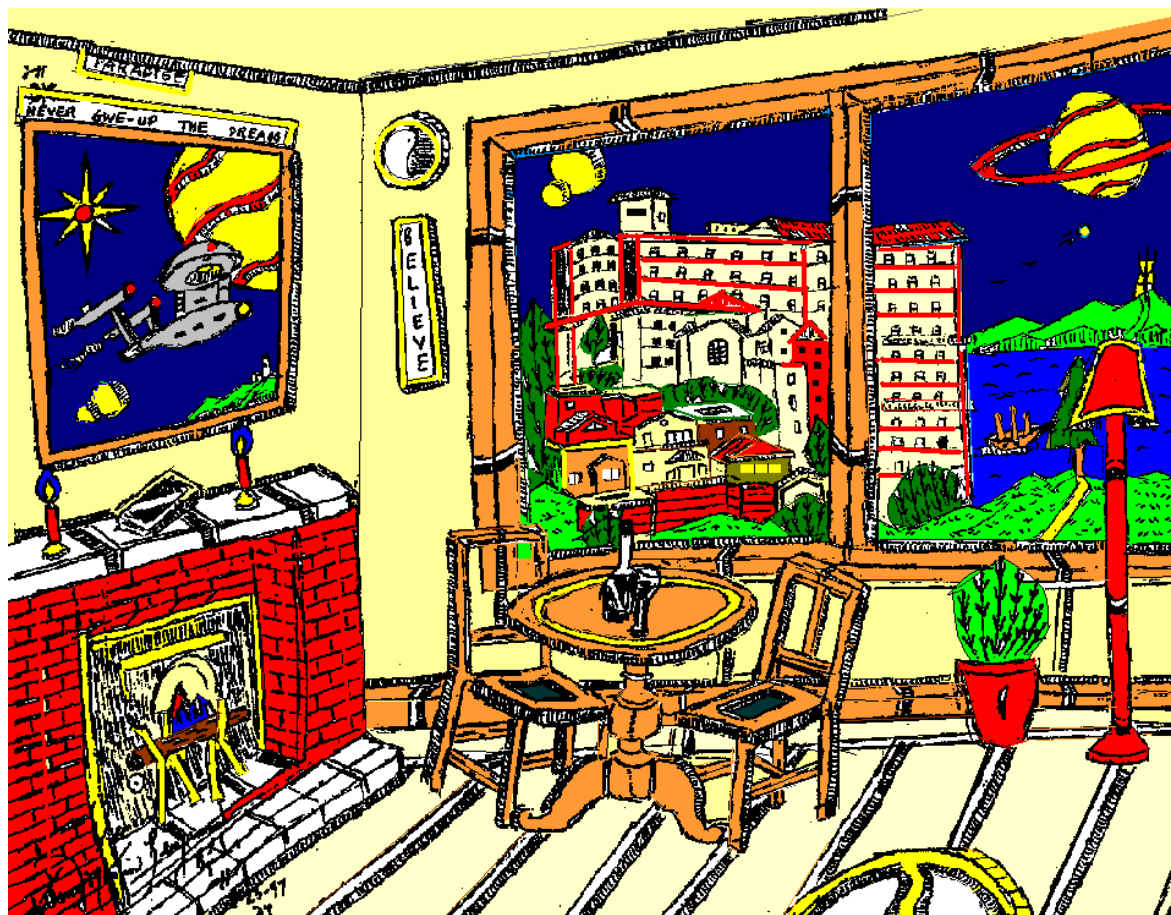
Dreams Come True !

Rediscover Painting with Antonio's Painting Set

Example Two A

Fine line drawing after Painting

Page 15



Have Faith

Believe

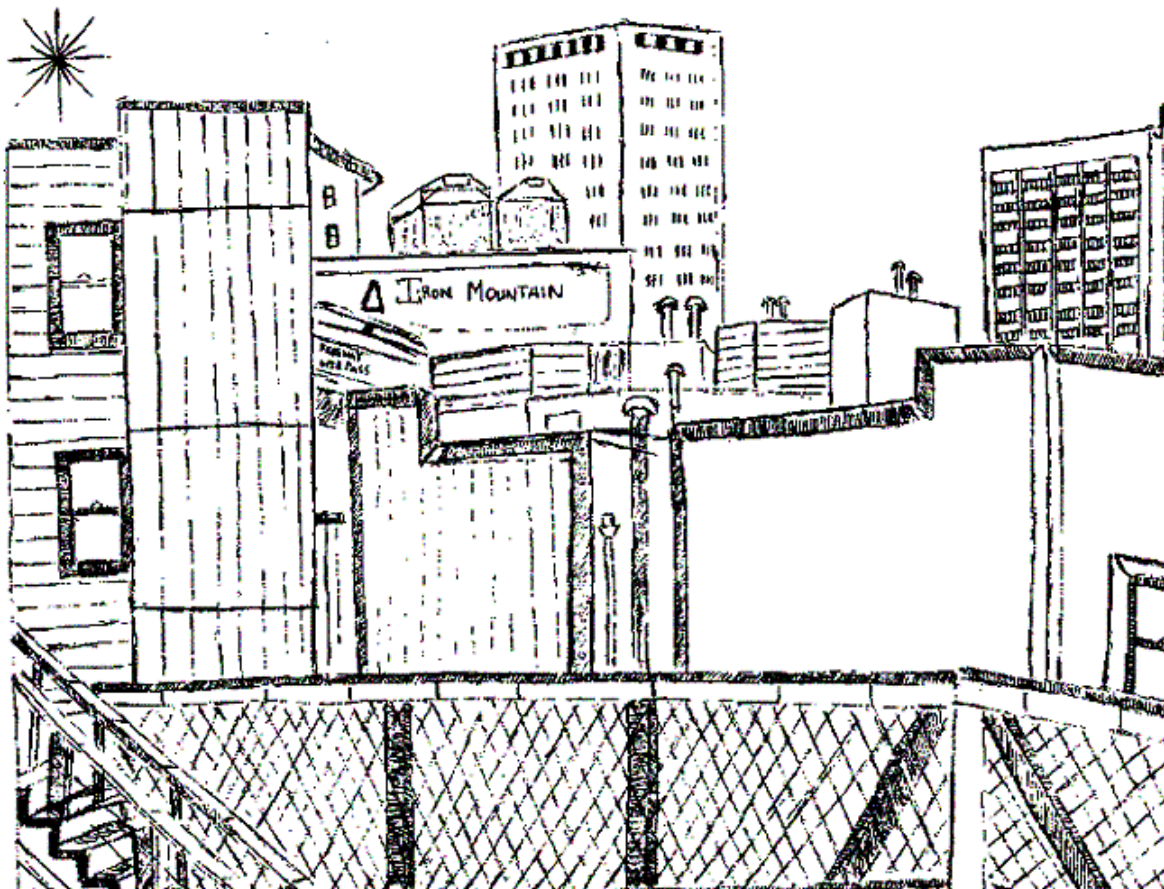
Dreams Come True !

**Rediscover Painting with Antonio's Painting Set**

**Example Two A**

**Fine line drawing before Painting**

**Page 16**



**Have Faith**

**Believe**

**Dreams Come True !**



**Rediscover Painting with Antonio's Painting Set**

**Example Two B**

**Fine line drawing after Painting**

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**Have Faith**

**Believe**

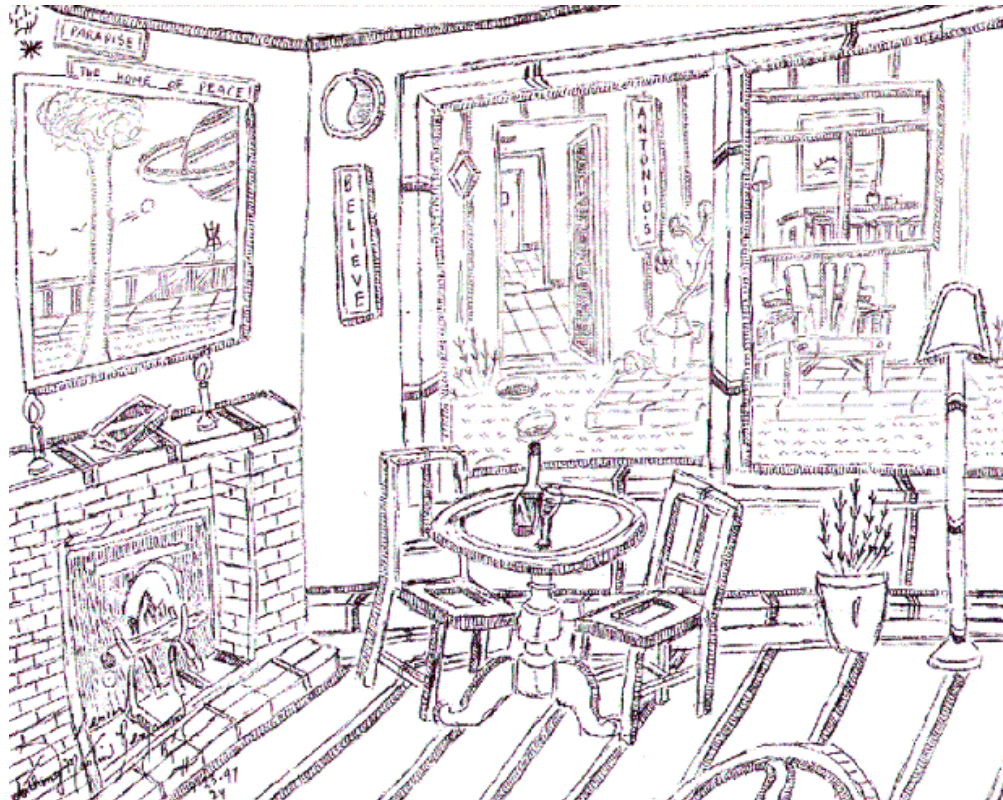
**Dreams Come True !**

**Rediscover Painting with Antonio's Painting Set**

**Example Three A**

**Fine line drawing before Painting**

**Page 18**



**Have Faith**

**Believe**

**Dreams Come True !**

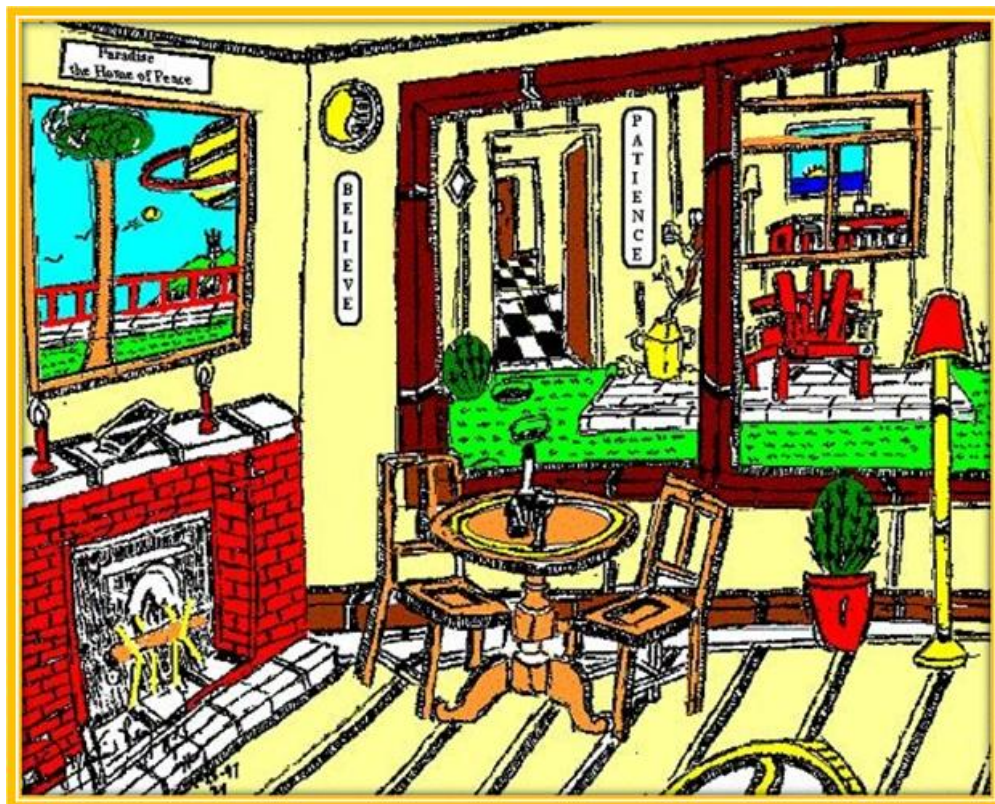


Rediscover Painting with Antonio's Painting Set

Example Three B

Fine line drawing after Painting

Page 19



Have Faith

Believe

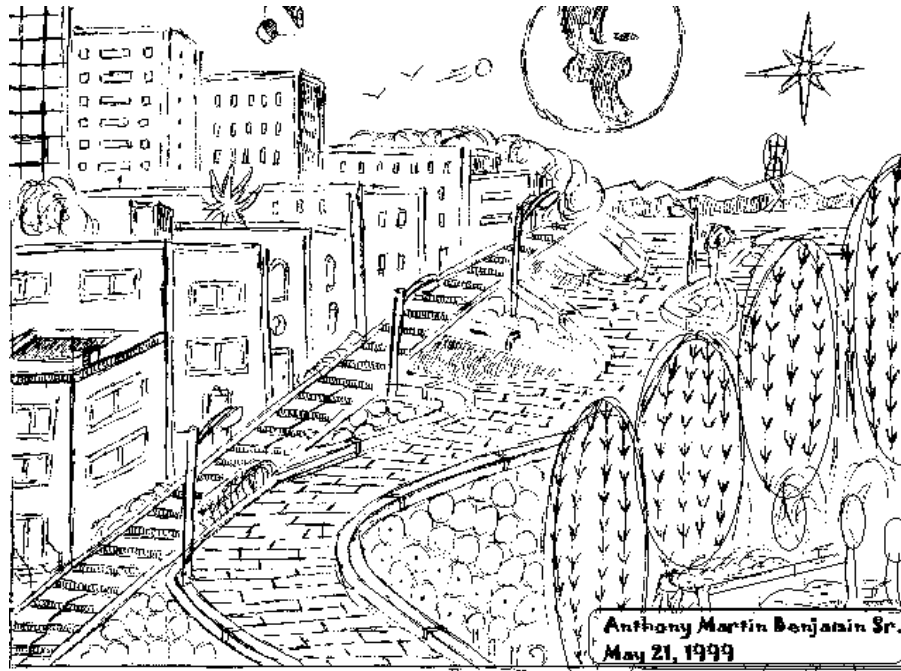
Dreams Come True !

**Rediscover Painting with Antonio's Painting Set**

**Bonus Fine Line Drawings**

**A Gift of Patience and Entertainment**

**Page 20**



**As a bonus for you investing in Rediscover Painting**

**I have included seven additional drawings for you to paint physically with a brush or digitally with a computer.**

**To get to the drawing to a computer copy the picture to a painting software and paste it to Microsoft Excel or a Painting Software and print the picture or color it in a Painting Software Program.**

**Finishing the drawing on paper or a computer is as challenging as a crossword puzzle and will polish your gift of patience.**

**If you need assistance with transferring drawings to your computer or paper, email me and I will assist you.**

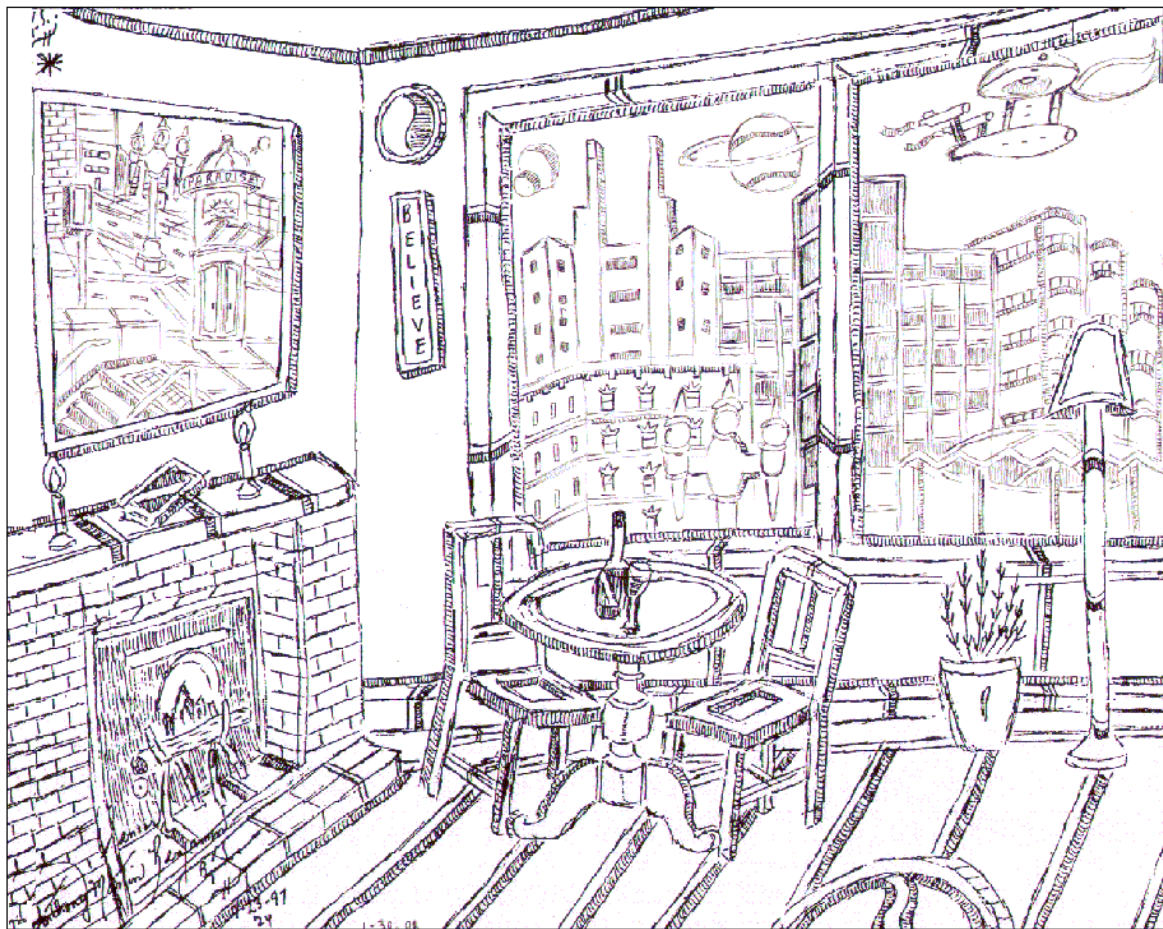
**Have fun painting, and may all your dreams come true, Anthony M. Benjamin Sr.**

Rediscover Painting with Antonio's Painting Set

Bonus One

Fine line drawing building

Page 21



Have Faith

Believe

Dreams Come True !



**A M Benjamin Services - Art and Ebook Publisher**

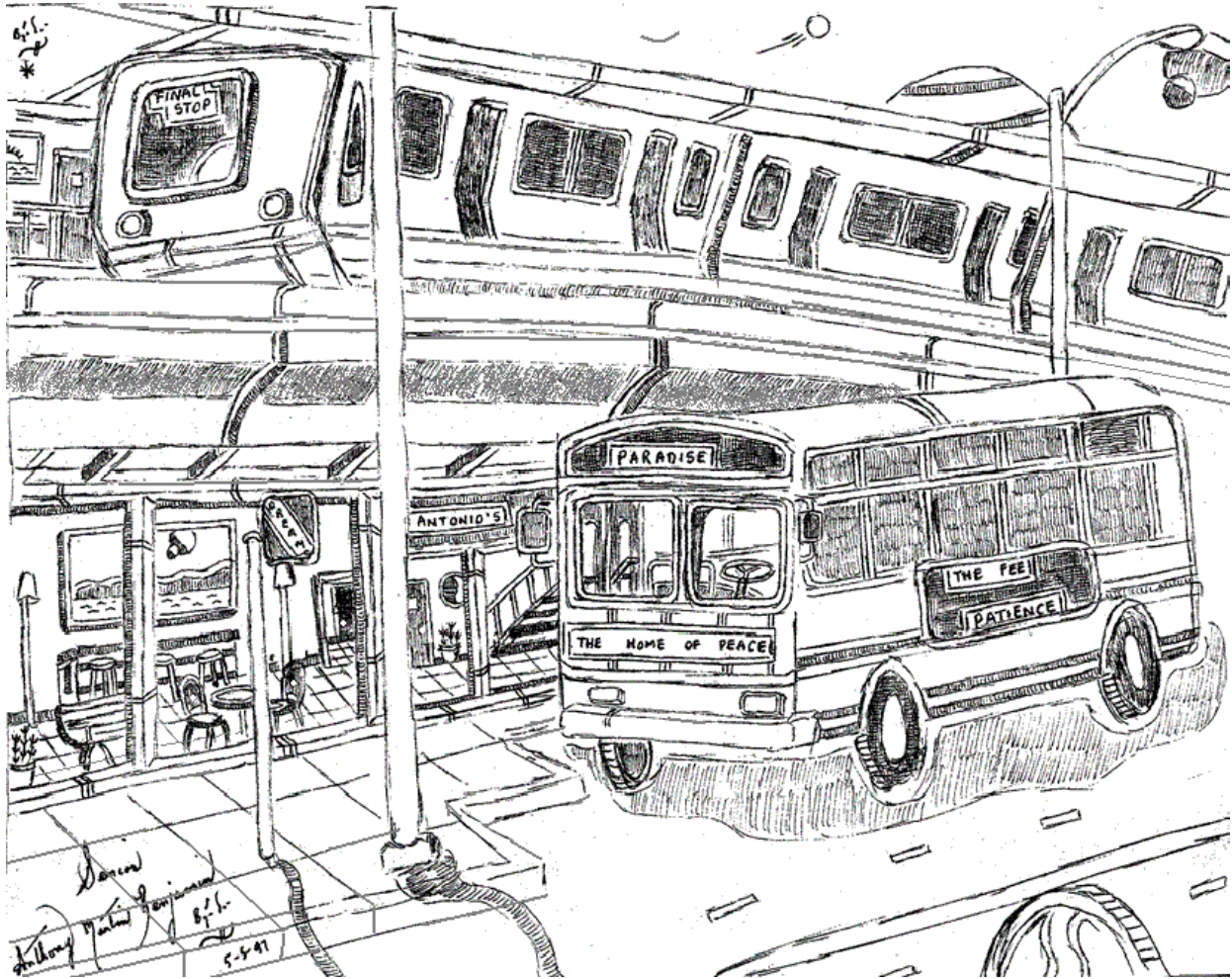
**[www.a-m-benjamin-services.net](http://www.a-m-benjamin-services.net)**

**Rediscover Painting with Antonio's Painting Set**

**Bonus Two**

**Fine line drawing of Bus and Train Station**

**Page 22**



**Have Faith**

**Believe**

**Dreams Come True !**

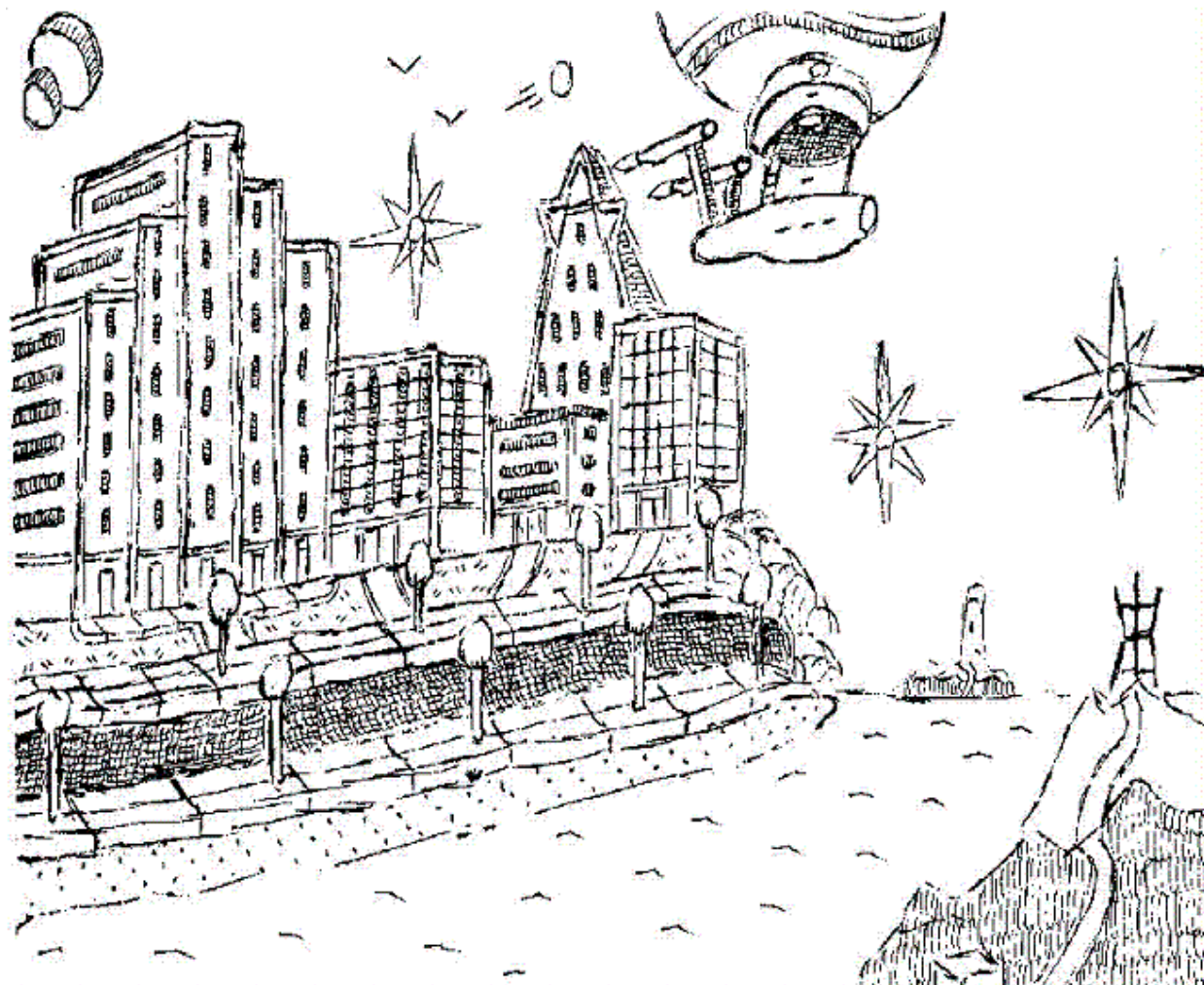
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**Rediscover Painting with Antonio's Painting Set**

**Bonus Three**

**Fine line drawing of Paradise River !**

**Page 23**



**Have Faith**

**Believe**

**Dreams Come True !**



**Rediscover Painting with Antonio's Painting Set**

**Bonus Three**

**Fine line drawing of 6th and Market St !**

**Page 24**



**Have Faith**

**Believe**

**Dreams Come True !**

**Rediscover Painting with Antonio's Painting Set**

**Bonus Four**

**Fine line drawing of Kaylese by the Church !**

**Page 25**



**Have Faith**

**Believe**

**Dreams Come True !**

Rediscover Painting with Antonio's Painting Set

Bonus Six

Fine line drawing Kaylese by the Window

Page 26



Have Faith

Believe

Dreams Come True !

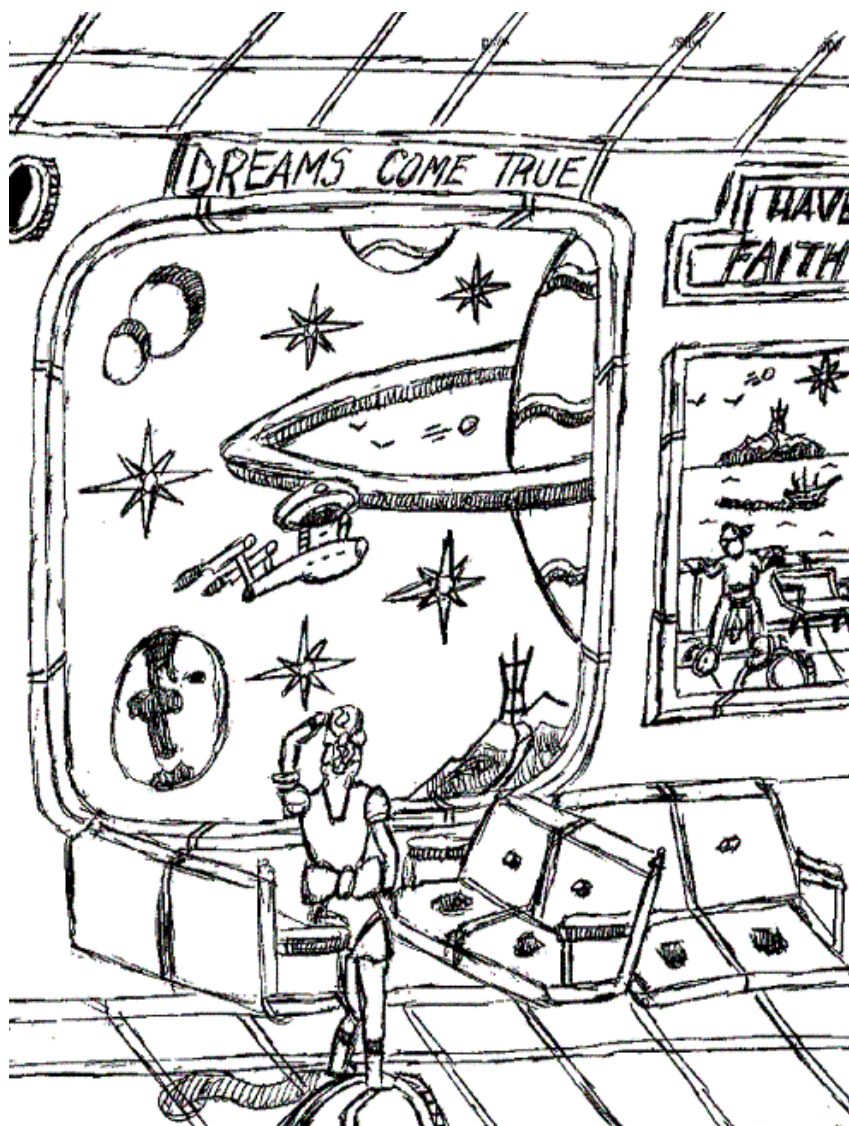


**Rediscover Painting with Antonio's Painting Set**

**Bonus Three**

**Fine line drawing of Kaylese on the Train !**

**Page 27**



**Have Faith**

**Believe**

**Dreams Come True !**

**Rediscover Painting with Antonio's Painting Set  
Marketing Message  
Page 28**

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A M Benjamin Services/Publishing**

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**An art show and collection of spiritual quotes to uplift your spirits.**

**(02) [Antonio's Quest for Peace - The Enemies of Peace !](#)**

**An art show and collection of spiritual quotes to uplift your spirits.**

**(03) [A J Search for Justice !](#)**

**The true story of a black teenager fired from a job based on lies.**

**(04) [The Magic Signature Act !](#)**

**An art show and collection of spiritual quotes to uplift your spirits.**

**(05) [The Magic Color Act !](#)**

**An art show and collection of spiritual quotes to uplift your spirits.**

**(06) [The Ultimate Accountant !](#)**

**Three short stories about**

**(1) Finding a good accountant**

**(2) Reconciling bank statements**

**(3) Three reasons to file income taxes.**

**(07) [Black on Black Crime thru the eyes of a Poor Black Man.](#)**

**A Dumb Nigger story on why some black people commit crimes.**

**(08) [She dropped her babies in San Francisco Bay](#)**

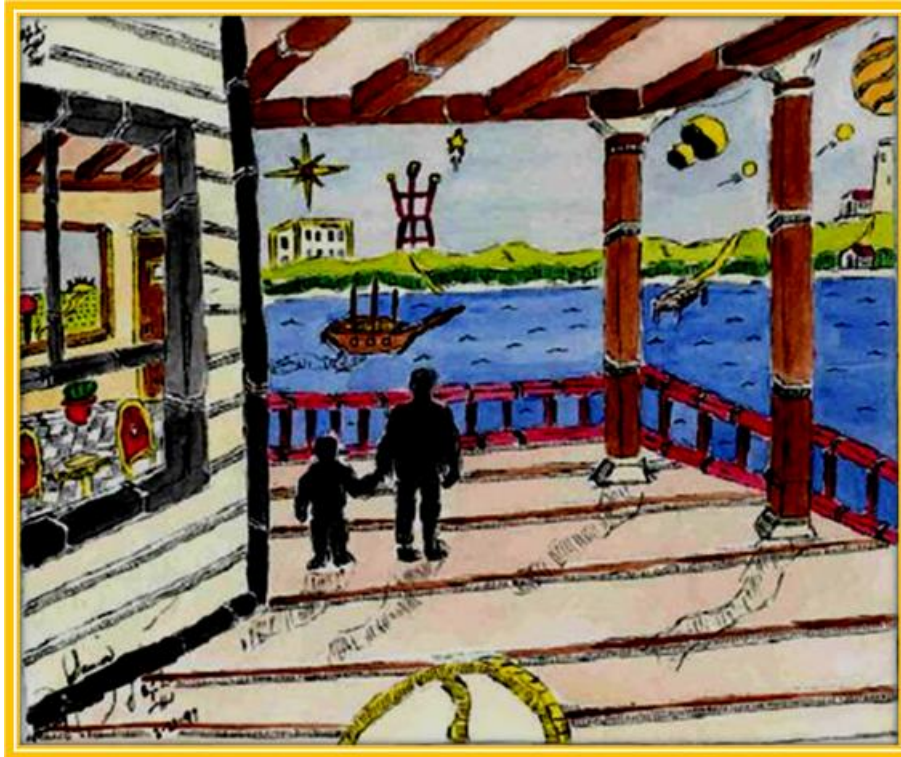
**( ) [but we all are guilty of spiritual murder.](#)**

**A dumb black nigger story of why a black mother killed her three sons.**

**(09) [My personal website.](#)**

**A collection of my personal artwork available for viewing and sale.**

**Rediscover Painting with Antonio's Painting Set**  
**a thank you for your time**  
**My gift of words for your kindness - Spiritual Guarantee # 01**  
**Page 29**



**Somewhere in the Future there is a Dream**  
**that will take you to Paradise the home of Peace.**

**and there is Absolutely Nothing you can**  
**Say or Do**  
**to stop that Dream from coming to you.**

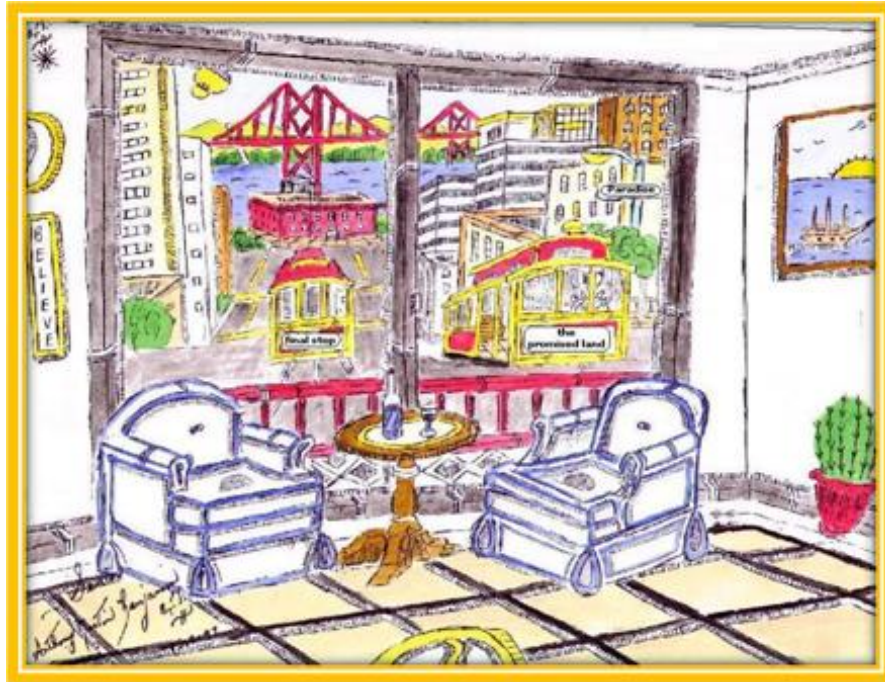
**The person who hears the words of a prophet, will receive a prophet reward on judgement day !**



**Rediscover Painting with Antonio's Painting Set**

**Thank You for your Time - The End!**

**Page 30**



**Thank you for reading Reading "Rediscover Painting with Antonio's Set".**

**I hope my this story has reawakened or reinforced your desire for Painting and it becomes a positive habit for you that gives you strength thru this journey we call life.**

**While competition has tried to turn art into a business, remember it is more of a divine gift from a supreme being, a sanctuary where you can dream and find peace of mind.**

**The most important thing in this life isnot whether your Win or Lose, the most important thing is you never stop Trying and Dreaming.**

**Never forget painting and drawing is more than a idle hobby, it is your key to eternity and just as real this physical world.**

**May all your dreams come true, Anthony M. Benjamin Sr.**