

- "May our words be friends."

- By the simple, scientific approach of experimentation and observation, a workable connection with the flow of good orderly direction can easily be established. It is not the intent of these pages to engage in explaining, debating, or defining that flow. You do not need to understand electricity to use it.

- Why indeed must "God" be a noun? Why not a verb . . . the most active and dynamic of all?
MARY DALY THEOLOGIAN

- Just as blood is a fact of your physical body and nothing you invented, creativity is a fact of your spiritual body and nothing that you must invent.

- Nothing dies harder than a bad idea.

- God must become an activity in our consciousness.

- We undertake certain spiritual exercises to achieve alignment with the creative energy of the universe.

- As Carl Jung answered the question of belief late in his life, "I don't believe; I know."

- Just remember, in choosing, that we often resist what we most need.

- The events in our lives happen in a sequence in time, but in their significance to ourselves, they find their own order . . . the continuous thread of revelation. EUDORA WELTY

- Artist brain is our inventor, our child, our very own personal absent-minded professor. Artist brain says, "Hey! That is so neat!"

- We meditate to discover our own identity, our right place in the scheme of the universe. Through meditation, we acquire and eventually acknowledge our connection to an inner power source that has the ability to transform our outer world. In other words, meditation gives us not only the light of insight but also the power for expansive change.

- I do them because they work.

- Your artist is a child. Time with a parent matters more than monies spent. A visit to a great junk store, a solo trip to the beach, an old movie seen alone together, a visit to an aquarium or an art gallery—these cost time, not money. Remember, it is the time commitment that is sacred.

- The creation of something new is not accomplished by the intellect but by the play instinct acting from inner necessity. The creative mind plays with the objects it loves. C. G. JUNG

- Every child is an artist. The problem is how to remain an artist once he grows up. PABLO PICASSO

- Any extended period or piece of work draws heavily on our artistic well. Overtapping the well, like overfishing the pond, leaves us with diminished resources. We fish in vain for the images we require. Our work dries up and we wonder why, "just when it was going so well."

The truth is that work can dry up because it is going so well. As artists, we must learn to be self-nourishing.

- The language of art is image, symbol. It is a wordless language even when our very art is to chase it with words. The artist's language is a sensual one, a language of felt experience.

- The true mystery of the world is the visible, not the invisible. OSCAR WILDE

- I believe that if it were left to artists to choose their own labels, most would choose none.
BEN SHAHN

- We have been taught to believe that negative equals realistic and positive equals unrealistic.
SUSAN JEFFERS

- To live a creative life, we must lose our fear of being wrong. JOSEPH CHILTON PEARCE

- There will be many times when we won't look good—to ourselves or anyone else. We need to stop demanding that we do. It is impossible to get better and look good at the same time.