

# Inner Treasures

Quotations for SoulCollage™ artists



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# Introduction: Treasuring the Treasures

*The wisdom of the wise and the experience of the ages are perpetuated by quotations.*  
---Disraeli

I have been collecting quotations since I was fourteen years old and saw the words *It takes both the rain and the sunshine to make a beautiful rainbow* engraved on a mug in a catalog that came to our house. After that, I found quotations everywhere- books, movies, t-shirts, and magazines. When I found one that sparked my soul, I copied it carefully into a thick blue spiral notebook.

What did I do with them? I read them from time to time; I used them when writing letters to friends and family. My Aunt Lena once told me that she cherished my letters and always looked forward to them because of my handwritten quotes on the envelopes.

For *Inner Treasures*, I used some quotations from my own collection, but I also searched for more in many nooks and crannies on the internet and in books that have nurtured me on my life's journey. For the past three weeks, I've been searching for, reading, and typing words of wisdom on the topics of art, imagination, soul, spirit, journey, life, intuition, creativity, growth, and joy.

At this moment I feel particularly blessed and held up by the wisdom I've been privileged to absorb in this amount of time. I see this e-book as a large treasure chest, and each quotation you read is a particular gem: a ruby, a strand of fine pearls, a diamond brooch, an emerald tiara, a handful of sapphires.....

And so the question for you, dear reader, is this: how will you partake of these valuable treasures? Will you pick them up one by one, ever-so-carefully, and examine them in the sunshine? Will you reach both hands in and grab as much as you can carry, all at once? Or will you close the cover and let them sit, unassuming, until you really need them?

That is entirely up to you. The treasures are yours. The wisdom that each contains is already inside of you, waiting for you to recognize it for what it is- a kernel of the deepest truth that affirms that you are a splendid, unique human being, with vast potential, and all the colors of the rainbow in your soul.

You may wonder why the quotes aren't separated into categories. Well, if my Organizer Voice had had anything to say about it, it would have been not only categorized, but indexed as well! However, my Playful, Spontaneous Voice had the final word on this one. I simply decided that it was much more juicy fun to mix them all up, so you wouldn't know what was coming next!

I find myself delighted to see the words of Chief Seattle right next to Mary Lou Retton's, to find Ralph Waldo Emerson nestled up to Nicole Kidman, Picasso sharing space with Kate Winslet, and to know that Kermit the Frog's words are of the same importance as James Thurber's.

This book has been a labor of love. Any misquotings or misspellings are my own human errors and I apologize in advance. Please use the quotations however you like. Copy them into your journal and muse on them. Paint pictures of them, of what they inspire inside of you. Print them out, cut them apart, fold each one up, put them all in a beautiful bowl on your kitchen table and pick one at random each morning to treasure throughout your day. Find one that especially sings to your soul and make a SoulCollage™ card for it. Choose a SoulCollage™ card from your deck that perplexes or haunts you, find the quotation that matches it exactly, and follow it to a deeper understanding.

May you discover new worlds within yourself as you read and savor these quotations. May your SoulCollage™ practice be enriched and emboldened as you internalize the wisdom on these pages.

Please feel free to email me to let me know how you are using the quotations, and which ones particularly are making a difference in your life.

I wish you peace and joy on your journey,  
Anne Marie Bennett  
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Look at the earth crowded with growth, new and old bursting from their strong roots hidden in the silent, live ground, each seed according to its own kind... each one knowing what to do, each one demanding its own rights on the earth.

So artist, you too from the deeps of your soul... let your roots creep forth, gaining strength.

---Emily Carr

When you come right down to it, all you have is yourself. Yourself is a sun with a thousand rays in your belly. The rest is nothing.

---Pablo Picasso

The only journey is the one within.

--- Rainier Maria Rilke

You have to learn how to be in scary areas, make those comfortable, then go to the next scary area and make it comfortable.

---Linda Seger

I believe in intuition and inspiration...at times I feel certain I am right while not knowing the reason.

---Albert Einstein

O Spirit of Life and Renewal,

We have wintered enough, mourned enough, oppressed ourselves enough.

Our souls are too long cold and buried, our dreams all but forgotten, our hopes unheard.

In this, the season of steady rebirth, we awaken to the power so abundant, so holy, that returns each year through earth and sky.

We will find our hearts again, and our good spirits.

We will love and believe and give and wonder, and feel again the eternal powers.

The flow of life moves ever inward through one faithful spring, and another, and another.

May we be forever grateful.

--- Jane Rzepka

Those whom we have loved never really leave us. They live on forever in our hearts, and cast their radiant light onto our every shadow.

--- Sylvia Rossetti

And did you get what you wanted from this life, even so?  
I did.  
And what did you want?  
To call myself beloved, to feel myself beloved on this earth.  
---Raymond Carver

What am I doing? I am letting life rain upon me.  
---Rahel Varnhagen

Get a life in which you are generous. Look around at the azaleas in the suburban neighborhood where you grew up; look at a full moon hanging silver in a black, black sky on a cold night. And realize that life is the best thing ever, and that you have no business taking it for granted. Care so deeply about its goodness that you want to spread it around. Take money...and give it to charity. Work in a soup kitchen. Be a Big Brother or Sister. .. You want to do well, but if you do not do good too, then doing well will never be enough.  
---Anna Quindlen

Everything we feel deeply must be expressed.  
---Han Hartung

Who I am is a child of the universe. My soul has a place that cannot be shaken by external events. Rooted in Spirit, my soul is ever-cherished, ever-known, and beloved.  
---Unknown

Enthusiasm moves the world.  
---Arthur James Balfour

There's no inner landscape in the invisible world of our souls and hearts but is full of the most melodious and nourishing and wild freedom. And everyone should go there, to the wild place, where there are no cages, where there are no tight rooms without windows and without doors. Everyone should go to the free clearance places in their own hearts.  
--- John O'Donohue

I trust the tempo of my unfolding.  
---Julia Cameron

Sometimes when we aren't looking, the holiness comes breaking through like a rainbow.  
--- Madeleine L'Engle

Be still when you have nothing to say;  
when genuine passion moves you, say what you've got to say, and say it hot.  
---D.H. Lawrence

Hell is not fire and brimstone, not a place where you are punished for lying or cheating or stealing. Hell is wanting to be something and somewhere different from where you are.  
---Stephen Levine

The real work of this life is not what we do every day from 9-5. The real work is to disidentify from self-images that were formed a lifetime ago, and from which we still construct our daily lives. The real work is to allow ourselves to be who we already are, and to have what we already have. The real work is to be passionate, be holy, be wild, be irreverent, to laugh and cry until you awaken the sleeping spirits, until the ground of your being cleaves and the universe comes flooding in.  
--- Geneen Roth

The only thing better than singing is more singing.  
---Ella Fitzgerald

One of the advantages of being disorderly is that one is constantly making exciting discoveries.  
---A. A. Milne

I think that one's art is a growth inside one. I do not think one can explain growth. It is silent and subtle. One does not keep digging up a plant to see how it grows.  
---Emily Carr

There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and (it will) be lost. The world will not have it. It is not your business to determine how good it is, or how valuable, or how it compares with other expressions. It is your business to keep the channel open. You have to keep open and aware directly to the urges that actuate you. Keep the channel open.

--- Martha Graham

It is only with the heart that one can see rightly; what is essential is invisible to the eye.

---Antoine de Saint-Exupery

If you are lucky, and if you live long enough, and if you trust your materials and you trust your instincts, you will see things of beauty growing up in front of you, without you having anything to do with it.

---Michael Cardew

Experiencing our familiar rooms and belongings, our local supermarket and neighborhood streets as if we had never been there, is also traveling.

---Melanie Peter

The world is but the vastness of the soul. The soul is nothing more than love, limitless, endless, all that moves us towards knowing what is true.

---Amy Tan

Your life has its own scale. Your immortality is found in being true to the dimensions of your own soul.

---David Viscott

If we are not happy and joyous at this season, for what other season shall we wait and for what other time shall we look?

---Abdul-Baha

Use your health even to the point of wearing it out. That is what it is for.  
---George Bernard Shaw

If one does not know to which port one is sailing, no wind is favorable.  
---Seneca

Dreaming permits each and every one of us to be quietly and safely insane every night of our lives.  
---Charles William Dement

When we are enthusiastic we are intoxicated with passion rooted in our true selves and it flows into all we do.  
---Linda Saccoccio

Art has been defined as a neurotic who continually cures himself with his art.  
---Lee Simonson

Growth itself has the germ of happiness.  
----Pearl S. Buck

We shall find peace. We shall hear angels. We shall see the sky sparkling with diamonds.  
---Anton Chekhov

The journey between what you once were and who you are now becoming is where the dance of life really takes place.  
---Barbara DeAngelis

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.  
---Marcel Proust

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.

---Thich Nhat Hanh

Happiness is to take up the struggle in the midst of the raging storm, and not to pluck the lute in the moonlight or recite poetry among the blossoms.

---Ding Ling, Chinese Author

A man traveling across a field encountered a tiger. He fled, the tiger after him. Coming to a precipice, he caught hold of the root of a wild vine and swung himself over the edge.

The tiger sniffed at him from above. Trembling, the man looked down to where, far below, another tiger was waiting to eat him. Only the vine sustained him.

Two mice, one white and one black, little by little started to gnaw away the vine. The man then saw a luscious strawberry near him. Grasping the vine with one hand, he plucked the strawberry with the other.

How sweet it tasted.

---Zen poem

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

---Mark Twain

I honor health as the first Muse.

---Ralph Waldo Emerson

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe one hundred percent.

---Arnold Schwarzenegger

Reach high, for stars lie hidden in your soul. Dream deep, for every dream precedes the goal.  
---Ralph Vaull Starr

Come to the edge.  
We can't, we're afraid.  
Come to the edge.  
We can't. We'll fall!  
Come to the edge.  
And they came.  
And he pushed them.  
And they flew.

---Guillaume Apollinaire

I figured darkness to be not the absence of light,  
but rather light the absence of darkness.  
---Rebecca Goldstein

Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours.

---Ayn Rand

And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

---Anais Nin

It is wisdom to believe the heart.  
---George Santayana

Do not go where the path may go. Go instead where there is no path and leave a trail.  
---Ralph Waldo Emerson

If you want the truth, I'll tell you the truth.  
Listen to the secret sound, the real sound, which is inside you.  
---Kabir

It is not the answer that enlightens, but the question.  
---Eugene Ionesco

Every time I think that I'm getting old, and gradually going to the grave, something else happens.  
---Elvis Presley

Only those who will risk going too far can possibly find out how far one can go.  
---T.S. Eliot

It is not because things are difficult that we do not dare, it is because we do not dare that they are difficult.  
---Seneca

Take the first step. You don't have to see the whole staircase, just take the first step.  
---Martin Luther King Jr.

The worst bankruptcy in the world is the person who has lost his enthusiasm.  
---H.W. Arnold

I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my druthers, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all.

I learned to love the journey, not the destination. I learned that it is not a dress rehearsal, and that today is the only guarantee you get. I learned to look at all the good in the world and to try to give some of it back because I believed in it completely and utterly. And I tried to do that, in part, by telling others what I had learned. By telling them this:

Consider the lilies of the field. Look at the fuzz on a baby's ear. Read in the backyard with the sun on your face. Learn to be happy. And think of life as a terminal illness because if you do you will live it with joy and passion as it ought to be lived.

--- Anna Quindlen

Pay no attention to what the critics say; no statue has ever been erected to a critic.

---Jean Sibelius

Artistic growth is, more than anything else, a refining of the sense of truthfulness. The stupid believe that to be truthful is easy: only the great artist knows how difficult it is.

---Willa Cather

Learn something new. Try something different. Convince yourself that you have no limits.

---Brian Tracy

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

---Ambrose Redmoon

Anyone can escape into sleep, we are all geniuses when we dream, the butcher's the poet's equal there.

---E.M. Cioran

Meditation, progressive relaxation and visualization exercises, as well as physical exercise and yoga or similar practices can help relieve anxiety and release the creative energy. And don't forget to eat nutritiously and get enough sleep.

---Rene Seigh

What lies behind us and what lies before us are tiny matters compared to what lies within us.  
---Ralph Waldo Emerson

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us. We ask ourselves, “Who am I to be brilliant, gorgeous, talented and fabulous?”

Actually, who are you *not* to be? You are a child of God. Your playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We were born to make manifest the glory of God that is within us.

It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same.

---Marianne Williamson

If you hear a voice within you say, “You cannot paint,” then by all means paint, and that voice will be silenced.

---Vincent Van Gogh

You’ve got to get up every morning with a smile on your face  
And show the world all the love in your heart.

---Carole King

If the path before you is clear, you’re probably on someone else’s.

---Joseph Campbell

I will grow. I will become something new and grand, but no grander than I now am. Just as the sky will be different in a few hours, its present perfection and completeness is not deficient, so am I presently perfect and not deficient because I will be different tomorrow.

---Wayne Dyer

The strongest principle of growth lies in human choice.

George Eliot

Let every man or woman here, if you never hear me again, remember this, that if you wish to be great at all, you must begin where you are and with what you are. He who would be great anywhere must first be great in his own Philadelphia.

---Russel H. Conwell

Really healthy soul of man/woman/artist has all colours;  
Healthy soul is as rainbow.

---Yaroslav Rozputnyak

Insist on yourself; never imitate.

Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another you have only an extemporaneous half possession. Do that which is assigned to you, and you cannot hope too much or dare too much.

---Ralph Waldo Emerson

Your work is to discover your world and then with all your heart give yourself to it.

---Buddha

Never lose a holy curiosity.

---Einstein

Everything in the past died yesterday. Everything in the future was born today.

---Unknown

I rather love the world. It is fantastically exciting, infinitely threaded with gold.

---Richard Burton

One can never consent to creep when one feels an impulse to soar.

---Helen Keller

All anybody needs to know about prizes is that Mozart never won one.

---Henry Mitchell

Each day comes bearing its gifts.

Untie the ribbons.

---Ann Schabacker

When you see a track or a footprint that you do not know, follow it to the point of knowing.

---Native American saying

The place God calls you to is the place where your deep gladness  
and the world's deep hunger meet.

---Frederick Buechner

Grace fills empty spaces.

---Simone Weil

Oh earth, you're too wonderful for anybody to realize you.

---Thornton Wilder

The end of all our exploring will be to arrive where we started and know the place for the first  
time.

---T.S. Eliot

The butterfly counts not the months, but the moments, and has time enough.

---Rabindranath Tagore

The important thing is this: to be able to sacrifice at any moment what we are for what we could become.

---Unknown

Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life.

---Ralph Waldo Emerson

One hundred percent of the shots you don't take don't go in.

---Wayne Gretzky

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce.

Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument.

That is my experience. No blaming, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change.

---Thich Nhat Hanh

If you can dream it, you can DO it.

---Walt Disney

Just as certain selections of music will nourish your physical body and your emotional layer, so other musical works will bring greater health to your mind.

---Hal A. Lingerman

The best thing I have is the knife from Fatal Attraction. I hung it in my kitchen. It's my way of saying, "Don't mess with me."

---Glenn Close

Our self-expression is meant to be a manifestation of the silence of our hearts.

---Matthew Fox

To control the fire is not to kill it, but to let passion thrive and be seen. There is a beautiful tension in all creation between letting go and forming, the pushing and pulling of color and sound and everything imaginable.

---Janet Morgan

We may run, walk, stumble, drive, or fly, but let us never lose sight of the reason for the journey, or miss a chance to see a rainbow on the way.

---Gloria Gaither

Passion should overwhelm reason time and again.

---Alvaro Castagnet

Keep me away from the wisdom which does not cry, the philosophy which does not laugh, and the greatness which does not bow before children.

---Kahlil Gibran

Finish every day and be done with it. You have done what you could. Some blunders and absurdities no doubt have crept in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.

---Ralph Waldo Emerson

If a man is to be called a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven played music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well.

---Martin Luther King, Jr.

Your vision will become clear only when you look into your heart.  
Who looks outside, dreams.  
Who looks inside, awakens.

---Carl Jung

Fear makes us feel small and uncertain, uncomfortable and separate. Fearlessness expands and creates possibilities.

---Helena Tiainen

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

---William Loudon

Go confidently in the direction of your dreams. Live the life you have imagined.

---Henry David Thoreau

The best way to predict your future is to create it.

---Unknown

I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything, I will not refuse to do the something that I can do.

---Edward Everett Hale

A wise woman who was traveling in the mountains found a precious stone in a stream. The next day she met another traveler who was hungry, and the wise woman opened her bag to share her food. The hungry traveler saw the precious stone and asked the woman to give it to him. She did so without hesitation. The traveler left, rejoicing in his good fortune. He knew the stone was worth enough to give him security for a lifetime. But a few days later he came back to return the stone to the woman.

“I’ve been thinking,” he said. “I know how valuable the stone is, but I give it back in the hope that you can give me something even more precious. Give me what you have within you that enabled you to give me the stone.”

---Unknown

Please sing me a song of journey using that forgotten ancient language.  
Please call for the beautiful land in my heart using that whispering voice.  
Murong Xi

Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born.  
---Dale E. Turner

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.  
---Ernest Hemingway

I would rather be ashes than dust! I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry rot. I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet. The proper function of man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time.  
---Jack London

Until I realized that rock music was my connection to the rest of the human race, I felt like I was dying, for some reason, and I didn't know why.  
---Bruce Springsteen

Some men see things as they are and ask why.  
Others dream things that never were and ask why not.  
---George Bernard Shaw

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.  
---Antoine De Saint-Exupery

Stop the words now.  
Open the window in the center of your chest,  
And let the spirits fly in and out.  
---Rumi

You must be the change you wish to see in the world.

---Mahatma Gandhi

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike.

---John Muir

This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind.... Let it be something good.

---Unknown

And forget not that the earth delights to feel your bare feet and the winds long to play with your hair.

---Kahlil Gibran

Here is a test to find out whether your mission in life is complete. If you're alive, it isn't.

---Richard Bach

Love the earth and sun and animals,  
Despise riches, give alms to everyone that asks,  
Stand up for the stupid and crazy,  
Devote your income and labor to others...  
And your very flesh shall be a great poem.

---Walt Whitman

There is no such thing in anyone's life as an unimportant day.

---Alexander Woollcott

I think it's always best to be who you are.  
---Halle Berry

People travel to wonder at the height of the mountains, at the huge waves of the seas, at the long course of the rivers, at the vast compass of the ocean, at the circular motion of the stars, and yet they pass by themselves without wondering.  
---St. Augustine

Every production of an artist should be the expression of an adventure of his soul.  
---W. Somerset Maugham

I will not die an unlived life. I will not live in fear of falling or catching fire. I choose to inhabit my days, to allow my living to open me, to make me less afraid, more accessible, to loosen my heart until it becomes a wing, a torch, a promise. I choose to risk my significance; to live so that which comes to me as seed goes to the next as blossom and that which comes to me as blossom, goes on as fruit.  
---Dawna Markova

Every blade of grass has its angel that bends over it and whispers, "Grow, grow."  
---The Talmud

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.  
---Harold Whitman

All is procession. The universe is a procession with measured and beautiful motion.  
---Walt Whitman

I believe the lasting revolution comes from deep changes in ourselves which influence our collective life.  
---Anais Nin

The position of the artist is humble. He is essentially a channel.  
---Piet Mondrian

All of our dreams can come true- if we have the courage to pursue them.  
---Walt Disney

Enthusiasm is a kind of faith that has been set afire.  
---George Matthew Adams

One of the first things to do is learn to accept, and to expect this Power to flow through everything we do.  
---Ernest Holmes

You can't erase a dream, you can only wake me up.  
---Peter Frampton

Why should we all use our creative power? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money.  
---Brenda Ueland

I am enough. I have wisdom enough. I have faith enough. I know enough. I do not need to strive or strain. I do not need to reach or worry. I am enough. I allow the Universe to act through me. The Universe is more than enough. And so am I.  
---Julia Cameron

This we know: all things are connected, like the blood which unites one family.  
All things are connected.  
Whatever befalls the earth befalls the sons of the earth.  
Man did not weave the web of life. He is merely a strand of it. Whatever he does to the web, he does to himself.  
---Chief Seattle

Each one of us has a fire in our heart for something. It's our goal in life to find it and to keep it lit.

---Mary Lou Retton

A discovery is said to be an accident meeting a prepared mind.

---Albert Szent-Gyorgyi

We will discover the nature of our particular genius when we stop trying to conform to our own or to other people's models, learn to be ourselves, and allow our natural channel to open.

---Shakti Gawain

Sometimes the most urgent and vital thing you can possibly do is take a complete rest.

---Ashleigh Brilliant

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.

---Claudia Black

When you're too esoteric, you're flaky; when you're too grounded, you're no damn fun.

---John McEnulty

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

---Marcel Proust

Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness,  
That most frightens us.

---Marianne Williamson

Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.

---Elisabeth Kubler-Ross

Listen. Make a way for yourself inside yourself. Stop looking in the other way of looking.

---Rumi

Keep your eyes on the stars and your feet on the ground.

---Theodore Roosevelt

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

---Pablo Picasso

I wouldn't dream of working on something that didn't make my gut rumble and my heart want to explode.

---Kate Winslet

Let go and trust; allow inspiration and imagination to lead the way... beyond the limitations of what the mind knows.

---Linda Saccoccio

Got no check books, got no banks.

Still I'd like to express my thanks-

I got the sun in the mornin'

And the moon at night.

---Irving Berlin

When we create something, we always create it first in a thought form.

---Shakti Gawain

We come into this world with our authenticity intact. Slowly we realize that our parents can't see us (because they can't see themselves), don't know us (because they don't know themselves), and if we want their love, we must dress in a costume that pleases them. After years of wearing it, we think the costume is who we are, even when it gets tight and tattered. We get so attached to the costume that we refuse, no matter what the cost, to give it up; it is all we remember of ourselves. Our efforts to change usually consist of adding buttons or trim or rhinestones to the costume; the thought of removing it- letting go of our parents as they live in our bodies- is disorienting, even frightening.

--- Geneen Roth

For those who have the interest to look closely, life becomes art.

---Diane Mariechild

When you see each leaf as a separate thing, you can see the tree, you can see the spirit of the tree, you can talk to it, and maybe you can begin to learn something.

---William J. Rausch

Over and over, we have to go back to the beginning. We should not be ashamed of this. It is good. It's like drinking water.

---Natalie Goldberg

Inside you there's an artist you don't know about...

Say yes quickly, if you know, if you've known it from before the beginning of the universe.

---Rumi

The aim of life is to live, and to live means to be aware,  
Joyously, drunkenly, serenely, divinely aware.

---Henry Miller

Here in this body are the sacred rivers: here are the sun and moon as well as all the pilgrimage places... I have not encountered another temple as blissful as my own body.

---Saraha

Joy is the feeling of grinning on the inside.

---Dr. Melba Colgrove

I only went out for a walk, and finally concluded to stay out till sundown, for going out, I found, was really going in.

---John Muir

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

---C.G. Jung

Every time you don't follow your own inner guidance, you feel a loss of energy, loss of power, a sense of spiritual deadness.

---Shakti Gawain

Good art is not what it looks like, but what it does to us.

---Roy Adzak

There is no pleasure in having nothing to do; the fun is in having lots to do and not doing it.

---Mary Little

There will be times in life when impossibility is felt, but then there are dreams- and dreams allow us possibility.

---Jeffrey David Lang

Art is about paying attention.

---Laurie Anderson

A traveler am I, and a navigator, and every day I discover a new region within my soul.

---Kahlil Gibran

Work of sight is done. Now do heart work on the pictures within you.

---R.M. Rilke

The most important thing is that you love what you are doing, and the second that you are not afraid of where your next idea will lead.

---Charles Eames

Love lights up the world... with its generous flames.

---Ralph Waldo Emerson

Life is a work of art, designed by the one who lives it.

---Unknown

You have to operate from the sense of everything is new and you're starting again.

---Nicole Kidman

An essential aspect of creativity is not being afraid to fail.

---Dr. Edwin Land

Art is like therapy; what comes up is what comes up. It may be dark, but that's what comes up. You may want to keep some of it in a drawer... but never judge it.

---Nick Bantock

I give thanks for this perfect day.

Miracle will follow miracle

And wonders will never cease.

---Unknown

Don't fear failure so much that you refuse to try new things. The saddest summary of a life contains three descriptions: could have, might have, and should have.

---Louis E. Boone

Everyone wants to ride with you in the limo, but what you need is someone who will take the bus with you when the limo breaks down.

---Oprah Winfrey

Art has many avenues; love is carried through many vessels. Your oceans are your colors, your ship is your brush and your treasures are in your heart.

---Moncy Barbour

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.

---Claudia Black

I want to thank anyone who spends part of their day creating. I don't care if it's a book, a film, a painting, a dance, a piece of theater, a piece of music. Anybody who spends part of their day sharing their experience with us. This world would be unlivable without art.

---Steven Soderbergh

You have to leave the city of your comfort and go into the wilderness of your intuition.

---Alan Alda

How can a man's life keep its course  
if he will not let it flow?

--- Tao-te Ching

Art is not a mirror held up to reality, but a hammer with which to shape it.

---Bertolt Brecht

You can't be afraid of stepping on toes if you want to go dancing.

---Lewis Freedman

A path is only a path, and there is no affront, to oneself or to others, in dropping it if that is what your heart tells you.

---Carlos Castenada

Art seems to me to be a state of the soul more than anything else.

---Marc Chagall

Suppose you scrub your ethical skin until it shines,  
But inside there is no music,  
Then what?

---Kabir

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps.

---David Lloyd George

There is no better opportunity to receive more than to be thankful for what you already have. Thanksgiving opens up the windows of opportunity for ideas to flow your way.

---Jim Rohn

Art is the triumph over chaos.

---John Cheever

As artists, we must learn to be self nourishing. We must become alert enough to consciously replenish our creative resources as we draw on them- to restock the trout pond, so to speak.

---Julia Cameron

A fine artist is one who makes familiar things new and new things familiar.

---Louis Nizer

When I dare to be powerful... to use my strength in the service of my Vision, then it becomes less and less important whether I am afraid.

---Audre Lorde

The grace to be a beginner is always the best prayer for an artist.

---Julia Cameron

Why, sometimes I've believed as many as six impossible things before breakfast!

---The Queen to Alice in Wonderland

Following the light of the sun, we left the Old World.

---Christopher Columbus

Art validates us beyond what anyone else can do for us.

---Anne Copeland

One looks at life as a gift, a painting of lights and darks, each defining the other, not a series of good and bad things. Giving thanks, and often, frees the spirit and makes the heart secure.

---Fay Bohlayer

Art is not a pastime but a priesthood.

---Jean Cocteau

All art, whether it pleases us or not, helps to add color, excitement, joy, or sadness and, most often, a sense of awe to our life's experience.

---Henry O. Dorman

Grace has been defined as the outward expression of the inward harmony of the soul.

---William Hazlitt

I think the thing to do is to enjoy the ride while you're on it.  
---Johnny Depp

Art knows. Art sees beyond. Art points us in new directions that make us think and question.  
---Warren Criswell

Whether we name divine presence synchronicity, serendipity, or graced moment matters little. What matters is the reality that our hearts have been understood. Nothing is as real as a healthy dose of magic which restores our spirits.  
---Nancy Long

There are no words, no paints to express all this, only a beautiful dumbness in the soul, life speaking to life.  
---Emily Carr

Art can only be truly Art by presenting an adequate outward symbol of some fact in the interior life.  
---Margaret Fuller

We're all stumbling toward the light with varying degrees of grace at any given moment.  
---Bo Lozoff

Art is a step from what is obvious and well-known toward what is arcane and concealed.  
---Kahlil Gibran

What you call freedom is still nothing but choosing how to steer straight into the heart of what chooses you.  
--- Kate Gleason

It seems strange that some artists fear a blank canvas, when it has been a major contributory factor to great paintings.  
---David Louis

Works of art are landscapes of the mind.

---Ted Godwin

I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.

---Frank Herbert

I work in a meditative manner. My visual language is pulled from my unconscious and I express in my work what I cannot express with words.

---Pat Gentenaar-Torley

Art is the flower of life and, as seed, it gives back life.

---Remy de Gourmont

Grace, not willpower, is what ultimately empowers us to live loving lives. Creativity, both in what spawns within the artist and the artifact, can be a vital source of that grace.

---Rev. Ron Rolheiser

The individual has always had to struggle to keep from being overwhelmed by the tribe. To be your own man is a hard business. If you try it, you will be lonely often, and sometimes frightened. But no price is too high to pay for the privilege of owning yourself.

---Rudyard Kipling

Art must touch our lives, our fears and cares- evoke our dreams and give hope to the darkness.

---Frederick Hart

Those rare souls whose spirit gets magically into the hearts of men leave behind them something real and warmly personal... the grace of a fine spirit pervades the places through which it has passed, like the haunting loveliness of mignonette.

---James Thurber

How important are the visual arts in our society? I feel strongly that the visual arts are of vast and incalculable importance. Of course I could be prejudiced. I am a visual art.

---Kermit the Frog

Art is about mystery.

---Marisol

Sometimes when you finish a painting, you look at it and it looks all right and that's a touch of grace.

---Jack Tworkov

I don't see why we ever think of what others think of what we do- no matter who they are. Isn't it enough just to express yourself?

---Georgia O'Keefe

Enthusiasm is not an emotional state. It is a spiritual commitment, a loving surrender to our creative process. Enthusiasm (from the Greek, "filled with God") is an ongoing energy supply tapped into the flow of life itself.

---Unknown

Art enables us to find ourselves and lose ourselves at the same time.

---Thomas Merton

It's kind of fun to do the impossible.

---Walt Disney

Art should be something like a good armchair in which to rest from physical fatigue.

---Henri Matisse

To love what you do and feel that it matters- how could anything be more fun?

---Katherine Graham

Art is like singing. Some do it better than others, but everyone can and should be doing it for their soul.

---Barbara Mason

These then are my last words to you: be not afraid of life. Believe that life is worth living, and your belief will help create the fact.

---William James

Art teaches nothing, except the significance of life.

---Henry Miller

The two terrors that discourage originality and creative living are fear of public opinion and undue reverence for one's own consistency.

---Ralph Waldo Emerson

Art is not to do with the practical side of making a living. It's to live a fuller human life.

---Henry Moore

We act as though comfort and luxury were the chief requirements of life, when all we need to make us really happy is something to be enthusiastic about.

---Charles Kingsley

Art is an experience, not an object.

---Robert Motherwell

Wander a whole summer if you can. Thousands of God's blessings will search you and soak you as if you were a sponge, and the big days will go by uncounted.

---John Muir

The key is to trust your heart to move where your talents can flourish. This old world will really spin when work becomes a joyous expression of the soul.

---Al Sacharov

Every day I discover more and more beautiful things. It's enough to drive one mad. I have such a desire to do everything, my head is bursting with it.

---Claude Monet as a young painter

Art is a language. It's not a skill. It's not a stunt. It's not something that you just learn to do and put it down. It comes from the heart.

---Wynona Mulcaster

Good art speaks truth, indeed *is* truth, perhaps the only truth.

---Iris Murdoch

Art is the journey of a free soul.

---Alev Oguz

If you obey all the rules, you miss all the fun.

---Katharine Hepburn

Art is the demonstration that the ordinary is extraordinary.

---Amedee Ozenfant

I have accepted fear as a part of life- specifically the fear of change... I have gone ahead despite the pounding in my heart that says: turn back.

--\_Erica Jong

Art is not the bread, but the wine of life.

---Jean Paul Richter

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.

---Joe Namath

It's easy to get bogged down in the circumstantial and mundane, but if we connect to our passion, that in itself will be regenerative; we won't have to wait for the energy, it will be there.

---Nina Simonos

my monk friend has a weird endearing habit  
he weaves sandals and leaves them secretly by the roadside

--- Ikkyu, fifteenth century Zen master

Art, being quite useless, except to the soul, is the highest of all human endeavors.

---Bruce M. Rogers

I could never convince the financiers that Disneyland was feasible because dreams offer too little collateral.

---Walt Disney

If art is not to be life-enhancing, what is it to be?

---May Sarton

Art and works of art do not make an artist; sense and enthusiasm and instinct do.

---Friedrich Von Schlegel

Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free.

---Jim Morrison

Art thaws even the frozen, darkened soul, opening it to lofty spiritual experience.

---Aleksandr Solzhenitsyn

Fear is the reason for making art. It is a means to freedom.  
---Ilya Kabakov

Art is the only way to run away, without leaving home.  
---Twyla Tharp

Sufficient to today are the duties of today. Don't waste life in doubts and fears, spend yourself on the work before you; well assured that the right performance of this hour's duties will be the best preparation for the hours or ages that follow it.  
---Ralph Waldo Emerson

One should either be a work of art or wear a work of art.  
---Oscar Wilde

It's the heart afraid of dying, that never learns to dance  
It's the dream afraid of waking, that never takes the chance;  
It's the one who won't be taken, who cannot seem to give  
And the soul afraid of dying, that never learns to live.  
---"The Rose"

We decide what we want to pursue, there is no right or wrong, we formulate our own paths.  
---Arthur Maderson

Art flourishes where there is a sense of adventure.  
---Alfred North Whitehead

Quiet minds cannot be perplexed or frightened, but go on in fortune or misfortune at their own pace, like a clock during a thunderstorm.  
---Robert Louis Stevenson

The art of art... is simplicity.  
---Walt Whitman

Every one of us gets through the tough times because somebody is there, standing in the gap to close it for us.  
---Oprah Winfrey

People who love art really do need it in the same way they need oxygen.  
---Martin Zimet

An artist is not one who has solved life's problems. He is one who accepts life's problems.  
---Anonymous

Everyone needs an identity of their own, not in relation to someone else... someone's daughter, sister, wife, mother. "Artist" is mine alone.  
---Janet Badger

You got to have a dream  
If you don't have a dream,  
How you gonna have a dream come true?  
---Rogers and Hammerstein

You've made your bed, now go bounce on it.  
---Peter Scott

The artist is the person who makes life more interesting or beautiful, more understandable or mysterious, or probably, in the best sense, more wonderful.  
---George Bellows

The primary benefit of practicing any art, whether well or badly, is that it enables one's soul to grow.  
---John Welwood

Whatever is received is received according to the nature of the recipient.  
---St. Thomas Aquinas

We artists are the first to see the light at the end of the chaotic tunnels we all live in, and we dare to move toward it.  
---Eleanor Blair

The death of fear is in doing what you fear to do.  
---Sequichie Comingdeer

An artist is like a prophet. He must lead people and help them get acquainted with what he sees.  
---George Buytendorp

Every day is a gift- bound out of bed with the enthusiasm of a child.  
---Joye Moon

The need to be a great artist makes it hard to be an artist. The need to produce a great work of art makes it hard to produce any art at all.  
---Julia Cameron

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.  
---Arnold Schwarzenegger

You are a child of God; your playing small doesn't serve the world.  
---Nelson Mandela

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

---C.G. Jung

Merely looking at the world around us is immensely different from seeing it.

---Frederick Franck

Enough is abundance to the wise.

---Unknown

The aims of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware.

---Henry Miller

No one comes to self-knowledge without finding much to laugh at along the way.

---Philip Simmons

The truly great artist has the eyes of a child and the vision of a sage.

---Pablo Casals

We never know how high we are  
Till we are called to rise.

---Emily Dickinson

To read your own mind is to look at your self and read your soul. Hatred becomes love and that is the path I am working on.

---Richard Gere

Learn to wish that everything should come to pass exactly as it does.

---Epictetus

We are shaped and fashioned by what we love.  
---Johann Wolfgang von Goethe

People need joy  
quite as much as clothing.  
Some of them need it far more.  
---Margaret Collier Graham

Whatever you receive, wherever it comes from,  
Cherish the desire to give it back in full measure.  
---Swami Chidvilasananda

As an experienced artist, I carry my work like a secret pregnancy. I am always aware of inner  
life and the need to protect it.  
---Julia Cameron

The artist must say it without saying it.  
---Duke Ellington

I haven't a clue as to how my story will end. But that's all right.  
When you set out on a journey and night covers the road, you don't conclude  
that the road has vanished.  
And how else could we discover the stars?  
--- Unknown

Getting there is not half the fun—it is ALL the fun.  
---Robert Townsend

The painting leads the painter, and it becomes an intuitive experience.  
---Ardath Davis

Life is a festival only to the wise.  
---Ralph Waldo Emerson

Kabir says this: just throw away all thoughts of imaginary things,  
And stand firm in that which you are.  
---Kabir

Artists are just children who refuse to put down their crayons.  
---Al Hirschfeld

Finding out who you are is the first step. Accepting who you are can be the hard part.  
Embracing who you are is the fun part.  
---Anonymous

An artist's job is to surprise himself. Use all means possible.  
---Robert Henri

Most people live and die with their music still unplayed. They never dare to try.  
---Mary Kay Ash

Pilgrimages are more about sore feet than they are matters of the soul.  
--- Brenda Jernigan

Art is the river that runs through my life. I drink from it as often as I can to refresh myself.  
---Loretta Marvel

The artist belongs to his work, not the work to the artist.  
---Novalis

The fact is that blank pages inspire me with terror. What will I put on them? Will it be good enough? Will I have to throw it out?

---Margaret Atwood

To be an artist is to believe in life.

---Henry Moore

But when I am alone with myself, I have not the “courage” to think of myself as an artist in the great and ancient sense of the term.

---Pablo Picasso

We should not let our fears hold us back from pursuing our hopes.

---John F. Kennedy

What an artist is for is to tell us what we see but do not know that we see.

---Edith Sitwell

Art pulls a community together.... Art makes you feel differently. That’s what artists are doing all the time, shifting and changing the way you see life.

---Lister Sinclair

The winds of grace blow all the time.

All we have to do is set our sails.

--- Ramakrishna

All the arts enrich us and each art form we embrace helps to make us whole.

---Marney Ward

One never goes so far as when one doesn't know where one is going.

---Johann Wolfgang von Goethe

It is a miserable state of mind to have few things to desire and many things to fear.

---Francis Bacon

Artists are the people among us who realize creation didn't stop on the sixth day.

---Joel Peter Witkin

If you ask me what I came to do in this world, I, an artist, will answer you: I am here to live out loud.

---Emile Zola

The man who has no inner life is a slave to his surroundings.

---Henri-Frederic Amiel

Imagination is the air of the mind.

---Philip James Bailey

One's destination is never a place, but rather a new way of looking at things.

---Henry Miller

There is a boundary to our passions when we act from feelings; but none when we are under the influence of imagination.

---Edmund Burke

There are no rules of architecture for a castle in the clouds.

---G.K. Chesterton

For art and joy go together, with bold openness, and high head, and ready hand- fearing naught and dreading no exposure.

---James Abbot McNeill Whistler

Today a new sun rises for me; everything lives, everything is animated, everything seems to speak to me of my passion, everything invites me to cherish it.

---Ninon de L'Enclos

Live out of your imagination, not your history.

---Stephen R. Covey

Art is ruled uniquely by the imagination.

---Benedetto Croce

You need a room with no view so imagination can meet memory in the dark.

---Annie Dillard

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

---Albert Einstein

Hope is a good thing, maybe the best of things and no good thing ever dies.

---Tim Robbins

To imagine is everything, to know is nothing at all.

---Anatole France

Visualize what you want to do before you do it. Visualization is so powerful that when you know what you want, you will get it.

---Audrey Flack

Imagination is a very precise thing, you know- it is not fantasy. The man who invented the wheel while he was observing another man walking- that is imagination!

---Jacques Lipchitz

It's amazing what ordinary people can do if they set out without preconceived notions.

---Charles Franklin Kettering

Imagination is the eye of the soul.

---Joseph Joubert

Call intuition cosmic fishing. You feel a nibble, then you've got to hook the fish.

---Buckminster Fuller

Within your heart, keep one still, secret spot where dreams may go.

---Louise Driscoll

An act of imagination is an act of self-acceptance.

---Richard Hugo

My paintings are not about what is seen. They are about what is known forever in the mind.

---Agnes Martin

Success is the ability to go from failure to failure without losing your enthusiasm.

---Winston Churchill

The power of imagination makes us infinite.

---John Muir

I look out the window sometimes to seek the color of the shadows and the different greens in the trees, but when I get ready to paint I just close my eyes and imagine a scene.

---Grandma Moses

I saw the angel in the marble and carved until I set him free.  
---Michelangelo

It doesn't matter why something happens. Why you got cancer or why you lost your hair or why you got into a car accident. What matters is what you do with it. What matters is how you use it. What matters is getting your life back. And since all you have to work with is who you are and what you're given, you might as well use them. We are more than our hair, our faces, our bodies, our relationships. But we will never know that until we understand the images that keep us from remembering ourselves. When they are recognized, they dissolve. And when they dissolve, we become that much freer to be the vastness of who we are.  
--- Geneen Roth

Imagination takes humility, love, and great courage.  
---Carson McCullers

Everything you can imagine is real.  
---Pablo Picasso

Those who dream by day are cognizant of many things which escape those who dream only by night.  
---Edgar Allen Poe

Certain defects are necessary for the existence of individuality.  
---Johann Wolfgang von Goethe

Imagination will often carry us to worlds that never were. But without it, we go nowhere.  
---Carl Sagan

Imagination is the power of the mind over the possibilities of things.  
---Wallace Stevens

You cannot hear the waterfall if you stand next to it. I paint my jungles in the desert.  
---Macedonio de la Torre

Imagination needs moodling- long, inefficient, happy idling, dawdling and puttering.  
---Brenda Ueland

It takes courage to grow up and turn out to be who you really are.  
---e. e. cummings

Be not afraid of growing slowly.  
Be afraid only of standing still.  
---Chinese Proverb

I am imagination. I can see what the eyes cannot see. I can hear what the ears cannot hear. I can feel what the heart cannot feel.  
---Peter Nivio Zarlenga

The essential ingredient for creativity is wasting time.  
---Anonymous

More of your brain is involved when reading than it is when you watch television... because you are supplying just about everything.... You're a creator.  
---Margaret Atwood

There is no one definitive creative path. There are many ways to be creative- not only intuitive ways but organized, logical ways too.  
---Theresa Bayer

For me, creating art is accessing a shining sliver of divinity- which is all positive, loving energy. When I go to a place of negativity and fear, I find that my access is denied.

---Michael Carpenter

Creativity is essentially a lonely art. An even lonelier struggle. To some a blessing. To others a curse. It is in reality the ability to reach inside yourself and drag forth from your very soul an idea.

---Lou Dorfsman

Trust that still small voice that says, "This might work and I'll try it."

---Diane Mariechild

Creativity often consists of merely turning up what is already there. Did you know that right and left shoes were thought up only a little more than a century ago?

---Bernice FitzGibbon

Creative minds have always been known to survive any kind of bad training.

---Anna Freud

I look forward to being older, when what you look like becomes less and less an issue and what you are is the point.

--Susan Sarandon

Conditions for creativity are to be puzzled, to concentrate, to accept conflict and tension, to be born everyday, to feel a sense of self.

---Erich Fromm

Passion is in all great searches and is necessary to all creative endeavors.

---W. Eugene Smith

Art becomes a spiritual process depending upon the degree of commitment that you bring to it. Every experience becomes direct food for your art. Then your art teaches you about life.

---Nick Bantock

The object isn't to make art; it's to be in that wonderful state which makes art inevitable.  
---Robert Henri

Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while.

---Steve Jobs

People say that you're going the wrong way when it's simply a way of your own.  
---Angelina Jolie

The creation of art is not the fulfillment of a need but the creation of a need. The world never needed Beethoven's Fifth Symphony until he created it. Now we could not live without it.  
---Louis Kahn

All change is not growth, as all movement is not forward.  
---Ellen Glasgow

Build Yourself Wings. Fly straight ahead. Walk a straight line. Visit. Leave a special sign on the door. Make a gift of words. Mark your path with books. With clothes. With food. Join two distant places. Two rocks. Two people. Bridge a river. Build a city of sand. Raise up a mound.

---Milan Knizak

Just to be is a blessing.  
Just to live is holy.  
---Rabbi Abraham Heschel

One sure-fire way to stay creative: force yourself to learn something new.  
---Harvey Mackay

There is real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.

---Norman Vincent Peale

To the extent a person makes, invents or thinks something that is new to him, he may be said to have performed a creative act.

---Margaret Mead

You've got to keep the child alive; you can't create without it.

---Joni Mitchell

Art is not an amusement, nor a distraction, nor is it, as many men maintain, an escape from life. On the contrary, it is a high training of the soul, essential to the soul's growth, to its unfoldment.

---Lawren Harris

Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new.

---Brian Tracy

It is better to create than to be learned; creating is the true essence of life.

---Georg Niebuhr

Where you stumble, there your treasure lies.

---Joseph Campbell

Creativity is... seeing something that doesn't exist already. You need to find out how you can bring it into being and that way be a playmate with God.

---Michele Shea

Creativity can be described as letting go of certainties.

---Gail Sheehy

How do you expect to arrive at the end of your own journey if you take the road to another man's city?

---Thomas Merton

People must not do things for fun. We are not here for fun. There is no reference to fun in any Act of Parliament.

---Sir A. P. Herbert

To be at peace with ourselves, we need to know ourselves.

---Caitlin Matthews

Artistic creativity is a whirlpool of imagination that swirls in the depths of the mind.

---Robert Toth

The thing about creativity is- people are going to laugh at it. Get over it.

---Twyla Tharp

The world speaks to me in colours,  
my soul answers in music.

---Rabindranath Tagore

Accept that some days you're the pigeon, and some days you're the statue.

---Roger C. Anderson

Creativity flourishes when we have a sense of safety and self-acceptance.

---Julia Cameron

Life is like a box of chocolates. You never know what you're gonna get!

---Forrest Gump

I must accept life unconditionally. Most people ask for happiness on condition. Happiness can only be felt if you don't set any condition.

---Margaret Lee Runbeck

Everything in life that we really accept undergoes a change.

---Katherine Mansfield

Become you who are.

---Friedrich Nietzsche

I figure that if I said it enough, I would convince the world that I really was the greatest.

---Muhammad Ali

An affirmation is a strong, positive statement that something is already so.

---Shakti Gawain

You wouldn't want any creative process to lose its sense of fun and adventure, but that doesn't mean you can't take it seriously as well.

---Charles de Lint

Man lives more by affirmation than by bread.

---Victor Hugo

Affirmations are not bound up in rules. An affirmation can be long or short, poetic or plain. If you love a phrase and find that it helps you, that is a valid affirmation.

---Eric Maisel

You must begin to think of yourself as becoming the person you want to be.

---David Viscott

Love what you do. Believe in your instincts. And you'd better be able to pick yourself up and brush yourself off every day. While life is not always fair, it is manageable. It is a matter of attitude and confidence.

---Mario Andretti

All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.

---Henry Miller

The only difference between a good day and a bad day is your attitude.

---Dennis S. Brown

The greatest obstacle to most people isn't skill, it's attitude.

---Harley Brown

When you sit down to paint or draw you form yourself into a posture of praise.

---Robert Genn

There is one thing one has to have: either a soul that is cheerful by nature, or a soul made cheerful by work, love, art, and knowledge.

---Friedrich Nietzsche

Safeguard the health both of body and soul.

---Cleobulus

The growth of the spirit is a volcano that cannot be capped. Try to plug it at your peril.

---John McEnulty

You cannot control what happens to you, but you can control your attitude toward what happens to you, and in that, you will be mastering change rather than allowing it to master you.

---Brian Tracy

It is in awareness that we bring everything to life that lives within us. There is no time like the present to give birth to creativity.

---Kathleen Anderson

Art that serves an artist best is an experiment in expanding awareness.

---Peter London

One man has enthusiasm for 30 minutes, another for 30 days, but it is the man who has it for 30 years who makes a success of his life.

---Edward B. Butler

It may be that those who do most, dream most.

---Stephen Leacock

Normal is nothing more than a cycle on a washing machine.

---Whoopi Goldberg

Look for a lovely thing and you will find it.

It is not far- it never will be far.

---Sara Teasdale

Let us not look back in anger or forward in fear, but around in awareness.

---James Thurber

It is so easy to take for granted the color of azaleas, the sheen of the limestone on Fifth Avenue, the color of our kids' eyes, the way the melody in a symphony rises and falls and disappears and rises again. It is so easy to exist instead of live.

--- Anna Quindlen

Lift up my eyes from the earth and let me not forget the uses of the stars.

---Max Ehrmann

Artist awake or be forever fallen.

---Fred Varley

Dreams are illustrations from the book your soul is writing about you.

---Marsha Norman

Art is a collaboration between God and the artist, and the less the artist does the better.

---Andre Gide

When the student is ready, the master appears.

---Buddhist Proverb

Man's mind, once stretched by a new idea, never regains its original dimensions.

---Oliver Wendell Holmes

There are some people who live in a dream world, and there are some who face reality; and then there are those who turn one into the other.

---Douglas Everett

Anyone who stops learning is old, whether at twenty or eighty.

---Henry Ford

We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself.

---Lloyd Alexander

The most powerful agent of growth and transformation is something much more basic than any technique: a change of heart.

---John Welwood

There are two ways of spreading light: to be the candle or the mirror that reflects it.

---Edith Wharton

If I had six hours to cut down a tree, I would spend four hours sharpening my ax.

---Old Chinese Master

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.

---Scott Adams

Dignity consists not in possessing honors, but in the consciousness that we deserve them.

---Aristotle

The highest reward for a person's toil is not what they get for it, but what they become by it.

---John Ruskin

Health is the first of all liberties, and happiness gives us the energy which is the basis of health.

---Henri-Frederic Amiel

Sleep is the golden chain that ties health and our bodies together.

---Thomas Dekker

In order to create, you've got to eliminate thinking, then focus and listen to your internal voice.

---Elizabeth Winter-Noyes

Let the beauty we love  
Be what we do.

---Rumi

You can't get there by bus, only by hard work, risking, and by not quite knowing what you're doing. What you'll discover will be wonderful: yourself.

---Alan Alda

Art hurts. Art urges voyages- and it is easier to stay at home.

---Gwendolyn Brooks

I am no longer afraid of becoming lost, because the journey back always reveals something new, and that is ultimately good for the artist.

---Billy Joel

It is good to have an end to journey towards;  
but it is the journey that matters in the end.

--- Ursula K. LeGuin

Enough. These few words are enough.  
If not these words, this breath.  
If not this breath, this sitting here.

This opening to the life  
we have refused  
again and again  
until now.

Until now.

--- David Whyte

As I lived up to the highest light I had, higher and higher light came to me.  
---Peace Pilgrim

Trust the instinct to the end, though you can render no reason.  
---Ralph Waldo Emerson

Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.  
---A Course in Miracles

My barn having burned down, I can now see the moon.  
--- Zen Koan

You do not have to sit outside in the dark. If, however, you want to look at the stars, you will find that darkness is necessary. But the stars neither require nor demand it.  
---Annie Dillard

Something we were withholding made us weak  
Until we found it was ourselves.  
---Robert Frost

Teach us.... That we may feel the importance of every day, of every hour, as it passes.  
--- from a prayer by Jane Austen, circa 1811

When you come to the edge of all the light you know,  
and are about to step off into the darkness of the unknown...  
faith is knowing one of two things will happen:  
there will be something solid to stand on  
or you will be taught how to fly.  
--- Barbara J. Winter

We touch the freedom that is possible in any moment  
when we are not grasping after our experience  
or resisting it.

---Ajahn Buddhadasa

Hope means to keep living amid desperation and to keep humming in the darkness.

---Unknown

Tell me, what is it you plan to do with your one wild and precious life?

--- Mary Oliver

Patience is power.

With time and patience the mulberry leaf becomes silk.

--- Chinese Proverb

Don't compromise yourself. You're all you've got.

---Janis Joplin

We don't see things as they are, we see them as *we* are.

---Anais Nin

Art is the most intense mode of individualism that the world has ever known.

---Oscar Wilde

If only we'd stop trying to be happy, we could have a pretty good time.

---Edith Wharton

You don't need to be helped any longer.

You've always had the power to go back to Kansas.

--- Glinda to Dorothy in *The Wizard of Oz*

When we put down ideas of what life should be like,  
we are free to wholeheartedly say yes to our life as it is.

--- Tara Brach

All seasons are beautiful for the person who carries happiness within.

---Horace Friess

No more words. Hear only the voice within.

---Rumi

As I see it, we know we're truly grown up when we stop trying to fix people. About all we can really do for people is love them and treat them with kindness. That goes for ourselves too. That goes for ourselves *especially*.

---Philip Simmons

My self-image still isn't that alright. No matter how famous I am, no matter how many people go to see my movies, I still have the idea that I'm that pale no-hoper that I used to be. A pale no-hoper that happens to be a little lucky now. Tomorrow it'll be all over, then I'll have to go back to selling pens again.

---Johnny Depp

A ship in harbor is safe, but that is not what ships are built for.

---William Shedd

Our lives are like islands in the sea, or like trees in the forest, which co-mingle their roots in the darkness underground.

---William James

People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

---Elisabeth Kubler-Ross

To confront a person with his own shadow is to show him his own light.

---Carl Jung

A birthday is your own personal new year, your private mark in time between the past and future, your own farewell to yesterday and welcome to tomorrow.

---Hadin Marshall

Being curious is like giving yourself a present whenever you want one.

---Unknown

Follow your heart like a flying stallion,  
Race with the sun to the edge of the night.  
Form your truth like a gold medallion,  
Dance in the circle of the love and the light.

---John Denver

The days come and go, but they say nothing, and if we do not use the gifts they bring, they carry them as silently away.

---Ralph Waldo Emerson

Life is like music: it must be composed by ear, feeling and instinct, not by rule.

---Samuel Butler

Better worlds are born not made, and their birthdays are the birthdays of individuals.

---e.e. cummings

Jumping for joy is good exercise.

---Unknown

Everyone has talent; what is rare is the courage to follow the talent to the dark place where it leads.

---Erica Jong

Never fear shadows. They simply mean there's a light shining somewhere nearby.

---Unknown

Some people think it's holding on that makes one strong.  
Sometimes it's letting go.

---Sylvia Robinson

Be in charge of sunrise concerts.  
Match your calling with the sun.

---Lynne Aldrich

No winter lasts forever; no spring skips its turn.

---Hal Borland

Enjoy the little things, for one day you may look back and realize that they were the big things.

---Robert Bracelt

The more one gives, the more one has to give.

---Anne Morrow Lindberg

Too much of a good thing is wonderful.

---Mae West

All shall be well and all shall be well, and all manner of thing shall be well.

---Julian of Norwich

Stories are medicine.

---Clarissa Pinkola Estes

I had to get over my fear of running through the world naked and learn to say,  
“Take me or leave me.”

---Steven Spielberg

The secret of getting ahead is getting started.

---Sally Berger

And God understands that part of us which is more than we think we are.

---Madeleine L'Engle

You are destined to fly, but that cocoon has to go.

---Nelle Morton

In the going I am there.

---Yevgeny Yevtushenko

What's ahead of me and what's behind me are nothing compared to what's inside of me.

---Jean Shapiro

All the way to heaven is heaven.

---St. Catherine of Sienna

Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue.... Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.

---Rainer Maria Rilke

You are forever in the flow of guidance.  
---Eric Butterworth

Health food may be good for the conscience, but Oreos taste a hell of a lot better.  
---Robert Redford

I want to sing like birds sing, not worrying who hears or what they think.  
---Rumi

Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows. We guess. We may be wrong, but we take leap after leap in the dark.  
---Agnes de Mille

We must not allow other peoples' limited perceptions to define us.  
---Virginia Satir

Ride the energy of your own unique spirit.  
---Gabrielle Roth

Only one kind of person transforms the world spiritually, someone with a grateful heart.  
---Ronald Rolheiser

To move freely you must be deeply rooted.  
---Bella Lewitzky

You must become aware of the richness in you and come to believe in it and know it is there... Once you become aware of it and have faith in it, you will be all right.  
---Brenda Ueland

The earth sets some music going in us and dance we must.  
---Ludwig Boone

If we all did the things we are capable of doing, we would literally astound ourselves.  
---Thomas Edison

This human being is a guest house. Every morning a new arrival.  
A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.  
Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep  
your house empty of its furniture, still treat each guest honorably.  
He may be clearing you out for some new delight.  
---Rumi

I shut my eyes in order to see.  
---Paul Gauguin

Truly, it is in darkness that one finds the light, so when we are in Sorrow, then this light is  
nearest of all to us.  
---Meister Eckhart

There is no right path. Only the one that allows you to sleep soundly  
and wake up excited.  
--- Jennifer Louden

In a full heart there is room for everything, and in an empty heart there is room for nothing.  
---Antonio Porchia

I don't want to get to the end of my life and find that I lived just the length of it. I want to have lived the width of it as well.

---Diane Ackerman

What soap is for the body, tears are for the soul.

---Jewish Proverb

Men are not free when they are doing just what they like... Men are only free when they are doing what the *deepest self* likes. And there is getting down to the deepest self! It takes some diving!

---D.H. Lawrence

And the trouble is, if you don't risk anything, you risk even *more*.

---Erica Jong

A man has many skins in himself, covering the depths of his heart. Man knows so many things; he does not know himself. Why, thirty or forty skins or hides, just like an ox's or a bear's, so thick and hard, cover the soul. Go into your own ground and learn to know yourself there.

---Meister Eckhart

Where the spirit does not work with the hand there is no art.

---Leonardo Da Vinci

No snowflake ever falls in the wrong place.

---Zen saying

The curious paradox is that when I accept myself just as I am, then I can change.

---Carl Rogers

I have spent my days stringing and unstringing my instrument while the song I came to sing remains unsung.

---Rabindranath Tagore

He who knows that enough is enough will always have enough.

---Lao-tzu

People who have not been in Narnia sometimes think that a thing cannot be good and terrible at the same time.

---C.S. Lewis

Were it possible for us to wait for ourselves to come into the room, not many of us would find our hearts breaking into flower as we heard the door handle turn.

---Rebecca West

Perhaps all the dragons in our lives are only princesses waiting for us to act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.

---Rilke

Artists are more able than most to perceive the world in all its wonder and glory, and more willing than most to give themselves over to the experience.

---Marney Ward

Make voyages.  
Attempt them.  
There is nothing else.

---Tennessee Williams