ON CREATIVITY

“There is a vitality, a life force, an energy, a quickening which 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…”

--Martha Graham

“One of the few things I know about writing is this: spend it all, shoot it, play it, lose it, all, right away, every time. Do not hoard what seems good. Give it, give it all, give it now. Something more will arise for later, something better. These things fill from behind, from beneath, like well water.”

--Annie Dillard

“A writer’s problem does not change. He himself changes, but his problem remains the same. It is always how to write truly and, having found what is true, to project it in such a way that it becomes a part of the experience of the person who reads it.”

--Ernest Hemingway

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light and 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 are born to make manifest the glory of God that is within us.
It is not just in some of us; it is in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the same.
As we are liberated from our fear, our presence automatically liberates others.

--Marianne Williamson