

i am (not) an Artist:

a creative manifesto

"All that you are seeking is also seeking you. If you sit still, it will find you. It has been waiting for you a long time."
— Clarissa Pinkola Estes

1. Ask daily: What do I want to create today?

Create it.

2. Making art is scary because I want it to be good.
From now on it only has to *be*.

3. When I try to make Art, I waste my energy.
By letting art *COME*, I free up all of that energy to come and play with me.

4. Artists are people who *believe* in their ability to make art and who have the discipline to make art a priority. I believe I can do both.

5. Jealousy is my friend:
It is just the universe showing me what I want in my own life.

6. I remember who I am.
I know that I am *unique* and that the world needs me to be awake, true, full and aware.

7. When I allow myself to remember how connected we all are, I realize that *any* art from me is important.

8. Even ugly art has value.

9. Messy is good. I consider everything practice.

10. I see the beauty in *all* creation.

11. I say *YES* to everything!
I will paint, draw, write, dance or sing *whenever* I feel inspired -
because you never know...

12. I will repeat daily until I believe it:
I am an artist.

I dare you to create the art that you know is waiting in the muscles of your arms —
the art that you are most afraid of letting out — the art that is who you are.

Let. It. Out.

— mess