

QUOTES FOR CREATIVE INSPIRATION

Dr. Jane Bolton, PsyD, LMFT, CC
Psychotherapy and Master Results Life Coaching

"Try and fail, but don't fail to try." Stephen Kaggwa

"No one is perfect. That's why pencils have erasers." Anonymous

"The sea is dangerous and its storms terrible. But these obstacles have never been sufficient reason to remain ashore.... Intrepid spirits seek victory over those things that seem impossible. It is with an iron will that they embark on the most daring of all endeavors...To meet the shadowy future without fear and conquer the unknown." Fernando Magellan, explorer

"We don't receive wisdom, we discover it for ourselves after a journey which no one can take for us or spare us, for it is a point of view about things." Marcel Proust

Man is asked to make of himself what he is supposed to become to fulfill his destiny. Paul Tillich

"Success is becoming who you really are." Anonymous

"Just by being ourselves we are borne toward a destiny far beyond anything we could imagine." Deepok Chopra

"Today you are You, that is truer than true. There is no one alive who is Youer than You." Dr. Seuss

"There is vitality, a life force, a quickening, that is translated through you, and only you, and into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will not exist through any other medium, and be lost. The world will not have it.

It is not your business to determine how good it is, nor how valuable it is, nor how it compares to other expressions. It is only your business to keep it yours clearly and directly, to keep the channel open. You don't even have to believe in yourself or your work. You have only to keep yourself and aware directly of the urges that motivate you. Keep the channel open." Martha Graham

"We can't change anything unless we accept it." Carl Jung

"There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom." Anais Nin

"All things are difficult before they are easy." Anonymous

"The greater the resistance, the greater the sense of empowerment you feel when you take charge." Anonymous

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along. You must do the thing you think you cannot do.'" Eleanor Roosevelt

Life shrinks or expands in proportion to one's courage. Anais Nin

“Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.” Helen Keller

“Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination are omnipotent. The slogan 'press on' has solved and always will solve the problems of the human race.” Calvin Coolidge

“Nobody can make you feel inferior without your permission.” Eleanor Roosevelt

“I myself do nothing. The Holy Spirit accomplishes all through me.” William Blake

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

“Do exactly what you would do if you felt most secure.” Meister Eckhart

“The price of inaction is far greater than the cost of making a mistake.” Meister Eckhart

“...creativity, not normality, has become the paradigm of mental health.” Stephen Mitchell

“The ability to suspend concern with consensual reality and fully explore one's own fantasies is crucial to personal expression that makes originality possible.” Stephen Mitchell

Artists work by playing, trying things out without knowing where they will go, as if they are actually inventing not only their own creations but the entire medium as well. Stephen Mitchell

“It is the supreme art of the teacher to awaken joy in creative expression and knowledge.” Albert Einstein

“When one finds a child of a narcissist who is relatively intact after surviving a horrendous childhood, one should look for the making of art. Art heals.” Elan Golumb

“The most potent muse of all is our own inner child.” Stephen Nachmanovitch

“When you come to the end of all the light that you know and you are about to step off into the darkness, faith is knowing that one of two things will happen: there will be something solid in the darkness for you to stand on, or you will be taught to fly!” Etty Hillason

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com