

Write to the Heart of Motherhood
Connecting to our true voice in the middle of our messy lives

Week 1. QUOTES



~ TO NURTURE & INSPIRE ~

“You can’t use up creativity. The more you use, the more you have.”

– Maya Angelou

"...Describe your sorrows and desires, the thoughts that pass through your mind and your belief in some kind of beauty - describe all these with heartfelt, silent, humble sincerity and, when you express yourself, use the Things around you, the images from your dreams, and the objects that you remember... And even if you found yourself in some prison, whose walls let in none of the world’s sounds – wouldn’t you still have your childhood, that jewel beyond all price, that treasure house of memories? Turn your attentions to it. Try to raise up the sunken feelings of this enormous past; your personality will grow stronger, your solitude will expand and become a place where you can live in the twilight, where the noise of other people passes by, far in the distance. - And if out of this turning-within, out of this immersion in your own world, poems come, then you will not think of asking anyone whether they are good or not... for you will see them as your dear natural possession, a piece of your life, a voice from it.”

– Rainer Maria Rilke

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

– Scott Adams

“Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity. It is the source of hope, empathy, accountability, and authenticity. If we want greater clarity in our purpose or deeper and more meaningful spiritual lives, vulnerability is the path.”

– Brené Brown

“Creativity is an act of defiance.”

– Twyla Tharp