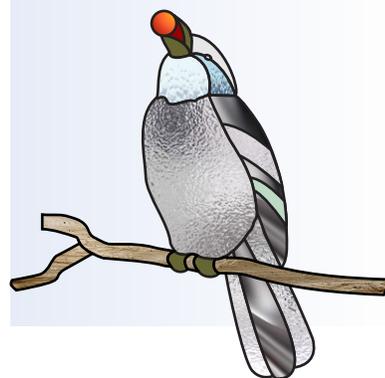




# maintaining enthusiasm

*There are plenty of stained glass technique tutorials online upon which I could not improve, instead, I analyze the mind games behind “living with a creative spirit”.*

It is a difficult task, at least it seems to me, to maintain some level of enthusiasm for all these crafts and marvelous art opportunities that I see around me. I know I have mentioned before that sometimes I would like to know what it feels like to jump off the “merry-go-round” and breathe for a second or two with out my brain saying...Oh, wouldn't that be a great pattern for mosaic, or stained glass, or beading or cross stitch or quilting – just a few of my favorite crafts. It is nearly impossible for me to get on google or bing and scroll through all the delicious pictures and not be at once “overwhelmed” with desire to make patterns and panels, and “depressed” by the knowledge that only a tiny fraction of my enthusiasm and ideas will ever come to fruition. Would that I had a 1000 years to do it all, and be as accomplished as others whose works I see online.



The very thought that 1000 years would provide some way “of the merry-go-round” is, of course, silly, as desire for more would increase with more years. It is part of the human condition to “reach” “invent” “design” “build” and it is a great trait. Reduce the anxiety produced by the desire to be more creative! but do more? Pause to meditate just for a minute. It will give you more energy, enthusiasm, and will reduce stress, so you live longer in better health, and have time for more crafts. This mantra is all part of the great cosmic paradox.

- 1) be grateful for a creative mind: giving thanks creates hope
- 2) choose small tasks to finish: focus boost progress
- 3) give freely of your talent: watch yourself bloom



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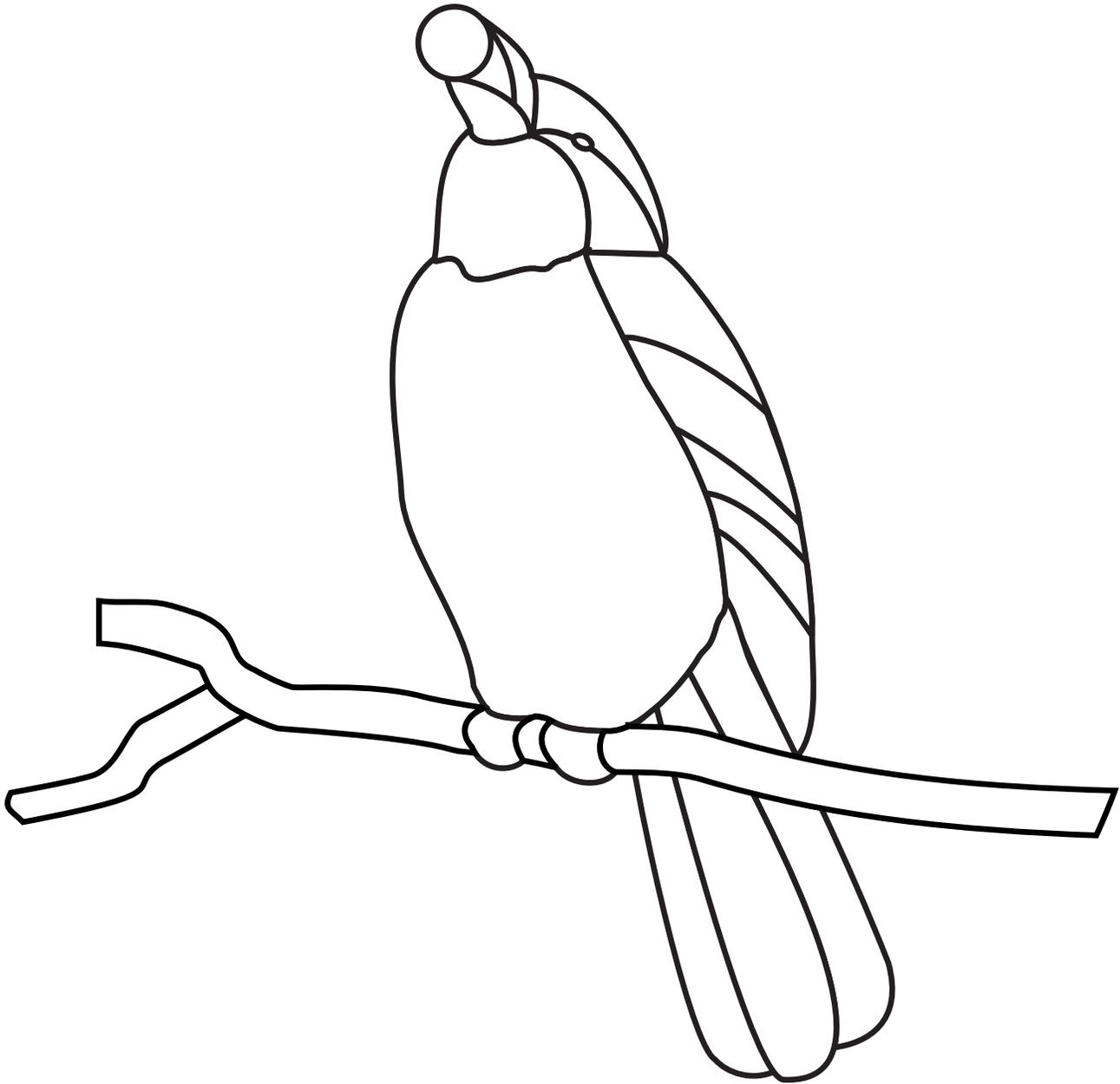
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# new stained glass patterns: september



# free pattern for october



COUPON



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