

Keeping the Channel Open

There is a vitality,
a life force,
a quickening
that 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 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 with other expressions.

It is your business to keep it yours clearly, directly
to ***keep the channel open.***

You do not even have to believe in yourself
or your work.

You have to ***keep open*** and ***aware directly*** to the ***urges that motivate YOU.***

Keep the channel open . . .
No artist is pleased . . .

There is no satisfaction whatever at anytime
There is only a queer, divine dissatisfaction
a blessed unrest that keeps us marching
and make “us” MORE alive.

- *Martha Graham*