

## JELLYBEANS



### RISKS

To laugh is to RISK appearing the fool,  
To weep is to RISK appearing sentimental,  
To reach out to another is to RISK involvement,  
To explore feelings is to RISK exposing your true self,  
To place your ideas, your dreams, before the crowd is to RISK loss,  
To love is to RISK not being loved in return,  
To live is to RISK dying,  
To try at all is to RISK failure.  
But RISKS must be taken,  
    because the greatest hazard in life is to RISK nothing!  
The person who RISKS nothing does nothing, has nothing,  
    is nothing.  
They may avoid suffering and sorrow,  
    but they cannot learn, feel, change, grow, love, live.  
Only a person who RISKS is free.

—author unknown



### TO KNOW THE DARK

To go in the dark with a light is to know the light.  
To know the dark, go dark. Go without sight.  
And you will find that the dark blooms and sings  
And is traveled by dark feet and dark wings.

—Wendell Berry



Becoming your own person releases your creativity. Freed from the bonds of convention and the fear of what others may think, the mind responds with new solutions, new goals, and an awareness that beauty and peace come from within. You become able to take risks, to experiment with your own life.

—Bernie Siegel



TALENT is the ability to be affected by a great and varied number of stimuli and to express your response to those stimuli in an imaginative, colorful, and individual way.

—Eric Morris



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 through any other medium and will 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 and 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 any time. There is only a queer, divine dissatisfaction, a blessed unrest that keeps us marching and makes us more alive than others.

--Martha Graham

