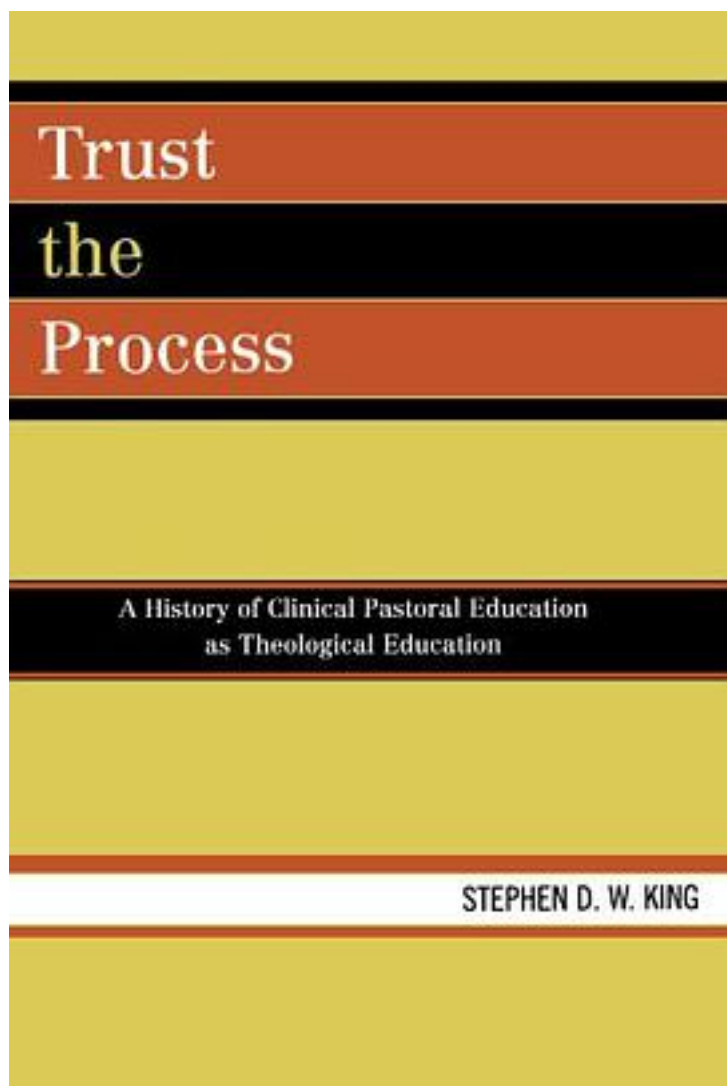


Trust the Process



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Whether in painting, poetry, performance, music, dance, or life, there is an intelligence working in every situation. This force is the primary carrier of creation.

If we trust it and follow its natural movement, it will astound us with its ability to find a way through problems—and even make creative use of our mistakes and failures.

There is a magic to this process that cannot be controlled by the ego. Somehow it always finds the way to the place where you need to be, and a destination you never could have known in advance.

When everything seems as if it is hopeless and going nowhere . . . trust the process.

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