

SESSION TEN

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.
If you block it,
It will never exist through any other medium
And be lost.
The world will never have it.
It is not your business to determine how good it is,
Nor how valuable it is.
Nor how it compares to 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.

~Martha Graham