



**"There is a vitality, a life-force, an energy, a quickening
that is translated thru you into action
& because there is only one of you in all of time,
this expression is unique.**

**And if you block it,
it will never exist thru any other medium & be lost.**

**The world will not have it.
It is not your business to determine
how good it is nor how valuable
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 just have to keep open
& aware directly to the urges that motivate you.**

Keep the channel open."

-Martha Graham