



ARTitorial

WILD HEART JOURNAL:

A CELEBRATION OF THE CREATIVE
PROCESS AND SPIRITUALITY

VOLUME 3 / SUMMER 2000

Editor: Eliezer Sobel

Art Director: Lesley Maclean

Advertising Manager: Lori Derr

Poetry Editor: Elaine Sutton

Bored of Directing: Asha Greer

Staff Holy Fool: Eddie Greenberg

Cover painting:

Fatima Pamela Rigsby, 1995

Photo on page 2: Lesley Maclean

Drawing on page 3: Lauren Hayes

Photos of Gabrielle Roth:

Julie Skarratt

Hands: Gary Pollock's

Drawings with on pages

10, 11, 12: Asha Greer

Back cover painting: Eliezer Sobel

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manuscript submissions,

Letters to the Editor, and all

correspondence to:

Wild Heart Journal,

PO Box 146,

Batesville, VA 22924

wildjourn@aol.com

Visit our website:

www.wildheartjournal.com

ON ART



"A man should hear a little music, read a little poetry, and see a fine picture everyday of his life, in order that worldly cares may not obliterate the sense of the beautiful which God has implanted in the human soul.

— Goethe

Of course, in his later years Goethe also said that in looking back over his life, he had experienced perhaps 19 days of genuine well-being. This dichotomy, of a life as creative and prolific as Goethe's yet also pervaded by great suffering, is a primary concern for those of us attempting to forge a spiritual path centered around the creative process. When one approaches art as "a Way," being productive or talented is insufficient reward for being a miserable person. As with all spiritual paths, the Way of the Artist must serve as a liberating force or it isn't working.

At the very least, our creative efforts ought to succeed at grinding up personal sufferings into the pigments of our art, transforming our relationship to anguish in the process. A bad dream on canvas holds the promise of fresh and fascinating

ALSO IN THIS ISSUE:

dancing towards the

no longer
WILD HEART JOURNAL IS FREE

Although "Published Randomly and Distributed Freely" had a very relaxing ring to it, with this issue the Wild Heart Journal begins the transition to "Published Biannually and NOT Distributed Freely." In an attempt to enter the magazine marketplace, we are now accepting ads and subscriptions (\$20/2 years, 4 issues.) To all those who have made contributions in the past, please consider yourselves honorary subscribers, as our way of thanking you for the support.

GRINDING UP
PERSONAL SUFFERINGS INTO THE
PIGMENTS OF OUR ART

Suffering

clues to the unravelling of our psyche; otherwise it is just a bad dream, and we are left tossing and turning. Art as spiritual practice is a process of re-framing: the poetry of pain is different than pain. Dance your sorrow and free your soul, as our featured artist, Gabrielle Roth, might say. And it works for the positive as well: commute your joy and discover the ecstatic.

Finally, as practitioners of the Creative Process as a Way, it is important to keep this quote from Thoreau in mind as well:

It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look...."

--->Eliezer Sobel

*...and she is
wards the one going to dance,
dance hungry,
dance full,
dance each cold
astonishing moment,
now when she is young
and again when she is old.*

—ANNIE LAMOTT, TRAVELLING MERCIES



A kindergarten teacher was observing her classroom of children while they drew. She would occasionally walk around to see each child's artwork. As she got to one little girl who was working diligently, she asked what the drawing was. The girl replied, "I'm drawing God." The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing the girl replied, "They will in a minute."