

People love, people ache, people waste.

Artist feels, artist cries, artist heals.

I believe that we are all creators, we manifest our destinies, our feelings into the art work we call our lives.

Love is the core, we should remember that, we should remember not to fall too deep, we should remember that love is the core, love burns and from the ashes we will rise. An artist should not fall, not too deep.

And if we fall, we will have each other, a human rope to pull us back in, if one aches we should unite, caress our heads, numb our collective pain.

We, the artists, should not be alone, if you ever find yourself in the position of aching solitude, scream, cry, break down, rise up, an artist should not be alone with discomfort.

Seeing someone in pain should trigger you to care, please, please, please,
please,
please,
just care.

Hold someone as if this person is your brother, your sister,
everybody aches sometime,
even you.

Encourage each other to create,
to draw,
to paint,
to write,
encourage each other to feel.

Venting is okay,
crying is okay,
drowning is not okay.

Encourage each other to channel pain into creativity,
encourage each other to view art;
go see a movie,
listen to some music,
make music,
sing,
cry,
dance,
sing again.
(Never drown)

Realise that you can't be in control,
realise that you are en route, always,
realise that you are the art work, in progress,
realise that there will be the bad and the good times,
don't forget to smile.

Let the tears wash away the pain, make room for new energy, carry on,
don't forget to smile.

It's okay.

Don't argue with your emotions, let them be,
don't forget to smile,
don't forget to cry,
don't forget to smile,
don't forget to cry.