

Julia Cameron

Quotes

Creativity, Writing, Art, Spiritual, Artist, Creative, Heart, Dream, Believe, Moving, Needs, Life, Thinking, Self, Healing, Inspirational, Ideas, Practice, Block, Wise

Growth is an erratic forward movement: two steps forward, one step back. Remember that and be very gentle with yourself.

~Julia Cameron

What we really want to do is what we are really meant to do. When we do what we are meant to do, money comes to us, doors open for us, we feel useful, and the work we do feels like play to us.

~Julia Cameron

The voice of our original self is often muffled, overwhelmed, even strangled, by the voices of other people's expectations.

~Julia Cameron

I have learned, as a rule of thumb, never to ask whether you can do something. Say, instead, that you are doing it. Then fasten your seat belt. The most remarkable things follow.

~Julia Cameron

It takes constant vigilance not to slip into negativity or simple apathy. It takes courage to believe over any given period of time that we are getting better and not sliding into decline.

~Julia Cameron

Perfectionism is not a quest for the best. It is a pursuit of the worst in ourselves, the part that tells us that nothing we do will ever be good enough - that we should try again.

~Julia Cameron

As you move toward a dream, the dream moves toward you.

~Julia Cameron

Creativity requires faith. Faith requires that we relinquish control.

~Julia Cameron

If we lean into what we love instead of soldiering toward what we 'should,' our pace quickens, our energy rises, optimism sets in. What we love is nutritious for us.

~Julia Cameron

What we focus on, we empower and enlarge. Good multiplies when focused upon. Negativity multiplies when focused upon. The choice is ours: Which do we want more of?

~Julia Cameron

Love is the substance of all life. Everything is connected in love, absolutely everything.

~Julia Cameron

Wherever you are is always the right place. There is never a need to fix anything, to hitch up the bootstraps of the soul and start at some higher place. Start right where you are.

~Julia Cameron

Creativity - like human life itself - begins in darkness.

~Julia Cameron

We tend to think being hard on ourselves will make us strong. But it is cherishing ourselves that gives us strength

~Julia Cameron

Procrastination is not Laziness", I tell him. "It is fear. Call it by its right name, and forgive yourself.

~Julia Cameron

Art is the imagination at play in the field of time. Let yourself play.

~Julia Cameron

You are either losing your mind -- or gaining your soul.

~Julia Cameron

Creativity is always a leap of faith. You're faced with a blank page, blank easel, or an empty stage.

~Julia Cameron

Creativity is our true nature; blocks are an unnatural thwarting of a process at once as normal and as miraculous as the blossoming of a flower at the end of a slender green stem.

~Julia Cameron

"God does not give us more than we can handle," I am told but I wonder if God doesn't overestimate me just a little. Or perhaps, and this is likely, I underestimate God.

~Julia Cameron

The creative process is a process of surrender, not control.

~Julia Cameron

In a sense, as we are creative beings, our lives become our work of art.

~Julia Cameron

At it's essence, art is an alchemical process. Alchemy is a process of transformation.

~Julia Cameron

My will for you is not harsh or unpleasant. It is gentle and perfectly tailored to your unique needs. Do not fear my direction. I am your heart's happiest guide.

~Julia Cameron

Expect the universe to support your dream. It will.

~Julia Cameron

Art opens the closets, airs out the cellars and attics. It brings healing.

~Julia Cameron

All change can be expansive in potential. The choice is ours.

~Julia Cameron

In recovering from our creative blocks, it is necessary to go gently and slowly... These are baby steps. Progress, not perfection, is what we should be asking of ourselves.

~Julia Cameron

The heart of creativity is an experience of the mystical union; the heart of the mystical union is an experience of creativity.

~Julia Cameron

If you work on your creativity, you deepen your spirituality. And if you work on your spirituality, you deepen your creativity.

~Julia Cameron

In order to have a real relationship with our creativity, we must take the time and care to cultivate it.

~Julia Cameron

When we stop playing God, God can play through us.

~Julia Cameron

Creativity occurs in the moment, and in the moment we are timeless.

~Julia Cameron

No matter what your age or your life path, whether making art is your career or your hobby or your dream, it is not too late or too egotistical or too selfish or too silly to work on your creativity.

~Julia Cameron

Anger is meant to be acted upon. It is not meant to be acted out.

~Julia Cameron

Our moods and insights are transitory. This current is a flow of grace moving us to our right livelihood, companions, destiny.

~Julia Cameron

Once we are willing to accept that anything worth doing might even be worth doing badly, our options widen.

~Julia Cameron

Do what intrigues you, explore what interests you; think mystery, not mastery.

~Julia Cameron

Selecting a challenge and meeting it creates a sense of self-empowerment that becomes the ground for further successful challenges.

~Julia Cameron

You will learn to enjoy the process... and to surrender your need to control the result. You will discover the joy of practising your creativity. The process, not the product, will become your focus.

~Julia Cameron

Creativity flourishes when we have a sense of safety and self-acceptance.

~Julia Cameron

As we move toward our dreams, we move toward our divinity.

~Julia Cameron

Our tears prepare the ground for our future growth.

~Julia Cameron

We must attend to what our inner guidance is nudging us toward.

~Julia Cameron

You do not need to work to become spiritual. You are spiritual; you need only to remember that fact. Spirit is within you. God is within you.
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~Julia Cameron

Stop telling yourself that dreams don't matter, that they are only dreams and that you should be more sensible.

~Julia Cameron

Each of us has an inner dream that we can unfold if we will just have the courage to admit what it is, and the faith to trust our own admission. The admitting is often very difficult.

~Julia Cameron

The beginner's humility and openness lead to exploration. Exploration leads to accomplishment. All of it begins at the beginning, with the first small and scary step.

~Julia Cameron

Mystery is at the heart of creativity. That, and surprise.

~Julia Cameron

Pray to catch the bus, then run as fast as you can.

~Julia Cameron

Creativity is the natural order of life. Life is energy: pure creative energy.

~Julia Cameron

If we are forever yearning for more time, we are forever discounting what is offered.

~Julia Cameron

Progress, not perfection, is what we should be asking of ourselves.

~Julia Cameron

Art is not about thinking something up. It is the opposite - getting something down.

~Julia Cameron

All of us contain a divine, expressive spark, a creative candle intended to light our path and that of our fellows.

~Julia Cameron

Doubt comes to the door in darkness, pretending to be alone and in need of your compassionate ear. But if you let him in, he'll bring his friends.

~Julia Cameron

What we really want to do is what we are really meant to do.

~Julia Cameron

The creator made us creative. Our creativity is our gift from God. Our use of it is our gift to God. Accepting this bargain is the beginning of true self-acceptance.

~Julia Cameron

When we clear the physical clutter from our lives, we literally make way for inspiration and 'good, orderly direction' to enter.

~Julia Cameron

The need to be a great artist makes it hard to be an artist. The need to produce a great work of art makes it hard to produce any art at all.

~Julia Cameron

Survival lies in sanity, and sanity lies in paying attention...the capacity for delight is the gift of paying attention.

~Julia Cameron

Possibility is far more frightening than impossibility.

~Julia Cameron

You are your own Promised Land, your own new frontier.

~Julia Cameron

I plant the seeds of love in my heart. I plant the seeds of love in the hearts of others.

~Julia Cameron

We don't always know what makes us happy. We know, instead, what we think SHOULD. We are baffled and confused when our attempts at happiness fail.

~Julia Cameron

Choice by choice, moment by moment, I build the necklace of my day, stringing together the choices that form artful living.

~Julia Cameron

Making art has taught me that the tiniest smidgen of progress is something to be cherished.

~Julia Cameron

Serious art is born from serious play.

~Julia Cameron

Creativity is the life force that Dylan Thomas called 'the force that through the green fuse drives the flower.

~Julia Cameron

Judging your early artistic efforts is artist abuse.

~Julia Cameron

Creativity is God's gift to us. Using our creativity is our gift back to God.

~Julia Cameron

Just as a good rain clears the air, a good writing day clears the psyche.

~Julia Cameron

Become willing to see the hand of God and accept it as a friend's offer to help you with what you are doing.

~Julia Cameron

Any little bit of experimenting in self-nurturance is very frightening for most of us.

~Julia Cameron

Exercise often moves us straight from stagnation to inspiration, from problem to solution, from self-pity to self-respect.

~Julia Cameron

Doing work points the way to new and better work to be done.

~Julia Cameron

Creativity is not and never has been sensible.

~Julia Cameron

By being willing to be a bad artist, you have a chance to be an artist, and perhaps, over time, a very good one.

~Julia Cameron

The reward for attention is always healing.

~Julia Cameron

Artistic anorexia & sexual avoidance have the same root fears - fear of intimacy, fear of exposure, fear of failure•.

~Julia Cameron

Creativity is a fact of your spiritual body

~Julia Cameron

If you are too busy to develop your talents, you are too busy.

~Julia Cameron

I am breathing in and out. Realizing this, I began to notice that each moment was not without its beauty.

~Julia Cameron

Faith is almost the bottom line of creativity; it requires a leap of faith any time we undertake a creative endeavor, whether this is going to the easel, or the page, or onto the stage.

~Julia Cameron

An artist paints, dances, draws, writes, designs, or acts at the expanding edge of consciousness. We press into the unknown rather than the known. This makes life lovely and lively.

~Julia Cameron

Often it is tenacity, not talent, that rules the day.

~Julia Cameron

Artists are visionaries. We routinely practice a form of faith, seeing clearly and moving toward a creative goal that shimmers in the distance - often visible to us, but invisible to those around us.

~Julia Cameron

When you feel yourself to be in critical condition, you must treat yourself as gently as you would a sick friend.

~Julia Cameron

We undertake certain spiritual exercises to achieve alignment with the creative energy of the universe.

~Julia Cameron

When I listen to love, I am listening to my true nature. When I express love, I am expressing my true nature

~Julia Cameron

Writing is like breathing, it's possible to learn to do it well, but the point is to do it no matter what.

~Julia Cameron

We must learn to let the flow manifest itself where it will.....not where we will it.

~Julia Cameron

Adversity is a misperception as all works toward the good.

~Julia Cameron

Art is born in attention.

~Julia Cameron

The Artist's Way is a spiritual journey, a pilgrimage home to the self.

~Julia Cameron

You are asked to keep a ledger - a small notebook will do - of money in and money out. Counting brings clarity, and clarity is one of the first and finest fruits of prosperity.

~Julia Cameron

But do you know how old I will be by the time I learn to really play the piano / act / paint / write a decent play?" Yes . . . the same age you will

be if you don't.

~Julia Cameron

The grace to be a beginner is always the best prayer for an artist.

~Julia Cameron

The growth of one blesses all. I am committed to grow in love. All that I touch, I leave in love. I move through this world consciously and creatively.

~Julia Cameron

As artists, we must learn to be self-nourishing. We must become alert enough to consciously replenish our creative resources as we draw on them.

~Julia Cameron

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