

Michele Cassou

Quotes

*Painting, Energy, Running, Order, Expression, Art, Play, Color, Voice, Done,
Want, Self, Strong, Creativity, Hurt, Natural, Adventure, Layers, Thinking,
Moving*

It is extraordinary to see how the discovery of one single free stroke of paint can fill you with such joy and amazement.

~Michele Cassou

When you have done your best, confronted your fear of committing to color and form, and dared to step over the threshold into the unknown, you will invariably find your own voice.

~Michele Cassou

Painting for process is the visual equivalent of journal writing, done not for the sake of being seen or published, but purely for the telling itself.

~Michele Cassou

If you do not listen to your intuition, it will stop talking to you. Your intuition is like a sensitive friend. If you question it, censor it, judge it, it gets hurt and becomes silent.

~Michele Cassou

Painting is just a tool; it is nothing in itself. What counts is how you do it.

~Michele Cassou

Look upon paintings with eyes of mystery rather than judgement. Support the need to enter into the sacred space beyond evaluation.

~Michele Cassou

Chaos is the soul of creation. It plows the ground of intuition. Without chaos, nothing will grow.

~Michele Cassou

You do not use art as a means to an end, but as a way to inhabit and explore the present. Right and wrong fade away; you recover your sense of what is authentic in you.

~Michele Cassou

If you listen inside, the brush will want to run toward a color. What you really need and want is very close, and the brush goes to it quickly if you don't think.

~Michele Cassou

When you set aside the mantle of control in the painting process, images arise from ancient layers of the psyche.

~Michele Cassou

When we begin to lift the veils of censorship and repression in painting, a great deal of energy is unleashed.

~Michele Cassou

To play is to listen to the imperative inner force that wants to take form and be acted out without reason.

~Michele Cassou

There is this mysterious energy that wants us to keep growing.

~Michele Cassou

Related Links:

- [Painting Quotes](#)
- [Energy Quotes](#)
- [Running Quotes](#)
- [Order Quotes](#)
- [Expression Quotes](#)
- [Art Quotes](#)
- [Play Quotes](#)
- [Color Quotes](#)
- [Voice Quotes](#)
- [Done Quotes](#)
- [Want Quotes](#)
- [Self Quotes](#)
- [Strong Quotes](#)
- [Creativity Quotes](#)
- [Hurt Quotes](#)
- [Natural Quotes](#)
- [Adventure Quotes](#)
- [Layers Quotes](#)
- [Thinking Quotes](#)
- [Moving Quotes](#)