

“The Arts” by Fred Adler

Total involvement and absorption in the arts, whether as the creator or the observer/appreciator, unfailingly nourishes the spirit, soul and mind. Too often, negative and anxious thoughts consume us—surely late at night (in the wee hours of the morning) and all too often, during daylight.

An artistic and creative project, fantasy or aspiration is surprisingly healing for me, when I am able to shut off my thoughts and obsessions by shifting towards inspired creativity.

A sense of timelessness occurs; normal structured thinking rapidly melts away. Musical expression, painting, drawing, sculpting, dance, architecture, photography, cooking, poetry, drama, writing, quilting, etc., are forces of nature and self-expression within us. Their therapeutic effects are vast, tangible and rather immediate.

We are especially fortunate to live along the northern California coast, a blessing I try always to not take for granted.

Oh, and thank heaven for Gualala Arts, a unique and vital resource, a hub of self-expression.

Please be with us Saturday and Sunday, September 16 and 17, for “Together for the Arts and Global Harmony,” a gala extravaganza fundraiser for Gualala Arts. Our lives are infinitely enriched by its presence, beauty and diversity. See gualalaarts.org for details. We must support the arts in our society and educational system for the salvation of humanity and civilized thought and action.