

# Play

Making art is an intricate blend of seriousness and play. It involves tapping into the cosmic source of creativity to bring ideas into reality, while also embracing the childlike joy and freedom found in play. Artists carry the weight of their commitment to creation, yet strive to retain the essence of playfulness, likening the process to a child choosing the perfect color to paint the sky, unconstrained by the right choice. The chapter emphasizes that taking art too seriously can burden the process, hindering the spontaneous and joyful exploration that play allows. In the realm of play, there are no expectations, no boundaries, just the liberty to experiment, make messes, and embrace randomness.

This state of play is where the most groundbreaking ideas often emerge, unforced and alive with potential. The chapter advises artists to avoid prematurely imposing importance on their work, which can stifle creativity and lead to caution. Instead, it suggests maintaining a mindset of exploration, akin to a child's fluid movement from one interest to another without the obligation to finish an uninteresting task.

The narrative shares an anecdote from a studio session where an unexpected shift in direction led to the creation of a unique piece of music, illustrating the power of remaining open and unattached to prior plans. This story underscores the concept that art can evolve in unexpected, beautiful ways when artists allow themselves to be led by the spontaneity of the moment rather than fixed ideas.

Artists are encouraged to reconnect with the enthusiasm of their early days, to remember the excitement of first learning their craft. This perspective is seen as crucial for sustaining the passion and energy necessary for creative work. The chapter concludes by highlighting the importance of falling in love with the practice of art-making repeatedly, celebrating the journey of discovery and reinvention that defines the creative process.