

# The Art Habit (Sangha)

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In "The Art Habit," the author, Sangha, emphasizes the principle that art should be pursued for its own sake rather than the financial or accolades it might bring. The chapter opens with a candid reflection on the realities of expecting art to support oneself financially, suggesting that such expectations may burden one's creative process. Sangha advises that if faced with the dilemma of choosing between the purity of art and financial stability, one should prioritize art. This, however, doesn't imply neglecting the need for a stable income but rather finding alternate means to support oneself to keep the essence of one's art untainted.

The narrative continues to outline the volatile nature of an art career, acknowledging that financial success in this arena is sporadic at best. Sangha sympathizes with artists who alter their vision to meet financial needs, proposing instead that maintaining a separate job could serve as a foundation for unrestricted creativity. The essence lies in choosing a job that demands minimal emotional and intellectual investment, thereby saving one's creative energies for their art.

Moreover, Sangha suggests that even seemingly monotonous jobs unrelated to one's artistic passion can be a source of inspiration. History is replete with artists who have drawn groundbreaking ideas from their non-artistic professions. Alternatively, aspiring artists are encouraged to immerse themselves in environments aligned with their passions, like galleries or music studios, even if it means starting in minor, unpaid roles. Such positions offer invaluable insights into the professional world of art, providing lessons and inspirations not found elsewhere.

Sangha's reflections culminate in the philosophy that the journey of an artist is not just about producing art but about maintaining the purity and authenticity of their creative vision amidst financial and societal pressures. This chapter serves as a manifesto for aspiring artists, urging them to find a balance between earning a living and preserving the sanctity of their art. Through pragmatic advice and encouragement, Sangha fosters a realistic yet optimistic roadmap for artists navigating the complexities of passion and sustenance.