



To Live Life as Art

by Kathy Roy

To live life as art
is to be textured;
to let life speak in ways that touch your heart
and make you new from the inside.

To live life as art
is to express
the stirrings of your soul and to drink from the cup
of inspiration.

To live life as art
is to witness
the hidden dynamics
of life that long to express themselves.

To live life as art
is to open
to the muse,
to the wonder,
to the mystery expressing itself in each moment;
to the love that can only come
as the dance,
as the song,
as the whisper,
as the painting.

Living life as art
is to mine the hidden depths
and release the sculptures from the stone,
the words from the formless,
the garment from the cloth,
the beauty from the wood,
the vessel from the clay.

The invitation keeps coming
to live a textured life.
Become the canvas.
Let your life be your art.