

## Heartsong @ 1917 This Week – “Using Our Creativity”

Wednesday, April 27, 2016, 10:45 a.m. – 12:00 noon

UAB 1917 Clinic, 1st Floor Library, Room 151

Facilitator: Joe Elmore and Chris Hamlin

Heartsong @ 1917 is a weekly, open discussion about spirituality and finding meaning and purpose in life. Everyone is welcome to attend who is interested in connecting to the spiritual side of life. 1917 Staff are welcome. If you do not want to receive this weekly email, just reply with “unsubscribe” in the subject line.

UAB 1917 CLINIC WEBSITE: <http://www.uab.edu/1917clinic/>

### **Video**

<https://www.youtube.com/watch?v=r0MSi7Ldxnc>

Advance to 3.58

## “Muppets Tonight – Prince”

### **Words on the Theme:**

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

[Martha Graham](#)

“You have to be burning with an idea, or a problem, or a wrong that you want to right. If you're not passionate enough from the start, you'll never stick it out.”

[Steve Jobs](#)

“Write while the heat is in you. The writer who postpones the recording of his thoughts uses an iron which has cooled to burn a hole with. He cannot inflame the minds of his audience.”

[Henry David Thoreau](#)

“What keeps life fascinating is the constant creativity of the soul.”

[Deepak Chopra](#)

“When I am ..... completely myself, entirely alone... or during the night when I cannot sleep, it is on such occasions that my ideas flow best and most abundantly. Whence and how these ideas come I know not nor can I force them.”

[Wolfgang Amadeus Mozart](#)

“I think that perhaps if I had had to slow down the ideas so that I could capture them on paper I might have stifled some of them.”

[J.K. Rowling](#)

“In order to be open to creativity, one must have the capacity for constructive use of solitude. One must overcome the fear of being alone.”

[Rollo May](#)

“look for a long time at what pleases you, and longer still at what pains you...”

[Colette](#)

“My future starts when I wake up every morning. Every day I find something creative to do with my life.”

[Miles Davis](#)

“Because of the routines we follow, we often forget that life is an ongoing adventure. . . Life is pure adventure, and the sooner we realize that, the quicker we will be able to treat life as art: to bring all our energies to each encounter, to remain flexible enough to notice and admit when what we expected to happen did not happen. We need to remember that we are created creative and can invent new scenarios as frequently as they are needed.”

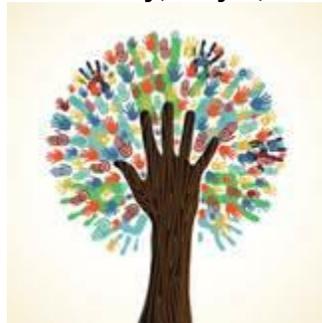
[Maya Angelou](#)

**Reference:**

<http://www.goodreads.com/quotes/tag/creativity>



**NEXT WEEK – NO MEETING  
Heartsong@1917  
Wednesday, May 4, 2016**



**23<sup>rd</sup> Annual Alabama Heartsong Retreat  
May 4-6, 2016  
Camp McDowell**

**NO WEEKLY MEETING AT THE 1917 CLINIC**