

Casual Living

APRIL 2005

THE SAN FERNANDO VALLEY LIFESTYLE MAGAZINE

LIPO-DISSOLVING MESOTHERAPY

Dissolving Fat
Without Surgery

ANGELINO

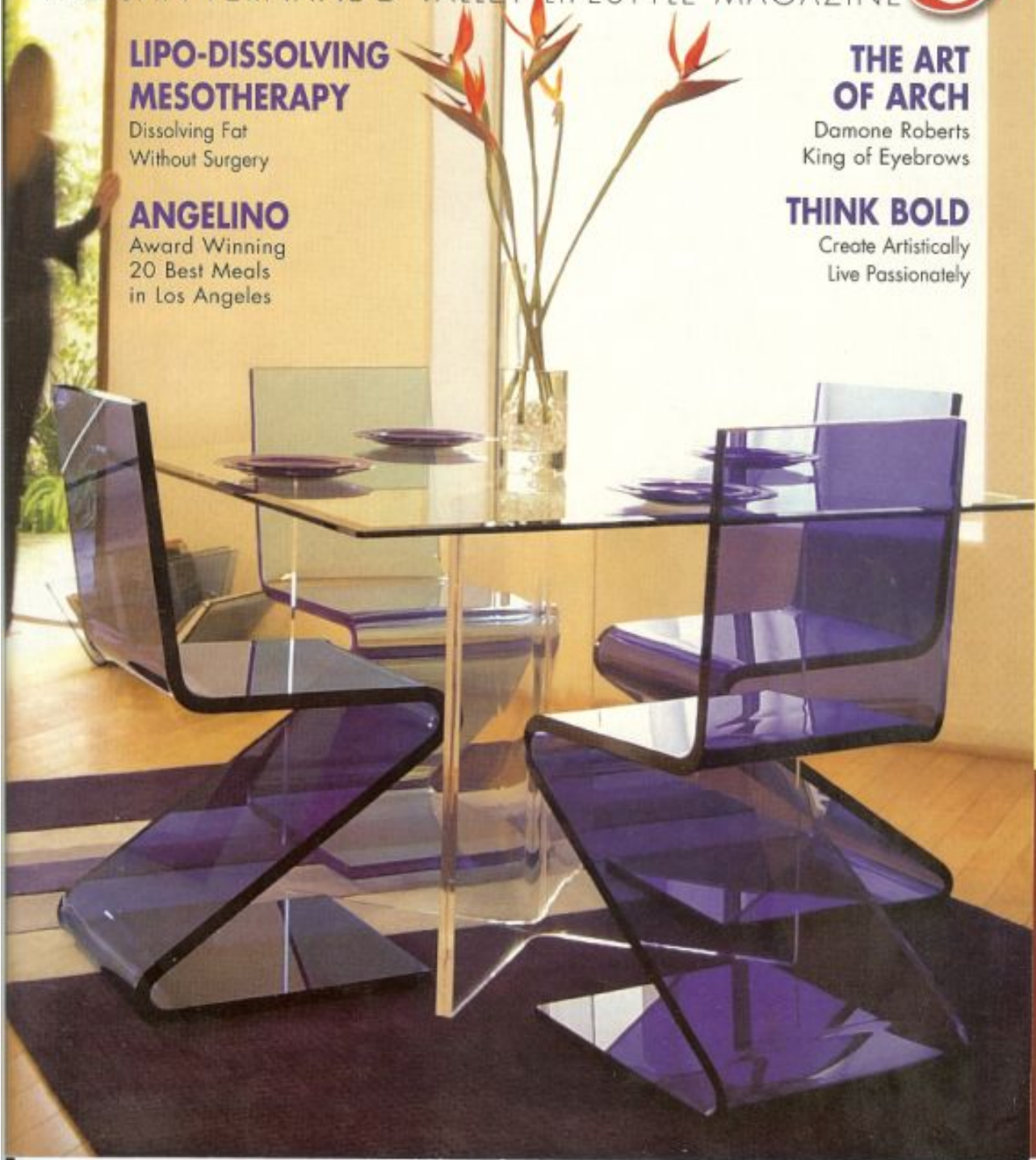
Award Winning
20 Best Meals
in Los Angeles

THE ART OF ARCH

Damone Roberts
King of Eyebrows

THINK BOLD

Create Artistically
Live Passionately



Whether you know it or not, you are an artist. The very process of thought itself is the most amazing and obvious statement of creation—but let's not get ahead of ourselves. The idea of everyone being an artist only makes sense in context, so let's begin by defining the term "artist."

One does not have to paint or write or draw or sculpt or practice any other socially regarded artistic ritual in order to be an artist. With this sort of definition, an artist is, in truth, each and every one of us. In essence, we are all artists of life.

Each moment, each thought, each action is created by individual will. We use intellect and imagination and our natural, often overlooked ability to create to bring these manifest these thoughts into the world.

Picture this: you go to the store, you decide to buy toothpaste because later you'll brush your teeth, you speak to the clerk when she speaks to you. While these activities may seem mundane, you are doing them, you are creating those actions, thinking those thoughts, planning those future actions. And no matter who you are or what you do, you have moments and thoughts, and so you are creating, naturally, constantly. Hence, you are truly a creative being. An artist.

Some may feel they don't have a creative bone in their body. Some may simply feel blocked in their current artistic endeavors. But philosophically, neither of those scenarios is actually possible. People only believe they can't create; a belief that is ultimately untrue. The very fact that people think this way proves that they are, in fact, able to create from an intellectual and imaginative foundation. Humans really do imaginatively create each moment that they have—it's true.

Focus on this truth when searching to find the creative part of yourself, the "inner artist." Realize that you don't

have to look very far at all, that your creative juices are already flowing, that they've never stopped and can never stop, not so long as you keep living and thinking. You are creating the moments and thoughts of your life. You cannot control the happenings of the world, and this may make you feel somewhat out of control, not in charge of the creation of moments.

But even if life seems to be out of your hands, realize that you continue to create your reaction to each event. You are choosing to talk to that store clerk when she suddenly speaks to you first. Sometimes you may choose not to. Nothing obligates you. You are in charge of how to respond and how to create your existence in the world. It is this real, organic concept of choice that exemplifies your true existence as a forward-thinking creative body. Your will, your freedom of choice, your very life are all your creations.

Let your innate tendency to evolve and grow help you experience that important and real body of creation that is you. You have grown all your life, expanding and learning and manifesting everything you now have in your life. It has all been based on free will and choice. You have the power to change or to continue, to react or not. You are reading these words, processing them, thinking about them, and you are choosing to do it all - no one else.

Realize the Artist Within You

*Get in touch with your creative side
simply by acknowledging that
living is an art unto itself.*

By Jeremy Pollack

Focus on and get in touch with this great creative potential. The power of choice is the foundation of creation, and you are as you have always been: an artist of being. Your tool is choice, your talent is living. Use this knowledge and the free will experience to unlock your awareness of the great and ever-expanding creative energy within.

-Jeremy Pollack is a Los Angeles-based creative writer and film director. He has written for various literary magazines and recently completed his first novel. His feature film, "Escape, Inc." is currently in development.

Local Places At Which To Get In Touch With Your Inner Artist

San Fernando Valley is a great place to cultivate your artistic inclinations. Want to get started? Here are a few of the area's most inspired places to arouse your creative pleasures:

Aaron Brothers

Buy a paintbrush, canvas and a small set of acrylic paints (this shouldn't cost more than \$30). Set up your canvas in a peaceful place—your backyard or living room should work fine—and just paint. 17230 Ventura Blvd., Encino; (888) 372-6464, or 21480 Victory Blvd., Woodland Hills; (818) 704-7323; www.aaronbrothers.com.

The Valley Institute of Visual Art (VIVA)

VIVA is a nonprofit that operates as an art center. Their municipal gallery features the works of 35 local artists in addition to monthly exhibitions. VIVA also offers art demonstrations, lectures by leading art experts and instructional workshops for a variety of art forms. 13261 Moorpark St., Sherman Oaks; (818) 385-0080; www.vivaartgallery.com.

Charles Hecht Galleries

A gallery of original oils and sculptures, Charles Hecht Galleries displays works in a variety of traditional themes such as seascapes, florals, Italian landscapes and winter scenes. 18584 Ventura Blvd., Tarzana; (818) 881-3218; www.hechtgalleries.com.

The Atelier

The Atelier is an art center that displays work from a variety of artists. Art forms include photography, watercolor, pastel and oil. Classes and workshops on printmaking, painting and glass fusing are also available.

21501 Devonshire St., Chatsworth; (818) 576-1545; www.theatelier.com.

Poster Art & Graphics

This poster gallery carries a diverse selection of prints from several artists. 18530 Oxnard St., Tarzana; (818) 344-7611

Thomas Kinkadee Gallery

The Northridge location features a wonderful selection of this renowned artist's works, as well as a few paintings from other featured artists. 9301 Tampa Ave. #37, Northridge; (818) 775-0758; www.thomaskinkadegalleries.com

CSUN's Roland Tseng College of Extended Learning

Our local state school offers classes in cinema and television arts, art history, drawing, animation and design. In addition, the campus also has inspiring galleries and stores. 18111 Nordhoff St., Northridge; (818) 677-CSUN; www.csun.edu/exl.

Creation Station

Allow your children to express themselves and encourage them to grow artistically. The Creation Station offers supportive, non-competitive classes for children in ballet, tap, jazz, hip-hop and musical theater. 11239 Ventura Blvd. #206, Studio City; (818) 509-8888; www.creationstationstudiocity.com.

-J.P.

