The great American artist Georgia O'Keefe speaks of this when she describes how the work that made her famous began when she dropped her training. Her teachers, even the very good and accomplished ones, could only describe to her how they painted. They proved to be of little help when it came to teaching her how to paint. To do this she had to walk a long, lonely and sometimes frustrating road to find her own way.
To live and work creatively involves not so much a conformity to rules or techniques, instead it involves the mastery of a set of practices. Practices differ from technique in that no single outcome can be predicted nor can any specific result be guaranteed.

They open the doorway to not one but to infinite possibilities. Practices also remind us that the creative impulse does not belong to us, we belong to it. To receive all that is available to us from the creative impulse involves a time of preparation, of apprenticeship, a journey into the dark forest so to speak so that we can make full use of whatever has been given to us. And that which is given to us rarely appears in its finished form.

These practices help loosen our thinking by bringing about an experience of what Aldous Huxley once described as active relaxation. Musicians and visual artists know, for example, that they need to maintain a suppleness and sensitivity in their hand so that it can transmit onto the keyboard or canvas an accurate portrayal of the artist's inspiration. If the hand is too tight or cramped this becomes impossible.
**1. INTRODUCTION TO THE TOPIC**

The introduction section should be brief and to the point. It will set the stage for the rest of the document. It should include the definitions of important terms and provide a brief overview of the main points of the document. The introduction should also provide a thesis statement that outlines the main arguments to be discussed in the document.

**2. MAIN ARGUMENTS**

The main arguments section will be the most substantial part of the document. It should present a clear and well-organized argument that supports the thesis statement. Each argument should be supported by evidence and examples. The main arguments section should also address any potential counterarguments and provide evidence to counter them.

**3. CONCLUSION**

The conclusion section should summarize the main points of the document and restate the thesis statement. It should also provide a final perspective on the topic and suggest possible future research or applications of the findings.

**4. REFERENCES**

The references section should list all of the sources used in the document. It should include the author, title, publisher, and date of publication for each source. The references section is important because it gives credit to the original authors and provides readers with a way to find the sources used in the document.
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