



# from the president California Watercolor Association

"Life beats down and crushes the soul and art reminds you that you have one"

First you find yourself cringing every time you hear the news, read a newspaper or look at social media. Then you see, coming straight for you, the local naysayer ready to fill you in on all of the terrible things happening in the neighborhood, city, state, country and world. Next you sit in your favorite recliner, put your feet up and ignore everything and everyone around you so you won't be so stressed out all the time.

But wait! Suddenly you go to the mailbox and there is your favorite art magazine! It can also come to you in email. Or an artist friend can text you a photo of the latest painting they've been working on. Now you feel reenergized and ready to face the world again! Art has an amazing power over our psyche, we are drawn to it like a moth to a flame. Why, I don't know. I'm not an art therapist. What I do know is that just testing a new paint color on a scrap of paper has the power to make me happy and, oh my gosh, don't give me a new brush to play with. I might become absolutely giddy!

This works even if we're not painting. It's the same if we are making art with plants in a garden. Or making art out of chocolate, and, let me tell you, I have seen some fabulous chocolate creations! Art comes in many forms, most of which lifts us above the sad and horrible problems we hear about all day every day.

*We do have a soul and it IS alive and well.*  
All each of us needs to do is find what form of art nourishes it! When you're feeling down and out look to the art that uplifts you and do it! If you don't know what art it is... find it!

*Carol Husslein*  
CWA President

