

# American Inspiration

## Thoughts for today and every day . . .

“You cannot create experience; you undergo it.” Albert Camus



“Learn to depend upon yourself by doing things in accordance with your own way of thinking. Make your judgment trustworthy by trusting it. Cultivate regular periods of silence and meditation. The best time to build judgment is in solitude, when you can think out things for yourself without the probability of interruption.” Grenville Kleiser



“How different our lives are when we really know what is deeply important to us, and, keeping that picture in mind, we manage ourselves each day to be and to know what really matters most.” Stephen Covey



“The greatest dignity to be found in death is the dignity of the life that preceded it. Hope resides in the meaning of what our lives have been.”  
Sherwin B. Nuland



“Misery is a communicable disease.” Martha Graham

## American Update



Our staff will be gathering for our National Staff Training here in Salado this weekend. We will be taping the Feature and Officer dances that will be taught across the country at our summer camps as well as having seminars and workshops to bring more innovative team building, critiquing and teaching techniques to the teams and officers that attend our American Camps. To learn more about our summer camps, sample schedules, locations and prices, see a list of routines offered this summer, visit us on [our web site](#).

Today would have been Martha Graham's 117<sup>th</sup> birthday. Martha Graham was the 'mother of modern dance' and had such an impact on dance history. Make sure to go to the [Google Web Site](#) to see an animation of Martha Graham's dance style, spelling out "Google."

## Inspiration of the Week

### *Selected Martha Graham Quotations*

- You are unique, and if that is not fulfilled, then something has been lost.
- Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.
- The body is a sacred garment.
- 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 of time, this expression is unique. And if you block it, it will never exist through any other medium and be lost.
- The body says what words cannot.
- The body is your instrument in dance, but your art is outside that creature, the body.
- Our arms start from the back because they were once wings.
- No artist is ahead of his time. He is his time. It is just that the others are behind the time.
- Dance is the hidden language of the soul.
- Dancing is just discovery, discovery, discovery.
- Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion.
- Dance is a song of the body; either of joy or pain.
- I did not want to be a tree, a flower or a wave. In a dancer's body, we as audience must see ourselves, not the imitated behavior of everyday actions, not the phenomenon of nature, not exotic creatures from another planet, but something of the miracle that is a human being.
- I am absorbed in the magic of movement and light. Movement never lies. It is the magic of what I call the outer space of the imagination. There is a great deal of outer space, distant from our daily lives, where I feel our imagination wanders sometimes. It will find a planet or it will not find a planet, and that is what a dancer does.
- We look at the dance to impart the sensation of living in an affirmation of life, to energize the spectator into keener awareness of the vigor, the mystery, the humor, the variety, and the wonder of life. This is the function of the American dance.
- Think of the magic of that foot, comparatively small, upon which your whole weight rests. It's a miracle, and the dance is a celebration of that miracle.

- **Dancing appears glamorous, easy, delightful. But the path to paradise of the achievement is not easier than any other. There is fatigue so great that the body cries, even in its sleep. There are times of complete frustration, there are daily small deaths.**
- **We learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. One becomes in some area an athlete of God.**
- **It takes ten years, usually, to make a dancer. It takes ten years of handling the instrument, handling the material with which you are dealing, for you to know it completely.**

This weekly message is generated from:

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