



## daily GOOD

When you do things from your soul you feel a river moving in you, a joy.  
--Rumi

### The Art of Joy

Is artmaking selfish? In this interview, artist Gale Wagner reflects on art as a grateful response to fulfillment, as an expression of joy, and as a way of serving it forward. "We're so fortunate. Do you realize that a third of the world's human population isn't going to have fresh bath water or fresh drinking water? And look at this! I'm wasting it washing my car! The only antidote, I believe, is realizing that I've got to give back. And I'm already making the highest spiritual thing I could make," Wagner says. "So why make [art]? Well, I make it because it's the best I can do. It's the highest, most spiritually, visually rewarding and enjoyable journey in every aspect."

### Be The Change:

Take an inner inventory. What things give you a moment of joy?