



daily GOOD

Art is not the application of a canon of beauty but what the instinct and the brain can conceive beyond any canon. --Pablo Picasso

Ama Torrance: Without a Recipe

"I'm not a traditionalist. I don't really stick with the rules of anything. I can't follow a recipe in a recipe book. I have to do it my way. So I get the basic tenets of how things work, you know. If you want to make banana bread you look at a bunch of recipes and figure out how everything works together and then you make it however you want to make it." Richard Whittaker's curiosity was piqued when he chanced upon an assortment of outsized animal sculptures on the grounds of an elegant home. Not long after, he sat down for an in-depth interview with the sculptor, Ama Torrance.

Be The Change:

Take a moment to reflect on the balance between structured learning, and intuitive flow in your own life. Where do you find yourself most rigorously "following the recipe," and where do you give yourself full permission to experiment?