

Is resistance futile?

Would you like to paint a picture?

My barriers come up as fear soaks through my consciousness,

Self-doubt kicks in... alarm bells pulse through my head – ahhhh...

NOW what SHOULD I do? Confront it... smash it... demolish it...

Being attacked, crash, bang, wallop

Push it out your head with a thud.

Take the creative train to default mode network in the subconscious class, with stopover at abstract connections...

Time to dream

Time to create

Time to imagine

Time to shine

Time for thought

Time for silence.

*Anita Williams*