

The Perfect Day

by **JACQUELINE SULLIVAN**

Browsing through a journaling book the other day, I saw a journal prompt, "The Perfect Day". It was early in the day when I saw the prompt and I felt immediately lighter, more hopeful, imagining a perfect day.

You see, life, lately, has been more challenging than usual. And the idea, that there might be such a thing as "a perfect day", even if only in my imagination, brightened my outlook.

Closing my eyes, I thought, "What would make this day perfect?" Sunshine immediately came to mind. And the second thing to come to mind was home. If I could stay home, with sunshine coming in the windows and the skylights, that would make the day more pleasant. But, perfect? And then my imagination took me to my studio.

The picture that came to mind was me humming and painting with the sun shining brightly through the windows. The studio, was neat and well organized. There was soft music. There wasn't a lot of "stuff" around to distract me. All of my doo dads and my vast assortment of tools and toys was nowhere to be seen. I was standing at my work table with a canvas, palette, paints and a paint brush.

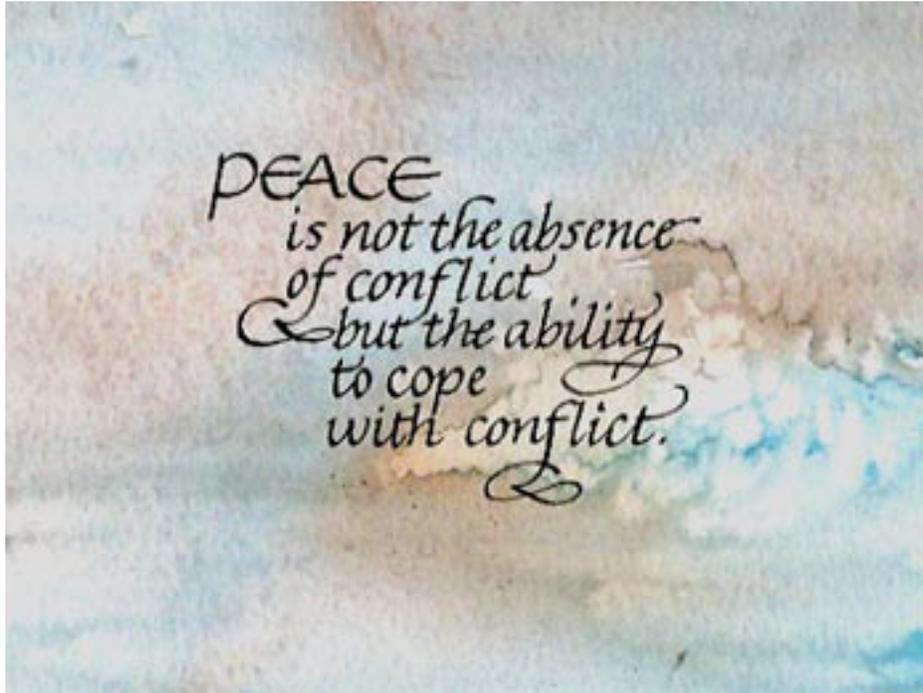
I was painting, but I couldn't see the work. Only I and the work area were visible. That gave me pause.

"I wonder what I am painting?" I thought. "Is there texture? Are there images collaged on the surface? Is the piece for a class or a commission for customer?"

And that is when it hit me – it didn't matter what I was painting. What mattered to me was that I was being creative! It wasn't the product of what I was

doing that was making the day perfect. It was the creative process!

Looking further inside myself, I realized that I was feeling at peace. All of the struggles that have been overwhelming me in the last few weeks were gone! I



wasn't depressed or anxious. I was smiling and humming and filled with serenity. But, I thought, where did all the problems go?

One of my favorite sayings – one that I have lettered often came to mind. "Peace is not the absence of conflict, but the ability to cope with conflict". I have forgotten where the quote originated. But the words have always been meaningful to me.

In spite of life's difficulties, I have always, eventually, found peace. For me, the path to peace and serenity often involves the creative process. On my perfect day, my problems were melting away, while I was being creative.

Digging through my "archives" I found one of those old calligraphic works. I think that I will take it with me to work and put it on my office wall, reminding me of where to look for peace – in a world that is sometimes filled with conflict and chaos. It will remind me to anticipate the next "perfect day" that I will have, playing in my studio, enjoying the creative process ... and enjoying the serenity that art and creativity have always brought into my life.

Jacqueline Sullivan is a mixed media artist and calligrapher. Her recently released DVD, *Acrylics: Textures, Layers, and Metallics*, is available from ccpvideos.com. You can visit Jacqueline's website at www.jacquelinesullivan.com.