

## Foreword

I completed the second of many drafts of this book while vacationing in Princeville, on the island of Kauai, Hawaii. On an alternately sunny-drizzly Saturday afternoon, we strolled peaceful Hanalei Beach viewing entries in a sandcastle contest. Though constructed mostly by families, not professionals, each entry showed imagination and artistic ability.

We saw mermaids shaped breast-to-tail fins around live young women, who seemed not to mind being admired while encased in damp sand. Other sand sculptors shaped miniature locomotives. Another formed a realistic tribute, featuring surfboards, with Olympic rings on one side and a big Aloha+2016 on the other. With the Rio Games running at the same time, this became a popular photo stop.

The event reminded me of an inspiring quote by author Shannon Hale that sustained me through each subsequent draft:

*I'm writing a draft and reminding myself that I'm simply shoveling sand into a box so that later I can build castles.*

I'll let you decide if this little book—a shovel full of words like grains of sand—has become a castle. It sure has been fun bringing it into being. The concept originated as a one-day retreat/workshop on the spirituality of the arts. Its launch at San Damiano Retreat in Danville, CA, was so well received that converting and expanding the material seemed an inevitable next step. In sharing these convictions in book form, I hope to reach an even wider audience.

While my primary focus is on the widespread community of writers, composers, dancers, musicians, actors, etc., I am aware that creative people in many fields give expression to imaginative ideas. I'm thinking about inventors of all types, men and women who design the products we use every day—and take for granted—and all other creative folks, who do not call themselves artists, but whose ingenuity enhances the lives of count-less people. While they are not my primary audience, I pay homage to them for their contribution to the betterment of our world.