

## Seven Principles

1. Consider everything an experiment.
2. Acknowledge and honor Analysis and Creation as separate processes. Charlie Parker: “Yeah, practice your ass off. But when you get up to play, forget all that and just wail.”
3. The only rule is work. If you work, it will lead to something. It’s the people who keep nibbling/gnawing/cogitating/dreaming/practicing about something who eventually catch on.
4. Be self-disciplined. To be disciplined is to follow in a good way – to be self-disciplined is to follow in a *better* way. Find someone/some process you trust,\* and try trusting them/it for a while (see #1).
5. Make space to say what you feel and experience “out loud” (i.e. speaking a/o writing a/o creating something expressive), so you can understand it, and others can understand you.
6. Reframe your understanding of Making Mistakes. Thomas Edison: “Just because something doesn’t do what you planned it to do, doesn’t mean it’s useless.” If you make something ugly, it might be useful (UBU=Ugly But Useful). Discard what you find ugly, or use it if you wish.\*
7. Might as well enjoy the ride, it’s brief, in cosmic terms. Enjoy yourself, and **empathize with others, especially in the challenging times. Mobilize your privilege.**

**\*Make a commitment: fall in love with something, then build a structure of behavior that will carry you through when the love falters.**

**\*If you identify the spot where you think there’s a problem, the problem likely originates in the spot *just before*.**

## Attractive Opposites

Make rules // Break the rules

Always be around // Be away sometimes

Save everything – you might need it // Throw everything away to make space

Incorporate everything from everyone // Incorporate nothing from anyone

Fake it to make it // Never fake it

[Sister Corita Kent, in 1967-68](#), created a list of ten rules for teachers and students, which were taken up by the art department of LA's Immaculate Heart Convent where Sister Corita went to school. This list provided the starting point for my Seven Principles. Thanks, Sister Mary Corita!

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