

DiTM – 03 Art as Process_Omari Booker

Transcript of Audio from the Backstory Clip

[DiTM - Omari Booker - 03 Art as Process.mp3](#)

00:00:02 There is a spiritual aspect that shows up really regularly in a way that it doesn't really happen in any other thing that I do in my life. Where, you know, I might be working on a painting and realize that I've kind of gone into that space and, you know, step away and something's happened that I didn't do.

00:00:22 So I think just the reality that **the work, especially the good work, always kind of moves through you** and is not of my own skill, talent, ability. I still have to make myself get into the place of doing it. I'm not going to be inspired all the time or most of the time. Most of the time I just have to put on the coveralls, go and start painting and then let the thing show up.

00:00:50 I feel like because I've experienced the grace of it – and I've experienced the spiritual effects and the therapy – that I wouldn't have to talk myself into doing it anymore. But I do have to set the calendar and say 'Okay, you've got to go and do the thing, even though you don't really feel like it.

00:01:08 It can't be a straight line to the beautiful end-product, you know, it's always going to go through a stage of turmoil, of not loving how it looks, self-doubt. It's like well, 'Was that idea as good as I thought it was?' – because this product isn't as good as the idea. That's the exact same thing that happens in relationships. It happens **00:01:28** with your parents and your children and your spouses, all of that stuff. It's always in that kind of messy flow.

00:01:36 And so by working that out daily in the studio, I'm not as surprised and I'm not as devastated at the mess, because that's also where you get to the great stuff. The pieces that have been the most impactful have gone through some sort of stage where I had to pretty much completely just dismantle them to rebuild them.

00:02:00 So I'm really grateful to have those constant reminders, through these pieces of artwork: that's just kind of how life goes. And that's the beauty of it, and the struggle of it.