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her hands only is a laborer.

The woman who works with
her hands and her head is a
craftswoman.

The woman who works with
her hands, her head, and
her heart is an **ARTIST**.

St. Francis of Assisi

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The Difference between Craft and Art

Description

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I recently read a quote out of the book [Simple Abundance](#) by Sarah Ban Breathnach that resonated with me, "Love is the spiritual energy that induces elevation- the transcendent moment in creation when craft becomes art." Performing everyday chores and projects can feel more like labor than love at times. Although I love blogging and sharing my favorite finds and recipes sometimes it can feel more like a labor than a craft.

I've been having a hard time finding joy in the everyday the last few weeks. Needless to say it can be difficult to come up with things to write about when the intention of your blog is finding joy in the everyday. I shared this with my husband and he actually found the irony in it about 3 years ago when I

began my blog, but he gives me an A for effort. My natural tendency is to find the sarcasm in every day. I haven't totally given up my efforts, but I plan on making a few changes.

I will still share things and stories that inspire me and recipes. My most popular posts are recipes. I love a good recipe, but I don't love to cook. I enjoy the challenge of food photography. It is definitely an art and I'm still learning. The recipes I share are quick and easy and I also feature those of friends. Instead of spending a ton of time and effort on numerous social media, I'm going to focus on the ones that I truly enjoy like Pinterest.

I want to produce more art in my life. If I'm not putting love into something I create or do, I can't expect others to love it. I've come up with a list of little acts of love to myself and others that I can do every day. They aren't necessarily considered art, but I think there is an art to living well, feeling joyful, and being an artist of the everyday. We can't all be Robin Leach having caviar dreams and reporting lifestyles of the rich and famous, but we can do little things to enrich our life.

Light a candle and fill your place with a scent you love.

Splurge on fresh flowers every now and then.

Do something that inspires you for at least an hour a day and yes, this could be searching Pinterest.

Send a note or card to a friend. Remember snail mail?

Call a friend and chat for 10 minutes instead of texting or better yet if I have time meet them for coffee.

Get outside and walk, garden or just look at nature.

Pick up a little treat for a family member when you are at the grocery store you know they'll love.

Really listen and not perform other tasks when someone is talking to you.

Focus on gratitude when performing tasks that you don't enjoy. For me it's laundry and washing dishes.

Savor food when eating instead of just shoving it in your mouth.

Add some fruit to plain water. See my [10 ideas for infused water](#).

Try something new and don't beat yourself up about it if it doesn't turn out, at least you tried.

Take time to be still and pray or meditate.

List three things you are grateful for every day and smile!

Date Created

2014/09/12

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