The War of Art Highlights—Conductors' Edition Steven Pressfield

The opposite of love isn't hate—it's indifference

It's one thing to study war, it's another to live a warrior's life

The seeming detachment of the professional, the cold-blooded character to his demeanor, is a compensating device to keep him from loving the game so much that he freezes in action.

The professional doesn't wait for inspiration, she acts in the anticipation of its apparition

The professional is prepared each day to confront his own self-sabotage

The professional is sly. He knows that by toiling beside the front door of technique, he leaves room for genius to enter by the back.

We have a right only to our labor—not to the fruit of our labor —Bhagavad-Gita

It is better to be in the arena getting stomped by the bull than to be up in the stands or out in the parking lot.

"There's such a thing as a critter that just keeps comin' on. So we'll find him in the end. I promise you that. Just as sure as the turning of the earth."

There's no mystery to turning pro. It's a decision brought about by an act of will.

The most important thing about art is to work. Nothing matters more than sitting down every day and trying.

"If a man comes to the door of poetry untouched by the madness of the Muses, believing that technique alone will make him a good poet, he and his sane compositions never reach perfection, but are utterly eclipsed by the performances of inspired madmen." —Plato

"Eternity is in love with the creations of time." —Blake

Artists are modest. They know they're not doing the work, they're just taking dictation.

We're all creative. We all have the same psyche. The same everyday miracles are happening in all our heads day by day, minute by minute.

Things that you think are nothing, as weightless as air, are actually powerful substantial forces, as real and as solid as earth.

Faced with our imminent extinction, all assumptions are called into question

The Ego

- The Ego is that part of the psyche that believes in material existence
- Slang terms for intoxication are demolition-oriented: smashed, hammered...it's the Ego that gets demolished
- The Ego produces resistance and attacks the awakening artist

Resistance is fear. Fear of the consequences of following our heart. *Fear that we will succeed.*

We are born possessing a highly refined and individuated soul. In other words, we're not born with unlimited choices. We can't be anything we want to be.

Our job in this lifetime is not to shape ourselves into some ideal we imagine we ought to be, but to find out who we already are and become it.

In a hierarchy, the artist looks up and looks down. The one place he can't look is that place he must: within. This is why artists should avoid hierarchical thinking.

A hack is an artist who second-guesses his audience...he doesn't ask himself what's in his own heart. He asks what the market is looking for.

Of any activity you do, ask yourself: If I were the last person on earth, would I still do it? (There's no one to impress)

The supreme artistic virtue is contempt for failure.

If you were meant to cure cancer or write a symphony and you don't do it you not only hurt yourself—you hurt your children. You hurt the planet.

True art is not a selfish act or a bit for attention...it's a gift to the world, and every being in it.

Don't cheat us of your contribution. Give us what you've got.