

# Artistic Endeavors

## RELATIONSHIPS

*by Rachel Rogel*



We need other people very much and yet the same forces that draw us toward others also separate us from them.

Often the people who love and support us are drawn into the web that isolates us from the rest of the world.

The essential person - what is inside us, is not that different from those around us, yet we are separated from them by layers of frustrating complications.

Rachel Rogel

## SEAGULL TRACKS

*by Coach Louise*

*Wings spread, seagull tracks  
ocean breezes before it  
hears the train whistle.*

Louise is a Creativity Coach who supports the process of creating, especially for those with chronic illness.

For more information about Louise:  
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