

“I believe that we learn by practice. Whether it means to learn to dance by practicing dancing, or to learn to live by practicing living, the principles are the same. In each, it is the performance of a dedicated, precise set of acts, physical or intellectual, from which come shape of achievement, the sense of one's being, the satisfaction of spirit. One becomes in some area an athlete of God. Practice means to perform over and over again, in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired.”

— Martha Graham

