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Dear Friends,

Once upon a time, I studied the figure of the artist in fiction, writing my dissertation on William Gaddis' masterpiece, "The Recognitions." Some 30+ years later, I am increasingly convinced that **empathy is at the very core of creativity.**

I've been exploring this idea for the past few months, and was glad to find this article providing some historical insight: "[The Invention of Empathy: Rilke, Rodin, and the Art of 'Inseeing.'](#)"

*"The moment a viewer recognizes a painting as beautiful, it transforms from an object into a work of art. The act of looking, then, becomes a creative process, and the viewer becomes the artist.*

*When people project their emotions, ideas or memories onto objects they enact a process...called *einfühlung*, literally 'feeling into.' The British psychologist Edward Titchener translated the word into English as 'empathy' in 1909, deriving it from the Greek *empathia*, or 'in pathos.'"*

Our relationship with creativity deserves deeper exploration, and I'll share more of these insights into empathy and creativity in the coming weeks.

**Here's what is on my reading list right now:**

[I: New and Selected Poems](#) by Toi Derricotte

[How to Be an Anti-Racist](#) by Ibram X. Kendi

[Making Comics](#) by Lynda Barry

*(The Amazon links are simply so you can see what the books are about. Don't forget to shop at independent bookstores when possible.)*

**Do You Want to Live a More Intentional Life, be an effective ally for people of color, or get expert advice on a project of yours?** Here are some opportunities to work with me in the next few weeks or months:

**Hard Conversations: Intro to Racism** - now in its 6th year, this online class has educated over 10,000 people on systemic racism, white privilege and white fragility, the myth of colorblindness, and how to be an effective ally. The next offering of this class begins January 7th. For details, [go here.](#)

**Hard Conversations Book Club** - Each month the Hard Conversations Book Club meets via teleconference to discuss a book that deepens our understanding of diversity, equity, and inclusion issues. For \$5 a year, you get access to the book list, meetings, recordings of the meetings you have to miss, and the opportunity to read and think in community. [Go here](#) for info.

**First 37** - Join me for the first 37 days of 2020. A whole new decade! How can you set yourself up for success in the New Year? We will discover, write, see, and create together for the first 37 days of 2020. [Go here for info.](#)

**Life is a Verb Camp** - Now in its 8th year! Life is a Verb Camp brings 150 people together each year for four days of transformational experiences that include poetry, writing and art workshops, music, and a supportive community that continues year-round. Camp changes lives. October 29 - November 1, 2020, near Asheville NC. The Early Bird Registration rate is available until 12/31/19. [Go here](#) to get information and to register. Only 50 tickets remain.

**1:1 Coaching** - People work with me on projects of various kinds---learning to give better speeches, writing projects on which they want personal feedback, memoir projects, and much more. Is there a project on which you are stalled? This 3-month coaching package might be the catalyst for moving forward in a positive direction, acknowledging your blocks, and overcoming them. Minimum engagement is \$1000/month for 3 months (4 one-hour calls per month and unlimited emails). Limited spaces available. Email [support@pattidigh.com](mailto:support@pattidigh.com) for more information and availability.

With great hope for the future,

Patti

Sent to: [\\_t.e.s.t\\_@example.com](mailto:_t.e.s.t_@example.com)

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