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**What excited you or gets you enthused to sit down and create. Is there any special triggers etc?**

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Occasionally an image in nature or something I see will strike me and I'll use that as inspiration.  An example is the image "Birdsong" which is inspired by the birds by our house and the song in my heart about being free and letting go.

**If you lose your muse? What helps you get it back?**

I feel I lose my muse quite regularly.   Especially when I am depressed or I'm having a difficult time. I will not want to do anything and shut down. Then I'll make myself go outside or listen to music or go into town and talk to people. It's usually helps me to get me out of my slump. Then I feel fired up and feel like opening up and creating again. I usually have to force myself to get motivated. I try to tell myself that it's not who I am oh, but it's I thought. So I'm able to move forward and see that there's more past that idea or thought.

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I'll be sending an image of Birdsong in a different email.  Thanks for your patience!

Love,

June Krisko

On Sat, May 18, 2019 at 1:20 AM Trish <trish6150@gmail.com> wrote:

Hi June,

Thanks for agreeing to the interview.

So we’d like to know a bit of your background - where your from etc.

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Anything else that you would like to say feel free. As I mentioned if you could send a few jpg images too that would be great.

Thanks.  Trish.

On Fri, 17 May 2019 at 10:58 pm, June Krisko <junekrisko@gmail.com> wrote:

Thanks again, looking forward to the questions!

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Kind regards

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