For me, art is a part of life. As a definition or institution it doesn't mean much to me. I used to be convinced that art is spiritually edifying. Nowadays I am more sceptical. I suppose that meditation and morally elevated behaviour, which can also apply to art, of course, are more effective as spiritual practices. I have on several occasions made a determined effort to stop painting, but the compulsion to express myself has so far been stronger than my intellectual decision.

HENRY WUORILA-STENBERG