

# ***A Personal Manifesto: Nostalgia is Dangerous***

*Elias Paulson*

*Remember that nostalgia is dangerous. It can be beautiful, but it can also skew the reality of a past event. Nostalgia should be used in art and design because it is so powerful, but subsequently the artist or designer should treat it with respect.*

*A visual language is infinitely more powerful than a spoken language. I have trouble expressing all of my emotions through words, but I have never had that problem with my art.*

*At least a portion of each day should be spent alone. An individual needs to be content in silence and solitude. During this time, the process of creating and thinking creatively will become much easier, because all thoughts are now being considered and evaluated.*

*Always look at things from perspectives other than your own. It is the only way that a designer can be successful. An artist should also consider this, but it is not as diar.*

*Look hard for the good in people before you pass judgement, even if it is not readily available. This is an exercise that can be extremely difficult, but also extremely rewarding. If anything it is humbling, and humble design is easily approachable.*

*Never let a day pass without considering art.*

*Respect those older than you. If anything, they have witnessed more than you, and if human experience isn't valued, what is?*

*Do not resent or forget where you have come from. You are the way you are because of it, so what direction are you moving if you ignore that? A design or art piece that is personal to you is a powerful thing. What are artists and designers pulling from if not something from their own experience?*

*Remember that nostalgia is dangerous.*