

# Into The Center

Cindy McNutt-Kaestner

[www.FibersOfFaith.com](http://www.FibersOfFaith.com)



Right after we moved to Philomath, Oregon I began to feel like I would explode with creative energy if I didn't design at least one of the quilts that was asking to be birthed. My fabric, rotary cutter, scissors, thread, etc. were packed

away in huge boxes somewhere in the sea of brown cardboard. My studio was still without shelves to unpack and organize my fiber. The demands of a new home and a family kept me from having any time to search for needed equipment to create anything. So, I decided to go to the local quilt store and buy almost everything I needed – even a new rotary cutter.

The result was this quilt which was unplanned on my part. It “spoke” to me to let me know what it wanted to be. As I look at the quilt, I see a lot of movement inward. It seemed to actually “center” me to a quieter, calmer, less stressful place. The experience of the coiling effect seemed to have an effect on me similar to a labyrinth.

Coils are symbolic of transitions that one goes through in life on earth, as well as the life we have after our known earthly life. For some they bring to mind eternity and That Which is Greater Than Ourselves.

Quilting for me is prayerful, meditative, spiritual. I never plan or choose what to design. I merely quiet down and create space for guidance. The idea comes to me as a gift. I am not The Designer, I am the one who has chosen to respond in a proactive manner to achieve what is being suggested. I believe the guiding force prompting my art is the spirit of The Most Creative One.