I believe the liberal arts are all about expressing yourself. The principles of democracy often surround the concept of having FREEDOM to express yourself. "Freedom" is such an important connection between these two ideals, and without, neither would exist. The liberal arts are really something special. To be able to learn how to express yourself is priceless, but it's more than just "expressing yourself". To think for yourself is another aspect of it. This in itself directly correlates with democratic principles. The freedom to be anything or to do anything for yourself is in the first amendment.

Democratic principles involve a lot of things, whether it's fair trials or equal rights, they're all necessary components to run a country like the United States. Life would be very different without these principles, just like it would be very different without the liberal arts.