

CREATIVITY MEETS WELLNESS

Twelve Days of Creative Wellness

This 12-day creative wellness path combines various forms of art, movement, and mindfulness. It's designed to open up new ways of connecting with yourself, release stress, and cultivate a sense of joy and balance in your daily life. Enjoy the journey!

Day 1: Morning Mindful Art

Take a blank sheet of paper and some colored pencils, markers, or paints. Wellness Tip: Journal how you felt during the process.

Day 2: Nature Walk and Photography

Go outside for a nature walk with your camera and practice mindful photography. Wellness Tip: Take a deep breath and ground yourself before and after your walk. Reflect on how nature impacts your sense of calm.

Day 3: Sound Healing Through Music

Create a calming playlist of your favorite soothing music. Wellness Tip: Incorporate deep breathing exercises while listening to enhance relaxation.

Day 4: Creative Writing Prompt

Set aside 10-20 minutes for creative writing. Ask yourself, "If I could talk to my future self,..." or "If I had a million dollars..." Wellness Tip: Did you uncover new thoughts or feelings?

Day 5: Gratitude Jar

Craft a "Gratitude Jar." Decorate a jar and for the next 12 days, write down one thing you're grateful for and put it inside. Wellness Tip: Each time you add to the jar, take a moment to appreciate the small joys in your life. *pictured* I creat-



ed this jar many years ago and I use it at workshops where we talk about gratitude and self-love.

Day 6: Clay or Playdough Sculpting

You don't need to be an artist—just experiment with clay, playdough, or even homemade salt dough. Wellness Tip: Use this time to release any built-up tension through the physical act of molding.

Day 7: Body Movement and Dance

Dance freely to music in your living room or find a quiet space where you can move uninhibited. Wellness Tip: After you're done, check in with how your body feels—looser, lighter?

Day 8: Vision Board Creation

Find images, quotes, or objects that represent your goals, dreams, or things that inspire you. Wellness Tip: Set an intention for the next few months or year as you create the vision board, and visualize your future.

Day 9: Cooking as Art

Pick a recipe you've never tried before, or create a new dish from what you have in the fridge and pantry. Wellness Tip: Focus on the sensory experience—the smell, texture, and colors of the food.

Day 10: Journaling with Visuals

Journal by adding doodles, sketches, or collages to your entries. Wellness Tip: Did you blend your inner emotions with outward expression?

Day 11: DIY Crafting or Upcycling

DIY a craft or upcycle an old object into something new. Turn

an old T-shirt into a tote bag, decorate a mug, or create jewelry from beads. Wellness Tip: Focus on the satisfaction of transforming something familiar into something unique.

Day 12: Mindful Reflection & Self-Care Ritual

Reflect on your 12-day creative wellness journey. What felt most nourishing? What was challenging? What do you want to carry forward? Wellness Tip: Journal or meditate on what you've learned

"Skyward" continued from page 9 of our Torah study group. "I will always remember her insights into scripture and what she felt when she looked up into the heavens, and the potentials she saw in all of humanity."

Now for my purpose in writing this article. I like to think that she used that friendship to her advantage on April 8, 2024, during the total eclipse of the Sun. On April 8, we did catch portions of the incoming partial eclipse. But as the dark umbral shadow of the Moon rushed towards us, the clouds thickened and we could not see the Sun. The sky was darkening quickly, and the temperature was plunging so fast that I could feel it plummet. It seemed obvious to me that we were not going to see the total phase of this eclipse. Then I imagined that in Heaven, Wendee turned to God:

"God," she said, "Why won't you let Doveed see the eclipse?"

"Well," God smiled as he replied, "Doveed hasn't been that good a boy lately. For example, he still doesn't have a handle on my third commandment. He may be trying, but he hasn't got it yet."

"So what?" snapped Wendee. Let him see the damned eclipse!"

"OK. You're the boss."

and how you want to integrate it into your life moving forward.

Lisa's passion is to help people discover their soul-purpose through therapeutic art practices. Kindle is fascinated at how color serves to assist in revealing a person's life path through creative wellness mentoring. She is the queen of creativity!



In the next minute I saw by far the most dramatic total eclipse I have ever witnessed. The clouds parted magically. There was a spectacular corona, and a lovely prominence at the lower limb of the Sun. After the total phase of the eclipse was over, I witnessed a spectacular display of sunlight glimpsing its way through valleys on the edge of the Moon, an effect called Bailey's Beads. Wendee approached God again and said, "Actually, God, you're the boss."

The smile vanished as God replied, "Yes, I am the boss. But I have tasked you with taking care of Doveed."

I cannot forget that incident. And in a sense, it doesn't matter if it really happened that way or not. It will always live in my memory. I miss Wendee terribly, and wonderfully. She gave me a significantly richer sky, and a much happier life.

David H Levy is arguably one of the most famous amateur astronomers of our time. He has written over three dozen books. Among David's accomplishments are 23 comet discoveries, the most famous being Shoemaker-Levy 9 which collided with Jupiter.

