

# CREATIVITY MEETS WELLNESS

## Nurture Through Creativity

Creativity offers a beautiful way to nurture your overall well-being. As we're still in the early part of a new year, it's a wonderful time to pause and reflect on your priorities. Are there areas of your life—whether a friendship, a job, a habit, or something else—that you feel ready to reassess or even release? This is an opportunity for growth and change.

No matter where you are in your life journey, each new day brings the chance to shape the life you truly desire. For me, last year's mantra was "one day at a time," especially as my husband fought a difficult battle with cancer. While not every day feels perfect, we always find ways to move through each one, embracing joy where we can and seeking peace even in the midst of chaos.

In moments of challenge, how can you find peace amidst the storm? How can you calm your mind when life doesn't seem to be going your way? What little moments of calm can you create in your daily routine to support a more tranquil environment?

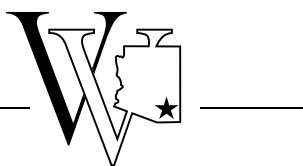
Here are some simple yet powerful ways you can enhance your peace, promote wellness, and ignite your creativity:



1. **Create a Soothing Space**
2. **Engage in Mindful Art Practices**
3. **Integrate Nature**
4. **Use Music and Sound for Relaxation**
5. **Create Time for Silence**

Even the busiest of us needs to carve out a moment for creative expression. Just 10-15 minutes can bring ease to your mind and heart, creating a ripple effect of calm throughout your day. I invite you to try one of these practices in the coming month and see how it can positively impact your life.

*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!*



## Skyward

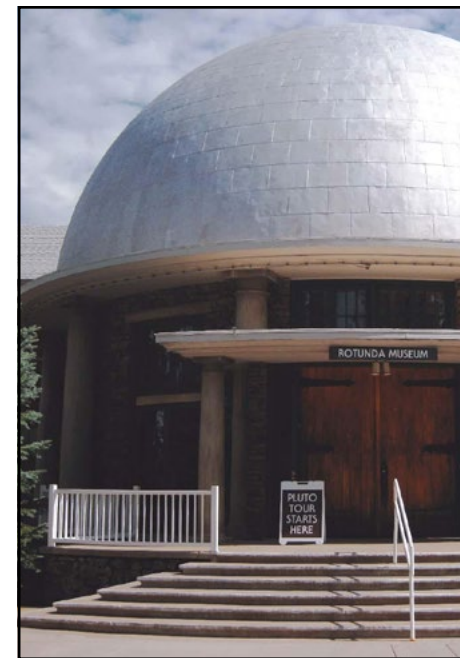


### Star Gazing

## A New Dawn at the Lowell Observatory

Last November 16, the Lowell Observatory opened its new Marley Foundation Astronomy Discovery Center. I think this center represents the most significant advance in inspiring young people to enjoy astronomy in the last 44 years, since Carl Sagan's *Cosmos* in 1980. Perched atop Mars Hill at the famous Lowell Observatory, this wonderful building is a dream. If you live in or near any part of Arizona, please plan to take your family to see this. A girl or a boy entering it is treated to a personal tour of the Universe. It begins with our small home planet, the Earth, and then moves outward past Mars, past Jupiter, and onward past the outermost planets. On the roof are telescopes, and an open-air planetarium from which one can see the real sky. Because Pluto was discovered just a few hundred meters away at this observatory, and because Lowell remains a busy center for work on Pluto, this Discovery solar system easily features nine planets.

One of the first things I wanted to see was the solar exhibit that Tim and Carol Hunter provided. It was way up on the building's third floor, and it was stunning. The Sun, which in earlier times was studied only in its own "white light" and in later decades in the 20th century through the light of hydrogen alpha, is now visible by spacecraft in almost too many ways to mention. From big sunspots marching slowly across the surface of the Sun, to coronal streamers and filaments sighted by spacecraft, Tim's exhibit gives us a look at our home star we have never seen before.



CAPTION

I was mentioning all this a recent meeting of the Denver Astronomical Society, one of the DAS members attending it that evening was Brad Schafer, professor emeritus at LSU but who now lives in Tucson. Casually that evening I mentioned that I had been monitoring the Sun since 1963, and he wrote to tell me that if all this is true, then I may have the longest record of solar observations of anybody in the world. More about this in a different article.

As exciting as the Sun display was, I did want to get another look at my favorite telescope, the 13-inch astrograph telescope that Clyde Tombaugh used to discover Pluto. Where the Discovery Museum showcases the Universe as we see it now, the 13-inch brings us back to an earlier time at Lowell, where Clyde Tombaugh looked out at the solar system, opened his eyes in wonder, and discovered a new world.

It is impossible for me to visit Flagstaff without letting the passions, the emotions of a city of discovery, travel through me. Flagstaff is alive with history, and even its street lights are shaded at night to

### "Skyward"

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