

A penny for your thoughts

A penny has two sides

Find a penny pick it up all day long you'll have good luck

In God we trust

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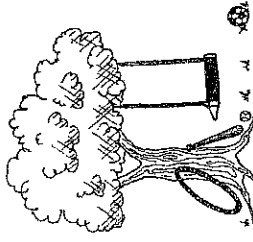
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# A Crayon

## Play



A crayon reminds us of ourselves in childhood—perhaps kindergarten or first grade—as we created our first picture in a coloring book. That happy, carefree child still lives within each of us. A crayon is the symbol that reminds us to play, and play is children’s work. It is one of those things that may seem superficial, like a waste of time, but we can’t live well without it.

As we age, we tend to take play for granted until it no longer exists in our lives. Then our lives lack color, passion, and fun. Play is much like breathing; it is done effortlessly. It can’t be forced, or it will feel like a task. It arises naturally out of a relaxed state.

The trick to recapturing our inner child is to allow time and a relaxed space for this important ingredient—play—in our lives. Don’t let “scare city” get in your way. Do an “a bun dance” and enjoy.

Observe and hold a crayon, then think of the times in your life that have been the most playful. How do you play? When do you play? Birth order, as well as personality, impacts our view of play. Some people, especially if they are the youngest in their family,

*Carpe diem.*

— *Horace*

seem to find it easier to play. They are the ones who have crayons a set of colored markers stashed in a drawer, or who are always telling jokes or playing tricks on others.

I am a firstborn who viewed life very seriously and consider play too frivolous an activity for adults. Yet I knew that play was important for kids, so when my daughter was born I “imported” a go

You’re only here for  
a short visit. Don’t  
hurry. Don’t worry.

And be sure to  
smell the flowers  
along the way.

— *Walter Hagen*

friend—an adult who was the baby in own family—and he romped with daughter on the floor and tossed her up in the air. He knew how to be goofy. I learned from him how to add playfulness to daughter’s life and how to add it to my own. Now, when I go to a restaurant that has candles and paper tablecloths, I dive right in creating a fantasy drawing. If a string quartet comes to serenade dinner table, I sing along.

Recently, I was invited to participate in a fantastically fun experience. As a fundraiser for one of our local private schools, an auction item was created by a very creative and playful mom. “Never Fake Again” parties were auctioned off. Participants paid one thousand dollars each to attend three parties. The first was “Never Fake Your Artistic Ability,” at which a local artist helped the group dabble in mosaic art. The second party was “Never Fake Your Football Knowledge,” and the wife of a Miami Dolphin came and shared her knowledge of football plays. The third, “Never Fake Your Serenity,” my day. We took a boat to a private island where everyone received “serenity bags” filled with goodies—sand pail and sand toys, a m

id, bubble worry dolls, my book and journal, a happy face light-pen, and a month of inspirational messages. We floated in the sea, the sand angels and sand castles, read inspirational messages and books, and created a magical fantasy for a day. Everyone went home with their own "symbols of serenity" bag to help them remember to enjoy playfulness, joy, and serenity into their daily lives.

I also keep a *Magic Mandala Coloring Book* in my waiting room. This book was created by Martha Bartfeld, an eighty-year-young lady from Mexico. Mandalas are abstract, geometric shapes—typically found in the Buddhist religion—that are symbolic of the universe and that in meditation. My clients—children and adults of all ages—create beautiful mandalas with colored pencils or crayons as they wait. I am inspired beyond belief at the calming effect coloring mandalas has on them. Others have told me they use these coloring books at home or in their offices with a similar effect.

Delight in the  
little things.

—Rudyard  
Kipling

My family has "game night" every Saturday night. My ninety-five-year-old mother, my sister and brother-in-law, my cousin Judy, and invited friends attend. Most of the time, game night follows dinner with Mother's. She still loves to play and experiment with new recipes, we love to be taste testers for her gourmet meals. Then we play dominoes. The Mexican Train variation of dominoes is our current favorite. We laugh, talk, and share a light-hearted evening. Give yourself permission to play. Plan a game night. Remember: Life always reminds us that life isn't a dress rehearsal. Just say "yes" to it and make life a great adventure!

## Activities for Developing Playfulness

### 1. Add playful activities to your life.

Below is a list of playful activities. Try one or two of these daily for a month, and notice the change that playing adds to your life.

- Turn on the radio and dance
- Read your favorite children's story out loud
- Take a bubble bath and play in the water
- Have a water fight
- Blow up balloons
- Jump on a trampoline
- Paint your face or nails a wild color
- Build a model car or airplane
- Make mud pies
- Go to the zoo
- Buy and read a comic book
- Bake cookies and eat them with milk
- Draw a picture and post it on the refrigerator
- Finger paint
- Play in the rain
- Play jacks
- Hug a tree
- Giggle
- Jump rope
- Color in a coloring book
- Watch cartoons
- Swing
- Build a sand castle
- Put up a tent and hide inside
- Skip
- Blow bubbles

### 2. Take an armchair trip.

Decide where you want to travel. Watch movies and read books about the location. Imagine what clothes you'd take. What would you see when you are there? Where would you stay? Set some time aside for this travel fantasy as often as possible. Enjoy your armchair journey.

### 3. Go to a tea room.

Wear gloves, a hat, and your best clothes. Remember those days

of dress tea parties? Have a tea party and invite your friends.

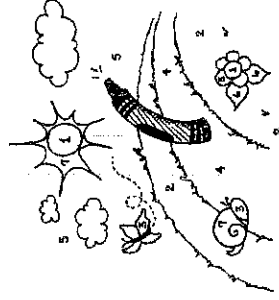
OR

Have a Super Bowl party any day. Get great food, have a tailgate party, throw a ball around. Have peanuts, popcorn, and Cracker Jacks. Find the prize inside the box and play with it.

**Buy a board game.** 🎲

The stores are filled with games for adults. *Scene It* and *Cranium* are two of my favorite games. Puzzles are plentiful, too. Allow yourself to walk the toy aisles of Wal-Mart, K-Mart, and Toys 'R' Us, and read about some of the games. Then buy one and have a game night.

## A Crayon



### Color Your World

Remember the childhood excitement of opening a new box of crayons? The sight and even the smell of the colored wax filled us with glee! It was hard to decide which one to choose first, since every color looked so wonderful. The crayon reminds us that life needs to be bright and beautiful. We must remember to color our world, our lives, and our days with beauty.

The crayon takes us back to a time when life was simpler. We didn't worry about bills, work, or achievement. We simply added color to paper and played. Let's appreciate the color added to our world through nature. We can take the time to notice the blues in the sky, the reds in the sunrises and sunsets, the greens of the leaves, and the browns of the earth. These simple, colorful, basic beauties surround most of us daily, but we rush through our lives, always on a mission. We forget to notice the delicacy, symmetry, and exquisite coloring of

ro... to mention putting on the brakes for thirty seconds and actually smelling the roses.

Like the orderly color gradation in a box of crayons, our personal environment needs order, too. Things have their proper place. Over the years, I have worked with numerous couples and families who revealed an interesting parallel between the order and beauty in their home and the order and beauty in their relationship. Couples in therapy who complain of serious relationship problems often talk about the mess in their homes, especially in their bedrooms. They describe disarray and visual disaster areas in their homes, areas that are out of control.

To me it's no wonder their relationships

are out of control. How can a healthy relationship exist in chaos, clutter, and darkness?

I suggest they go home, move furniture, and de-clutter the home, or at least put the piles into covered baskets. I tell them to throw things out and let go of the old to make room for the "new connections." I suggest lighting dark areas. We need light, color, and order so we can arrange our lives and energize

our relationships. Making our homes more beautiful and orderly is not a luxury; it is a necessity. We don't need to spend money to create order and to focus on beauty. Clutter is ugly; simplicity is beautiful. Keep it simple, add color, and maintain order.

While you are adding color to your world, notice the colorful people who are in your life. I remember my Great Aunt Mary. My other great aunts had silver-blue hair. Not Aunt Mary. She had fiery red hair. She

dressed in flamboyant, outrageous clothes and smoked cigars! In the fifties, and nice women wore shirtwaists and pearls. But no Aunt Mary. She was a character. At parties, she read palms and leaves and told wonderful family stories. I

remember the excitement I felt when we went to her house or she came to ours. Today we need to embrace colorful people and learn from them.

We certainly have colorful people in our society. One need only walk in a shopping mall to see some very colorful people. Pierced eyebrows, noses, and tattoos catch our attention. Hair colors range from basic black to orange, pu

and green, to name a few. Younger generations seem to given themselves permission to live colorful lives.

The rest of us need to give ourselves permission, as Perhaps not in such outrageous ways, but how about a variety in our friends for a rich, exciting life? Include an of friends in your life—just like the array of colors in a of crayons—and they will brighten your days and nigh

The crayon reminds us to create beauty by being interior and ext "decorators."

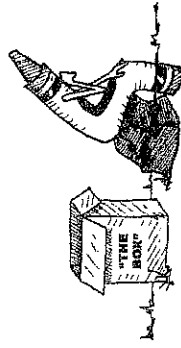


No sight that human eyes can look upon is more provocative of awe than is the night sky scattered thick with stars.

—Llewellyn Powys

# A Crayon

## Creativity



A crayon is one of the first tools children use to express creativity, and coloring is one of their favorite pastimes. When we are young, we learn to explore the world of color and beauty with a crayon. Coloring transports us to another place—the playground of the creative mind. Usually, kids feel more free to be creative than do adults. Coloring was fun and uninhibited until we learned there was a “right way” to color. The person who thought they would help us color “correctly” by telling us to stay inside the lines was actually

our first critic. Why can’t grass be purple? And who says you have to stay inside the lines?

Often our early childhood experience can leave us marked for life. When my sister Joyce was in kindergarten, she spilled a jar of green paint. The teacher went ballistic and yelled at her. Joyce cried and shook with fear. She never painted again, and to this day thinks she is not creative. However, in the early seventies she

Imagination  
is more  
important than  
knowledge.

—Albert Einstein

graduated college in three years, and began “English as a Second Language” programs in the suburbs of Chicago. She got her master’s degree in a year and decided she wanted to speak Spanish more fluently. She went to Barcelona, Spain, with a two-day hotel reservation. She stayed for ten years, starting her own language business. When

she returned to the U.S., she decided to try something new. She became a massage therapist and enjoyed a great life in New York City for five years. Then, at forty-six, she decided to move to Florida to be closer to family. She was reading the paper and noticed Continental Airlines was hiring. She had always wanted to be a flight attendant.

So at forty-six, my bilingual sister became a flight attendant, and she wasn’t the oldest in the training class! Her flights went to South America, Spain, Puerto Rico, and Santo Domingo.

A few years later, she decided she wanted to learn Italian. She took a month off and lived in Italy and now speaks Italian, too! She spends her time in Rome, Milan, Madrid, Lima, Ecuador, New York City, and even sometimes in Naples, Florida. Yet she thinks that, because she can’t paint or draw, she isn’t creative.

My sister is a great role model for expressing creativity by living a creative life. Creativity is unleashed in the way we live and view our lives. It is the larger-than-life, thinking-outside-the-box mentality.

In what ways are you creative? Is your work a creative outlet? What about the way you organize your day, your desk, or your home? All of these can be areas of creative expression. Your clothing, cars,

Creativity involves  
breaking out of  
established patterns  
in order to  
look at things  
in a different way.

—Edward DeBono

possessions, artwork, hobbies, and the way you live your life are creative expressions.

I painted the outside of my house purple. I like purple. It makes me feel serene, peaceful, and creative. Today I drive around town and see at least a dozen purple houses. You never know when you might become a trendsetter!

We can also be creative in our problem-solving techniques. A creative person turns problems into challenges and opportunities. I often use a three-picture drawing technique that I learned from Joyce Mills, psychotherapist, hypnotist and author of *Cartoon Magic*. I ask clients to draw a picture of how the problem looks now; this is picture #1. Picture #2 is how the problem will look when it's "all better." Picture #3 represents what will help the client get from picture #1 to picture #2.

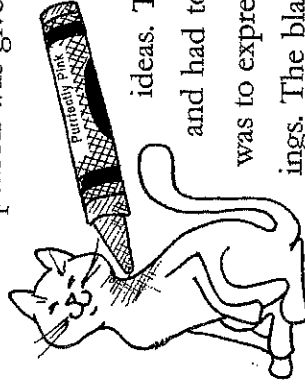
Young children under the age of five are eager to do this artwork. They draw power-

ful pictures because they both feel and see solutions to their problems. However, most adults whine and fight completing this exercise. They say, "I can't draw," or "I'm not artistic." That early critic controls their ability to try something different and playful.

The three-picture drawing technique activates the entire brain. While you focus on defining the problem, you engage the nonverbal area of the brain through drawing. If you're willing to try, it unlocks a whole new dimension and provides amazing results.

Corporate America has experimented with creative, problem-solv-

ing techniques. A few years ago I read an article in *Bottom Line/Personal* magazine that described an innovative technique. When one corporation was faced with a problem, all of its managers sat around a table. Each person was given a different color baseball cap to wear.



The green hat was expected to be the creative thinker and generate a lot of ideas. The white hat was the objective thinker and had to concentrate on the facts. The red hat was to express emotions, hunches, and intuitive feelings. The black hat was to be the cautious, negative, doom and gloom, worst-case perspective. The blue hat was to give the objective overview of the entire problem. Something as simple and playful as colored baseball caps generated unorthodox solutions to a complex problem.

Remember to get your crayons out and let your inner child create green cows and pink cats. Rediscover the gift of wonder and look at everything as an amazing adventure. A crayon reminds us that it takes courage to be creative and color outside the lines of life.



# Activities for Developing Creativity

## 1. Learn the "Switch Hands Technique." ✋

- a) Spend two minutes making as long a list as you can of the uses for an ordinary crayon. Now switch to your non-dominant hand and continue the list. You will come up with very different uses for the crayon because this switch activates both sides of the brain.
- b) Write down one of your problems and list some possible solutions. Now switch hands and continue your solution list. This will generate whole-brain problem solving.

## 2. Hang out with creative people. 🧑🎨

If you want to be more creative, you need to spend time with creative people. Contact your local artists' guild and attend meetings or openings. Call some of your most creative friends and go to lunch. Listen to them and notice how they think, dress, and behave. Learn to draw with Betty Edwards' book *Drawing on the Right Side of the Brain*.

## 3. Use Joyce Mills' three-picture drawing technique. 🖼️

Think of a problem. Using crayons, draw how the problem looks now. Label that picture #1. Draw how it will look when it's all better, and label that picture #2. Then draw picture #3, which is what is needed to get from picture #1 to picture #2. Post your pictures and experience the change.

## 4. When faced with a problem or challenge, try this creative problem-solving technique. 🧠

Put paper and a crayon next to your bed. Before you go to sleep, define the problem, saying it out loud. Then write it down, reviewing all aspects. Repeat the problem before closing your eyes. The things could happen:

- Eureka! You will solve the problem in your sleep.
- You will think of a solution in the next few days.
- You will not be able to sleep. Two out of three isn't bad.

## 5. Think of any problem. 📖

Open a book and point to any word. How could you use the word to solve your problem? This helps you to break out of the darkness of the problem and into a more creative light.

## 6. Use the "Baseball Cap Technique." 🧢

If you have a complex problem at home or at work, try the colored baseball cap technique (page 113). Have each friend or family member wear a different color hat, and ask them to stick to their roles. After every person has had a chance to speak freely without being interrupted, watch the group discuss the problem and come up with a solution.

## 7. Pretend you are a child. 🧒

Spend fifteen minutes a day, at least once a week, thinking like a

## Activities for Coloring Your World

1. Watch the changing colors of a sunrise or sunset. ☀

2. Watch the clouds. ☁

On the next warm, sunny day, lie on your back in the grass and watch the clouds roll by. Invite a friend to join you and make up stories of what you see. Draw pictures, too.

3. Notice the colors of a bird. 🐦

Are you wearing similar colors?

4. Associate colors with your feelings. 🌈

Colors are often associated with feelings and energy:

- Red—energized, passionate, emotional
- Blue—sensible, logical
- Pink—loving, warm, affectionate
- Green—healing, emotionally balanced, expansive, abundant
- Orange—communicating well
- Yellow—open to learning, sunny
- Purple—spiritual, regal, wise
- Black—depressed, empty
- Brown—down to earth
- Silver—intuitive, clear
- Gray—confused, cloudy
- White—clear, open, free

Go through the list. Write down a few of the feelings or energy the colors evoke in you. Does the color of your clothes affect your mood or appearance? Try matching the color you wear the day's activity.

*Example: Wear orange when you have a special request to communicate your boss or spouse. A tie or scarf with a little orange will do.*

5. Create beauty around you. 🖼

Collect pictures from magazines of rooms you like. Look around your home for an area that needs to be ordered and beautified. Start creating beauty today. Buy a plant or create a backyard windowsill garden. Find something from the pictures to bring in your room. Move furniture from one room to another.

6. List the most colorful people in your life. 📖

What makes them so bright? Call one of them and make plans for a fun time.

## A Crayon Reminds Us:

- That it's important to be childlike
- To find beauty around us—to be an interior and exterior decorator
- To color outside the lines



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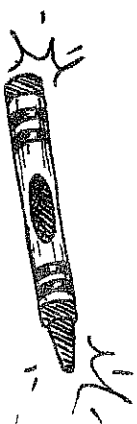
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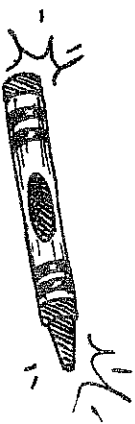
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**Objective:** Participants will use the image of a starfish to explore the significance of even the most ordinary tasks

### Lesson Plan

1. Ask participants how they used the bee from last week
2. Read the Starfish story
3. Ask each participant to share something they can do, however small, that will have significance to someone. They can share things that others have done for them as well.
4. Give each person a starfish as a reminder for the week.



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While walking along a beach, an elderly gentleman saw someone in the distance leaning down, picking something up and throwing it into the ocean.

As he got closer, he noticed that the figure was that of a young man, picking up starfish one by one and tossing each one gently back into the water.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

The old man smiled, and said, "I must ask, then, why are you throwing starfish into the ocean?"

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the elderly observer commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

The young man listened politely. Then he bent down, picked up another starfish, threw it into the back into the ocean past the breaking waves and said, "It made a difference for that one."





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# Buzzle

## Interesting Facts About Starfish

The depths of the oceans are home to many amazing sea creatures! Here are some interesting facts about starfish, that will not only amaze you, but give you some good information as well...

Starfish! This marine animal has always generated immense interest owing to its radial symmetry with five or more arms. The starfish or the 'sea star' gets its name from its star-shaped body. It may come as a surprise to many that the starfish is not actually a fish. It is in fact an echinoderm belonging to the class *Asteroidea*. About 2,000 species of this marine animal are found in every ocean across the world; maximum of these inhabiting the Indian and Pacific oceans. Also, starfish are found in shallow waters, but never in freshwater bodies. In the wild, their lifespan extends up to 35 years. Let us take a look at some more interesting facts about the wonderful sea star.



### Did You Know?

- Because they are symmetrical by five points, just like sea urchins, they are also called 'Phylum Echinodermata'.
- If you have ever encountered a starfish and turned it over, you will find hundreds of projections on its underside. These are known as tube feet, which serve two basic functions - one being able to move around in the water, and the other to open up scallops or clams.
- An interesting fact about the starfish is that it has two stomachs. The cardiac stomach can help the starfish engulf food outside its body. When the cardiac stomach comes back into the body, the food in it is transferred to the pyloric stomach.
- Have you ever tried locating the mouth of a starfish? It is located on the ventral surface, underneath the upper surface.
- The sea star with five arms is the most commonly spotted one. However, there are species that have 10, 20, or even up to 40 arms!
- The starfish has an eye spot at the end of each arm; although not much detail can be seen, the eye spot enables the starfish to view movement and differentiate between light and dark.
- Most starfish have a spiky or leathery surface, depending upon the species. The crown-of-thorns starfish is known for its thorny spines that are present all over its body. This tough covering on the upper side of the body acts as protection from its predators, as it is made up of calcium carbonate plates with tiny spines.
- In addition to no brain, these sea animals do not have a single drop of blood in their body. Instead, they have a water vascular system, and sea water is pumped into the body through a sieve plate.
- Amazingly, in case a starfish loses its arm, it is capable of regenerating the same in about a year! This is extremely useful when the sea star feels threatened by a predator, as it can lose the arm and escape. Sometimes, an entirely new starfish can grow from one arm. This phenomenon takes some time and occurs as most of the vital organs are stored in the arms.
- The anus of this invertebrate is located on top of its body.

- These marine animals have a unique way of feeding on their prey. To be able to eat a prey that is larger than its mouth opening, the starfish wraps its arms strongly around the clams or shells, and then jerks it open. Then it pushes the stomach out into the shell and eats up the prey, and finally retracts the stomach back in through the mouth.
- Another interesting fact about starfish is that they can reproduce sexually and asexually. Eggs and sperms are sent off by the females and males respectively, in the mating season.
- A female starfish is capable of producing around a million eggs at one time.
- An unbelievable yet amazing fact is that starfish can change their gender whenever they want.

These facts about starfish tell us quite a story about the kind of life that exists beneath the sea. Complex, yet beautiful, life beneath the sea has a completely new world in store for us.

By Kashmira Lad

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While walking along a beach, an elderly gentleman saw someone in the distance leaning down, picking something up and throwing it into the ocean.

As he got closer, he noticed that the figure was that of a young man, picking up starfish one by one and tossing each one gently back into the water.

He came closer still and called out, "Good morning! May I ask what it is that you are doing?"

The young man paused, looked up, and replied "Throwing starfish into the ocean."

The old man smiled, and said, "I must ask, then, why are you throwing starfish into the ocean?"

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the elderly observer commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

The young man listened politely. Then he bent down, picked up another starfish, threw it into the back into the ocean past the breaking waves and said, "It made a difference for that one."



*original*

What is the good thing you do every day that might to others seem insignificant?

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What have you done recently that made a difference to someone else?

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What do you want to do to make a difference?

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What has someone else done for you recently that made a difference?

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The ability to hear what is not being said, see what  
detect and pinpoint the subtleties

If you are stiff and inflexible you are hindering your per gre

Keep silent and go about your business, this will bring y

Develop the ability to hear the inner voice

Use your voice for the greatest effects

You can be a fierce individual and still cooperate with others

Develop your ability to sit and wait and your sense of timing. True strength is  
gentle

