

Brilliant Star

BAHÁ'Í NATIONAL CENTER

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Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Today, Bahá'ís work to bring love and justice to the world, and end prejudice and discrimination of all kinds.

WHAT'S INSIDÉ



FAVORITE FEATURES



Bahá'u'lláh's Life: Mission of Peace
The Seven Valleys describes the soul's journey.



Nur's Nook
Put Nur's noble face on a pencil case!



Riley's Rainforest
Feed your spirit with uplifting music.



We Are One
Explore and care for the place we all call home.



Lightning and Luna: Episode #78Can Lightning bluff the bad guys?



Radiant Stars
Get to know kids who shine, like you.



Stargazer: Shadi Toloui-WallaceShe serves up both sacred and secular music.



Maya's Mysteries
What do science and art have in common?



Shining Lamp: Franklin Kahn His Navajo culture inspired his art and service.



Cosmo's Corner

A crossword and more from our favorite chameleon



aMAZEing ADVENTUREWhen creativity flows, it feels awesome!

WONDERS OF CREATIVITY VOL. 49 NO. 5 NOVEMBER/DECEMBER 2017



NEW DESTINATIONS



Quiz: Do You Have a Growth Mindset? Mistakes mean you're trying new things.



Full STEAM Ahead

What does art have to do with robots?



Creative Juices

Chill out to enjoy the fruits of your labors.



Creating Community

Each unique spirit adds power to a project.



Soaring with Art

Can making art lift your spirit sky-high?



Stuart & Gabriella: Turtle Troubles

Art can help save endangered species.



Painting 'Abdu'l-Bahá

For Juliet Thompson, inspiration took over.



Space Ace

Scientists answer your cosmic questions.



Breezes of Love

Fill in the missing wind chime words.



Zeke & Rhombus: Power Up with Diversity

Fresh ways to solve setbacks in space





PRINTED IN THE U.S. ON AN FSC®-PAPER



DEAR FRIENDS,

What inspires your creativity? Inventing new moves on the soccer field or the dance floor? Designing a robot or experimenting with a new recipe?

Creativity is like a muscle — it can be nourished and developed. When it's strong, we can use it to bring joy to our communities and inspire action



in them. So take some time to discover what touches your heart and ignites your imagination.

In this issue of *Brilliant Star*, explore ways to let your creativity soar. Fly by Nur's Nook to make a pencil case that kindles your artistic spark. *Get* your creative juices flowing and design hot air balloons. Stretch your ability to turn mistakes into learning experiences with a quiz on developing a growth mindset. Build your curiosity about blending science and art. And get to know Shadi Toloui-Wallace, a singer and songwriter who empowers people to be of service with music.

We all have creative power. When we exercise it with our family and friends, it uplifts our spirits and energizes our communities.

LOVE, BRILLIANT STAR A

Do You Have a Growth Mindset?

"Learning as a mode of operation requires that all assume a posture of humility, a condition in which one becomes forgetful of self, placing complete trust in God..." —Bahá'í Writings

magine you're learning a new dance move. You keep stumbling and have a hard time finding the rhythm. What do you do now? If you have a **fixed mindset**, you might feel frustrated and stuck. Or you might even give up, because you don't like to make mistakes. You could think you don't have the skills, and there's not much you can do to change.

But if you have a growth mindset, you know that you

can develop new skills through practice and perseverance. You aren't afraid to make mistakes, because you know that you'll learn from them.

A growth mindset leads to more creativity. It gives you the confidence to take chances and try new things. You might unexpectedly come up with a new technique or style. Even if you mess up, it's a fun step toward learning and getting better.

Does Your Mindset Help You Grow?

Circle your answers, then add up your points.



- I'm proud of myself for trying new things, even if I don't do them well.
 Often = 3 • Sometimes = 2 • Rarely = 1
- 2. I remember that I can develop new skills if I work at them.

Often = 3 • Sometimes = 2 • Rarely = 1

3. I'm inspired by the hard work of people around me.

Often = 3 • Sometimes = 2 • Rarely = 1

4. I like to take on new challenges and see what happens.

Often = $3 \cdot \text{Sometimes} = 2 \cdot \text{Rarely} = 1$

5. When I make a mistake, I figure out what I can learn from it.

Often = 3 • Sometimes = 2 • Rarely = 1

- 6. I know that I can continue to learn and grow throughout my entire life. Often = 3 • Sometimes = 2 • Rarely = 1
- 7. I am forgiving and patient with myself when I run into challenges.

Often = 3 • Sometimes = 2 • Rarely = 1

- 8. I listen to criticism and try to find something helpful in what was said.

 Often = 3 Sometimes = 2 Rarely = 1
- I like to think of unique ways to do things.
 Often = 3 Sometimes = 2 Rarely = 1

 When I finish a project, I look at how I've improved and what I can work on next time.

Often = 3 • Sometimes = 2 • Rarely = 1

11. I'm flexible and open to new directions if my work isn't turning out the way I'd planned.

Often = 3 • Sometimes = 2 • Rarely = 1

12. I keep in mind that everybody faces setbacks, and it's important to persevere.

Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36-28 POINTS You love to learn and have developed a strong growth mindset. Keep it up!

27–20 POINTS You're learning to persevere. Choose a tip from the quiz to build your growth mindset.

19-12 POINTS You can develop your growth mindset. Choose a few tips from the quiz and keep trying!



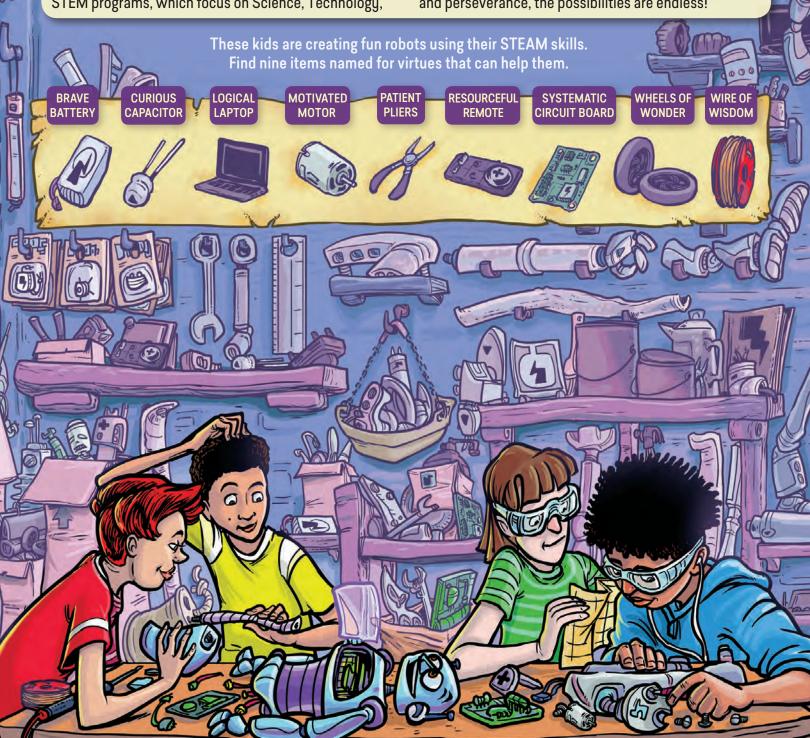
Full STEAM Ahead!



obotics is a cool, modern science. But did you know that people have been creating human-like machines for hundreds of years? Early robots were called **automatons**. Artist and inventor Leonardo DaVinci designed one in the late 1400s!

Like DaVinci, you can use science and art to spark unique ideas. Lots of schools and communities have STEM programs, which focus on Science, Technology, Engineering, and Math. But some are also adding Art—and that changes STEM into **STEAM**. After all, you don't just want your robots to work right—you also want them to look awesome!

The world needs creative thinking and technical know-how, which is why art and science make a great combination. When you build those skills with curiosity and perseverance, the possibilities are endless!



ANSWERS ON PAGE 28 VOL.49 NO.5 ★ Brilliant Star

A Brief Timeline

The Life of Bahá'u'lláh

The highlighted area marks the time in which this story takes place.

1817 November 12

Birth of Bahá'u'lláh in Tihrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tihrán

1853-1863

Exile in Baghdád, Iraq. From 1854-1856, He goes into the mountains to pray in solitude.

1863 April

Declares Divine Mission as Prophet-Founder of the Bahá'í Faith

1863-1868

Exile in Constantinople (Istanbul), then Adrianople (Edirne), Turkey. Begins writing letters to kings and rulers in 1867, urging world unity

1868

Last exile, to prisoncity of 'Akká, Israel

1877

Finally free to live in countryside homes of Mazra'ih and then Bahjí, outside 'Akká

1892 May 29

Bahá'u'lláh passes away at Bahjí.

Bahá'u'lláh's Life: Mission of Peace The Seven Valleys

magine you're hiking through the mountains. The air is crisp, and the L birds chirp as they fly through the trees. It's a long, challenging trek, but everything is green and full of life, and there's so much to explore along the way. You reach the first peak and look down at the panorama of hills and valleys. You pull out your map and see that you have seven valleys to cross before you reach your destination.

Like a trip in the mountains, our souls are on a journey as well. We are born into this physical world, and our spirits and virtues continue to grow and develop. Bahá'u'lláh describes this spiritual journey in a holy book called The Seven Valleys.

From 1854–1856, Bahá'u'lláh spent about two years praying and meditating in the mountains of Kurdistán. When He returned to His home in Baghdád, Iraq, He found the Bábí community disheartened and weak. Bahá'u'lláh urged them to build the strength of their characters. He had not yet announced that He was a Messenger of God, but He revealed holy writings that helped guide the community.

During this time, a man named Shaykh Muhyi'd-Dín wrote to Bahá'u'lláh with questions. The shaykh followed a form of Islam called Súfísm. But he admired Bahá'u'lláh and His spiritual insight. Bahá'u'lláh answered his questions in The Seven Valleys.

In this book, Bahá'u'lláh describes the seven stages, or valleys, that the soul passes through on its journey toward God. These stages were already



Bahá'u'lláh retired to a cave in the Zagros Mountains for nearly two years. The mountain range extends across western Iran, northern Iraq, and eastern Turkey.

known in Súfísm, and Bahá'u'lláh shed new light on their profound meaning. Many years later, Bahá'u'lláh's greatgrandson, Shoghi Effendi, said that The Seven Valleys "may well be regarded as His greatest mystical composition."

In The Seven Valleys, the soul's journey begins in the Valley of Search. The search for God requires a pure heart, ardor, and zeal. Bahá'u'lláh writes that our hearts are "the wellspring of divine treasures," and need to be clean and pure in order to search for Him. He reveals that without patience, we "will reach nowhere and attain no goal."

Bahá'u'lláh tells us to never be discouraged, even if we search for "a hundred thousand years," because as soon as we find a trace of Him, we will immediately enter the Valley of Love.

The fire of this love purifies our spirits so we can enter the Valley of Knowledge. In this stage, our "inner eyes will open," and we gain true understanding, seeing God's wisdom everywhere.

"The stages that mark the wayfarer's journey from the abode of dust to the heavenly homeland are said to be seven." —Bahá'u'lláh

The journey continues through the Valley of Unity, where we see "all things with the eye of oneness," and find some attributes of God reflected in every created thing.

Seeing with the light of unity helps us be detached from everything except God, and we can then enter the Valley of Contentment. Here, we experience true inner happiness and joy, no matter what happens in our outer lives.

Next, we come to the Valley of Wonderment, where we are struck "with the beauty of the All-Glorious." At every moment we see "a wondrous world" and are "lost in awe."

The last stage is the Valley of True Poverty and Absolute Nothingness. This is "being poor in the



This decorated pen case belonged to Bahá'u'lláh. He revealed the equivalent of 100 books during His lifetime.

things of the created world," yet "rich in the things of God's world." In this valley, we detach from the material world to focus only on God and the spiritual realm.

Find 19 words from The Seven Valleys related to the soul's journey. Search forward, backward, up, down, and diagonally.

ARDOR
CONTENTMENT
HEART
JOURNEY
KNOWLEDGE
LOVE
NEARNESS
NOTHINGNESS
MYSTIC
ONENESS

J	٧	L	Χ	Υ	F	Т	С	S	K	Z	0	Р	N	Ε
U	M	Ι	D	Υ	R	Н	Q	N	Е	J	В	0	Υ	L
Z	Ε	Р	Ε	Α	С	Ε	0	Α	М	N	W	٧	В	0
M	Χ	С	Ε	J	Z	W	L	Υ	R	R	0	Ε	K	٧
N	G	Н	N	В	L	Ε	S	Ε	Н	F	N	R	G	Е
C	0	N	Τ	Е	N	Τ	М	Е	N	Τ	D	Τ	Q	Н
0	Ι	Τ	D	Υ	Ι	Υ	Τ	J	R	R	Е	Υ	٧	L
M	N	G	Н	С	Е	Τ	٧	0	0	Е	R	٧	U	W
Υ	Ε	Е	J	Ι	C	L	Α	F	D	R	М	0	В	Χ
Ι	Τ	D	N	U	N	U	L	Р	R	Α	Е	R	Υ	D
K	J	Р	С	Ε	N	G	W	Α	Α	F	N	Υ	Υ	В
Н	C	R	Α	Ε	S	Ι	N	Р	٧	Υ	Т	N	0	Р
X	Χ	Р	Α	J	N	S	T	Ε	W	Α	Ι	F	٧	М
S	S	Ε	N	R	Α	Ε	N	Υ	S	W	W	U	٧	N
J	0	U	R	N	Ε	Υ	W	Q	В	S	C	0	K	Ι

PATIENCE
PEACE
SEARCH
POVERTY
UNITY
VALLEY
WAYFARER
WONDERMENT
ZEAL

Get Inspired: Make a "Nur" Pencil Case

"Let them share in every new and rare and wondrous craft and art." - 'Abdu'l-Bahá

ave you ever thought you'd lost your ability to make arts and crafts? Maybe you struggled to come up with fun ideas, felt distracted, or were afraid that projects wouldn't come out the way you'd imagined. When blocks like these smother your creative spark, try some tips to light your way.

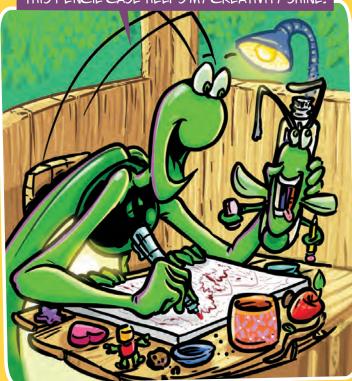
Check out exhibits, films, or books with exciting topics.

Turn on uplifting music and draw or write the first thing that

comes to mind. Use different supplies or recycled objects to create practical tools or a gift. Be open to experimenting or making mistakes—you may improve an idea or learn a whole lot more.

It also helps to set aside a specific time and place to create. Surround yourself with people, items, quotes, or photos that empower you or fire up your curiosity. Create this cool pencil case to kindle your creativity—or design one of your own!

THIS PENCIL CASE HELPS MY CREATIVITY SHINE!



1 Fold paper in half. From fold, draw 4¾" tall x 1½" wide (12.1 x 3.8 cm) half oval for head. Draw 1¼" (3.2 cm) tall oval that touches fold and slightly overlaps top of head for eye. Cut along exterior lines and unfold.



You'll Need

- printer paper
- ruler
- pencil
- scissors
- felt (dark green, light green, white, black, pink)
- tacky glue
- clear tape

- 33.8 fl. oz. (1L) clear plastic bottle with cap
- green plastic bottle
- 1thin black and 1thick green pipe cleaner, 12" long (30.5 cm)
- permanent black marker
- hole punch
- optional: craft knife; pencils, markers, eraser to store in your case
- 2 As a guide, draw 13/4" (4.4 cm) circle from top of large oval down. Draw mouth by adding 1/2" (1.3 cm) border at sides of oval, under circle. Cut out mouth.



3 Trace pattern on dark green felt. Cut out.



4 For torso, draw and cut out 2" (5 cm) light green and 11/2" (3.8 cm) dark green felt square. Round top corners. Cut small oval shapes out of dark felt for "glow" highlights.





Glue torso shapes together so bottom edges meet. Glue chin on top edge of body. Let dry.



6 Lay face on clear bottle so bottom of torso and bottle's bottom align. Trace mouth onto bottle with marker. With adult's help, cut out plastic mouth.





Punch two holes in bottle below mouth. Thread thick pipe cleaner through for arms.



8 Fold thin pipe cleaner in half. Tape behind eyes and fold ends down for antennae. Draw wings with marker on green bottle. With adult's help, cut out wings so black outlines show. Tape wings behind Nur's shoulders.



9 Glue Nur (avoiding wings, antennae, and arms) to bottle, so felt mouth aligns with mouth opening. Pull pipe cleaner arms in front of wings. Cut out and glue on felt eye and mouth details. Let dry.



10 Load pencils through bottle top or mouth. Twist end of arm around eraser. Repeat with other arm for pencil. Bend pipe cleaners at "elbows."





"Send down... from the clouds of Thy mercy the rains of Thy healing..." -Bahá'u'lláh

Music: Our Spiritual Food

id you know that you can strengthen your mind, body, and community by listening to music? The Bahá'í writings say that music is "spiritual food for soul and heart." Current research shows it, too.

When we listen to music we enjoy, our brains release the "feelgood" chemical dopamine, which affects our emotions. So uplifting music can make you feel happier and more energetic. It can help you concentrate and put you in a better mood for learning.

Music is also great for our bodies. It can boost our immune systems and reduce stress and anxiety, which helps us heal. And when we exercise, music gives us extra endurance to keep going. It can distract us from fatigue, which helps us go faster and farther.

Music can enhance our communities, too. Creating or listening to music together synchronizes our brain waves, which can help us feel more connected. Some studies show that when people listen to music with lyrics that promote kindness, they tend to be more generous. Listening to music with positive lyrics can even help to decrease prejudice toward one another.

So look for ways to make music a part of your healthy routines. Find songs that cheer you up when you're feeling down. Listen to tunes with positive lyrics to make sure you're feeding your brain healthy messages. And find opportunities to connect with friends by sharing music together-whether you're singing, drumming, or listening to the radio. A little music can go a long way toward lifting our spirits.

Explore & Soar: Savor Some Songs

ound, rhythm, and music play a big role in how we experience the world. Try these tips for adding more melodies to your life.



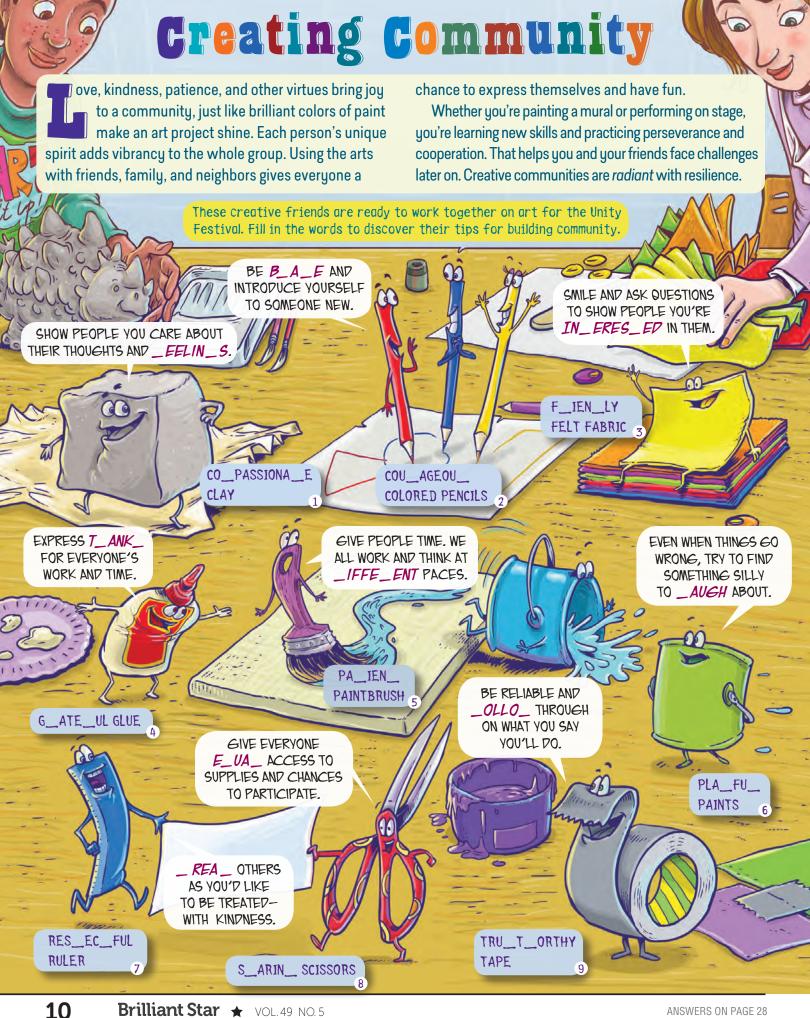
- Explore different instruments at a music store. Or make your own instrument from recycled materials.
- The Choose an instrument and find out about its history. What culture is it from? How has it changed over time?
 - At a prayer gathering, share music that helps set an inspiring and reverent tone.
 - Get up and dance. Try to feel the rhythm flowing through you. It's a fun way to express your feelings.
- Listen to a favorite song and write your own lyrics. What words and images come to mind when you hear a happy tune?

Curiosity Canopy



id you know? Music stimulates more areas of the brain than almost any other activity we do. Playing an instrument engages nearly every area of the brain at once! Dr. Anita Collins, a neuroscientist and music educator in Australia, says, "Playing music is the brain's equivalent of a full-body workout."







EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

"All the members of this endless universe are linked one to another." —Bahá'í Writings

EARTH-SAVING TIP

Tidy Travel

About 53% of roadside litter is from motorists. Keep one waterproof bag in your family's car for your trash and another one for recyclable items.

WOW, REALLY?

The International Space Station (ISS) orbits Earth in about 90 minutes. That means the astronauts aboard the ISS see 15-16 sunrises and sunsets every day!



For over 1,000 years, windmills have been used to pump water and grind grain. Today, giant wind turbines create clean

electricity by turning generators. They can be on top of buildings or even on the ocean. Wind energy reduces greenhouse gas emissions and doesn't require water for cooling like large power plants do. So far, wind generates 3% of our global energy, but that could rise to 20% by 2030.

PROTECTING OUR PLANET

Dr. Joanna Haigh, an atmospheric physicist in the U.K., uses satellite data to determine how much the Sun influences Earth's climate and how much of global warming is due to human actions. She says, "It is essential for everyone to understand basic science because it is a vital part of the environment and community we live in . . . "

AMAZING ANIMALS





These artistic male birds create distinctive roofed nests by weaving grass and other materials with their beaks and feet. They flap their wings and sing to attract mates. This species is found in Africa. Fill in the blanks to find its name:

DOCAMBIA

opened in 2017. *Unscramble the letters to find the location:*

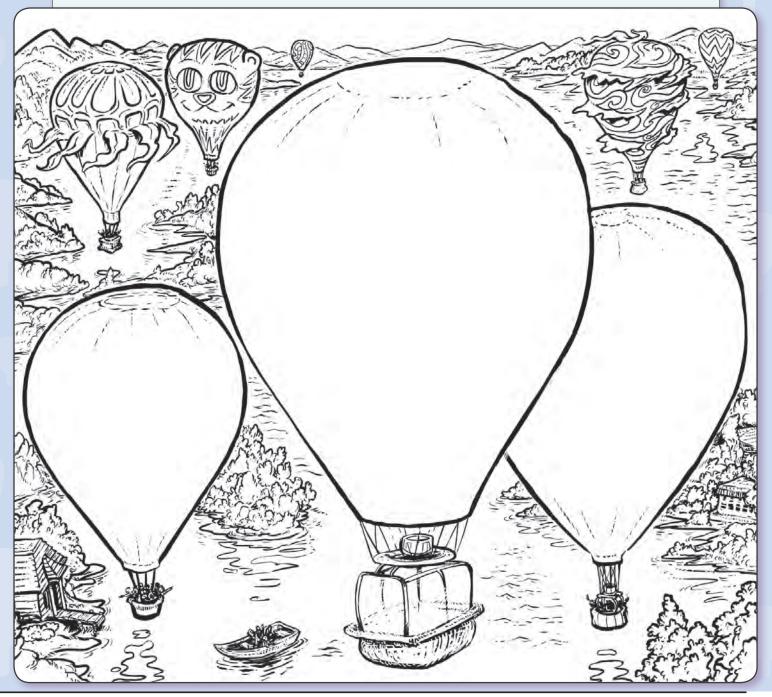


SOARING WITH ART

ave you ever taken a hot air balloon ride? You climb into the basket and feel the warmth of the burner as it slowly inflates the balloon. As you gently lift off, you look out and see the world from a whole new perspective. It's inspiring and humbling to see how the rivers carve their way through the hills. The giant trees get smaller as you float higher above them.

Like a hot air balloon, art can uplift our spirits. When we're drawing, writing, or performing, we reflect the light and love of God. Creating art is also a way to express gratitude for the joy in our lives. It warms our hearts and elevates our communities to greater heights. Decorate the balloons with designs that raise your spirit. Draw yourself and your friends taking flight. Then give your artwork an uplifting title.

TITLE: CREATED BY:





Stuart & Gabriella: Turtle Troubles

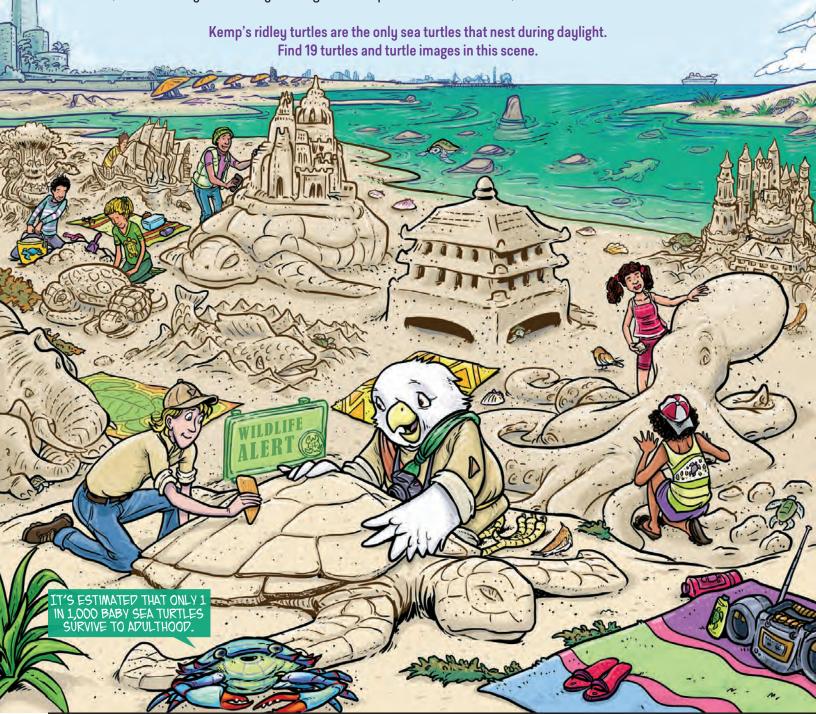


i! Stuart and Gabriella here, coming to you from Texas, U.S. We're excited about the *Arribada*—the mass arrival of nesting turtles from the sea.

Kemp's ridley turtles nest on beaches in the Gulf of Mexico. They're one of the smallest sea turtles, at only about two feet long (.6 m). There used to be tens of thousands, but now they're critically endangered. People

were eating the sea turtle eggs, then laws made it illegal. But pollution, habitat loss, and accidental catching by fishers keeps them endangered.

We're doing this life-sized turtle sand art to let more people know about their struggles. Using conservation with creativity can help. So this week, artists are on the scene, and next week, scientists will be here—for the Arribada!

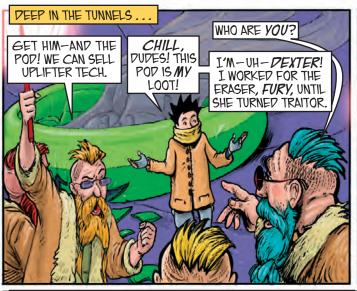


ANSWERS ON PAGE 28 VOL.49 NO.5 ★ Brilliant Star 13



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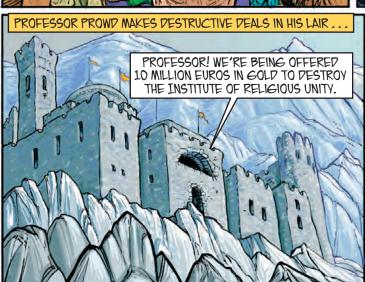






#78

































Getting to know kids who shine

Connect with kids around the world! How are they like you? How are they different? Each of us has a unique story to tell. What's yours?

Barzeen T.

Age: **12**

Hive in: **New Zealand**

I want to be:

An inventor/scientist

This career interests me because:

Of the many interesting things in this universe

Virtue I admire most: Determination!!!

Hobbies or sports: Swimming, video games, drawing, violin

Favorite Bahá'í activities: Junior youth [group], service projects



I like to express my creativity by: I love to draw my feelings or play them on my violin to feel free and alive ... [and] understand me and the world ...

If I could learn any art form, I'd choose: Music, because it is an art that can speak its own words and is a part of one's soul.

A fun creative experience: Writing my bicentenary poem for the birth of Bahá'u'lláh. I felt 😽 inspired and was determined to write a poem to celebrate this beautiful day.

Someone who supports my creativity: My family and friends. They . . . brighten up my life and bring love into my heart.

Ariana J.

Age: **12**

I live in: California, U.S.

I want to be: Fashion designer

This career interests me because:

I love clothing and art.

Virtue I admire most: Kindness

Favorite Bahá'í activity: Children's classes and Feast*

Place I'd love to visit: Bora Bora

I like to express my creativity by: Dance and drawing

Great art makes me feel: Happy and joyful! I love art in all its forms.

Someone who supports my creativity: My family ...



If I could learn any art form, I'd choose: I would like to learn calligraphy. I think it's so beautiful and a fun skill to have.

To boost creativity, I: Listen to music—it makes me want to dance, draw, or create something.

A fun creative experience: We had to come up with a dance at school. We were given options on our music and had two days to choreograph a routine. It was so fun ...!



Olivia D.

Age: 12

I live in: New York, U.S.

I want to be: An astrophysicist, a chemist, an actress, a singer, a painter, and/or a potter

This career interests me because: I love science and the

arts, and also I can't make up my mind!

Hobbies or sports: Reading, swimming, and daydreaming

Favorite Bahá'í activities: Ayyám-i-Há, Naw-Rúz, and Ridván*

If I could learn any art form, I'd choose: Pottery, because it is both fun and useful

To boost creativity, I: Let my mind wander

A fun creative experience: At a Bahá'í youth camp ... we made a parody of "Don't Stop Believin" (a song by the band Journey). I liked writing [it] ... everyone was very supportive and open to everyone else's ideas. I think humor is important in creativity ...

Someone who supports my creativity: My creative writing teacher . . . by seeing the best in me

Great art makes me feel: Uplifted. Great art is any piece of art that was made with love and enjoyment!

Alexander A.

Age: 9

I live in: Kentucky, U.S

I want to be: **Doctor**

This career interests me because:

I can serve the world ... by doing research to find new cures for illnesses.

Virtue I admire most: **Kindness**

Hobbies or sports: I play the piano and train to dance ballet. I love performing for people because I feel that gives them joy and makes their lives beautiful.

To boost creativity: My sister, Shayda, inspires me. She is very creative and comes up with great ideas that I want to try, too.

Favorite Bahá'í activity: Bahá'í classes, because I can learn about the Faith there.

Place I'd love to visit: **Grand Canyon**

If I could learn any art form, I'd choose: Drawing and painting ... I want to be able to draw objects around

me, and especially cats. I really like cats.

A fun creative experience: Composing a piece on the piano . . . by myself



Kiana T.

Age: **11**

I live in: California, U.S.

I want to be:

Veterinarian or actress

This career interests me because:

I have a passion for animals and animal care, and I also love to express myself through acting in theatre.

Virtue I admire most: Kindness

Favorite Bahá'í activity: Service projects in my community

I like to express my creativity by: Acting and sketching

If I could learn any art form, I'd choose:

Sculpting . . . [I've] seen so many cool sculptures. To boost creativity: Nature inspires me to be the most creative.

A fun creative experience: I participated in a play production with my friends, and it was a very cool experience to see how we all worked together.

Someone who supports my creativity: My family ...

Great art makes me feel: Inspired to become creative in my own way



"God has crowned you with honor and in your hearts has He set a radiant star; verily the light thereof shall brighten **the whole world!"** — 'Abdu'l-Bahá

Kaia S.

Age: **10**

I live in: Iowa, U.S.

I want to be:

Anesthesiologist

This career interests me because:

I have always wanted to help people and be able to have enough money for a future family.

Virtue I admire most: Generosity

Hobbies or sports: Basketball, drawing, painting, writing poems

Favorite Bahá'í activities: Bahá'í summer school

I like to express my creativity by:

[I] write and sing songs, make pictures, [and] go out and explore nature.

I'm inspired by: Seeing other people that are known for their creativity...

If I could learn any art form, I'd choose: Music composition . . .

A fun creative experience: My cousin, my best friend, and I were . . . looking up how to draw things and improvise, laughing, and being creative.

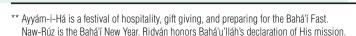
Someone who supports my creativity:

My mom . . . She always has my back and always makes sure that I stay confident . . .

Great art makes me feel: Happy—that kind of happy that makes it impossible not to smile . . .

How to be a Radiant Star:

- 1. If you're age 7-14, go to www.brilliantstarmagazine.org. From the top menu, choose "Discover." Then click "Become a Radiant Star or Trailblazer," and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age birth date, mailing address, and phone number.
- 2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
- 3. Answer the questions and send them to us with the signed form, along with at least two goodquality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyrightprotected images (like school portraits).





Nylah H.

Age: 11

Hive in: Colorado, U.S.

I want to be:

Animal photographer

This career interests me because: I love animals and taking pictures . . .

Virtue I admire most: Generosity

Favorite Bahá'í activities: Race unity devotions

Place I'd love to visit: Tahiti

I like to express my creativity by: Painting, drawing, writing songs, and photograph[y]...

To boost creativity, I: [Listen] to Andy **Grammer's positive** songs, or any music like that

Favorite animal or pet: My dog and best friend, Lakota

If I could learn any art form, I'd choose: The art of stain[ed] glass, because I have always admired its beauty...

A fun creative experience: My family and my older brother's friends went to our school on a weekend to write positive messages on the sidewalks for people to look at when they walk in ...



Eli C.

Age: 8



I want to be: A firefighter

This career interests me because:

I like to go into dangerous situations, and I like helping people.

Favorite Bahá'í activity: Playing Bahá'í games at summer camp

I like to express my creativity by: I like to make up games ... write songs for the guitar . . . create things out of different materials, and . . . make up stories.

If I could learn any art form, I'd choose: Drawing...



A fun creative experience: Some friends and I had built small boats at a summer camp. The last day, we decided to put a bunch of them together to make one big boat.

Someone who supports my creativity:

My mother, because she lets me keep the things I need to make my art.

Great art makes me feel: It depends . . . Art pieces have different aspects that bring different emotions.

Bahiyyih-Khanum A.

Age: **7**

I live in: Arizona, U.S.

I want to be:

An engineer and artist

This career interests me because: I love math . . . to make

things with my hands, [and] draw . . .

Virtue I admire most: Happiness

Favorite Bahá'í activity: I drew my hand on a paper, then wrote down the names of ... the Prophets of God.



Place I'd love to visit: China, Iran, and Africa because my mommy is from Iran and my brother, Anis-Nur, is from Africa.

I like to express my creativity by: Writing and drawing

If I could learn any art form, I'd choose: How to make a pot, because I get to design it the way I want it.

To boost creativity: Being in the wild or [on a farm inspires me. I walk around to look for different things to collect and make something with my hands.

A fun creative experience: Painting rocks was fun at the Bellemont [Arizona] Bahá'í Summer School . . . this year.

Nura Z.

Age: 8

I live in: California, U.S.

I want to be: An actress

This career interests me because:

I love acting and performing in front of an audience.

Hobbies or sports: I love to dance because it allows me to express my emotions.

Favorite Bahá'í activities: Children's class, service projects, my mom's Women's Spiritual Gathering

I like to express my creativity by:

Drawing, because I can draw anything I want and in any way I want.

A fun creative experience: I choreographed a dance with my cousins.



If I could learn any art form, I'd choose: Acting/theatre, because I like being able to show different emotions in different situations and learn about human behavior.

Someone who supports my creativity: My mom. She always tells me I can be whatever I want to be and cheers me up when I feel sad.

Great art makes me feel: It gives me energy and makes me think about my future.



Painting Abdu'l-Bahá

n the night before
'Abdu'l-Bahá arrived in
New York in 1912, he
wrote, "On My arrival in
America Miss Juliet Thompson
shall paint a wonderful portrait
of Me."

Juliet was an accomplished painter, but she felt "surprise and dismay, fear, joy and gratitude all mixed together."

'Abdu'l-Bahá asked, "Can you paint Me in a half hour?"

She was concerned, since she'd never finished a portrait in less than two weeks.

He said, "Well, I will give you three half hours."

For her paintings, Juliet used pastels—powdered colors shaped

into sticks. 'Abdu'l-Bahá sat in a cramped, dark basement. Juliet liked to stand, but there was only room to sit.

He said, "I want you to paint My Servitude to God."

She cried, "Only the Holy Spirit could paint *Your* Servitude to God. No human hand could do it. Pray for me, or I am lost."

"I will pray," he answered, "and . . . you will be inspired."
Juliet said, "All fear fell away from me and it was as though
Someone Else saw through my eyes, worked through my hand.
All the points, all the planes in that matchless Face were so clear
to me that my hand couldn't put them down quickly enough . . ."

This continued each time she worked. She wrote, "Oh, these sittings: so wonderful, yet so humanly difficult! We move from room to room, from one kind of light to another... Nothing makes any difference. The minute I begin to work the same rapture takes possession of me. Someone Else looks through my eyes and sees clearly; Someone Else works through my hand..."



'Abdu'l-BaháPainting by Juliet Thompson in 1912

'Abdu'l-Bahá posed six times, but Juliet completed the portrait in 90 minutes, as 'Abdu'l-Bahá requested. At the fourth sitting, 'Abdu'l-Bahá said he was sleepy, and she tried to paint while he napped. "But," she said, "I found that I could not. What I saw then was . . . too formidable. He sat still as a statue, His eyes closed, infinite peace on that chiseled face . . ."

At the fifth sitting, another artist brought in her own drawing, and he changed his pose.

The sixth time 'Abdu'l-Bahá posed, Juliet wrote, "I didn't put on a single stroke . . . He suddenly rose from His chair and said: 'It is finished.'"

Juliet sold photographs of the portrait, and she planned to give the money to help fund the Bahá'í Temple in the U.S. But 'Abdu'l-Bahá took her hand and said, "I know your circumstances,

Juliet . . . You have debts . . . I want you to keep the money for yourself . . . This is best."

On his last day in the U.S., 'Abdu'l-Bahá told Juliet, "Remember, I am with you always. Bahá'u'lláh will be with you always."

A pastel painting's delicate surface must be carefully preserved to avoid smudging and damage from light, humidity, and other elements. A friend of Juliet's wrote that the portrait was "time-damaged, it had to be restored, and Juliet felt the original was gone forever."

SPACE ACE



ASK A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids asked questions, and we sent them to two space scientists. Have questions about space? Send them to brilliant@usbnc.org (with your name and age).

How long does it take to become an astronaut, and how difficult is it to become one? - Nylah, age 11

Hi, Nylah,

To become an astronaut, you have to graduate from college and get at least three years of experience working in a field that's needed for a mission to space. The minimum age would be about 25. It's a good idea to have a degree in science, technology, engineering, math, or medicine. It would also be helpful to have one or two advanced degrees (master's or doctorate).

Once you've been selected to become an astronaut, it requires additional training to learn how to operate your spacecraft (space shuttle and/or Soyuz Russian spacecraft), how to operate the systems and subsystems on the International Space Station (ISS), how to perform spacewalks (Extra Vehicular Activities or EVAs), how to survive in case of a malfunction, and much more. This could take about two years. Once you complete this training, you're no longer an "astronaut candidate," but



the Space Shuttle Discovery in 2005, with commander Eileen Collins.

become a full-fledged "astronaut." You're ready to wait your turn for a mission. Once you're assigned to a specific mission, it could take another six months to a year to train for all the tasks you'll have to perform. Here's a link to the International Space Station, so you can see what the astronauts in space are doing:

www.nasa.gov/mission_pages/station/main/index.html.



Dr. Steve Scotti is excited to launch Dr. Scotti's STEM Station. You'll find fascinating info about Science, Technology, Engineering, and Math at www.brilliantstarmagazine.org/themes/DrScotti. In his interview on our website, Dr. Scotti says he often uses the Bahá'í principle of consultation in his work to make a _____ with a team:

- A) Decision
- C) Wish

B) Pizza

D) Model rocket

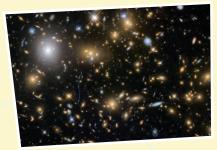




Are there other Big Bangs going on right now, or are there other universes? — Amia, age 14

Hi, Amia,

The idea of more than one universe has been around since at least 1704, when it was proposed by Isaac Newton. It's still under debate. The current consensus is that an early inflationary period after the Big Bang caused space itself to expand faster than the speed of light. So the part of the universe we see is much smaller than the entire universe, because light from objects over 47 billion light-years away can't reach us.



Light from some of these early galaxies took over 12 billion years to reach the telescope!

'Abdu'l-Bahá calls the universe limitless and states, "the luminous bodies of the material universe are infinite." If we can't observe the full extent of our own universe, we may never know about other universes.

Still, many physicists have theories. The current expansion of spacetime is much slower than the expansion during the inflationary period, and we don't know why. Scientists call it dark energy. If we unlock the secrets of dark energy, it may allow us to probe farther into the universe than we can with light, and perhaps give us a hint as to whether there's more out there.

History shows there are things about the universe that we don't even know that we don't know—"unknown unknowns." You and I probably won't live to see evidence of another universe. But there are plenty of unsolved mysteries in our own cosmic backyard! — George



engineer at the Kennedy Space Center in Florida, U.S., from 2004–2017. He worked on electrical systems of the space shuttle and uncrewed rockets. He also studied planetary science at the University of Central Florida. Working in avionics was a dream come true for George. He's aspired to be an astronaut since he was three. He's one of 100 finalists in the Mars One Project, which aims to create a human settlement on Mars.



contributor for this issue. He flew on the return-to-flight mission of Space Shuttle Discovery in 2005. He traveled 5.8 million miles during his two weeks in space. He's now the Senior Advisor for Engineering Development at NASA's Langley Research Center.



What was special about the 2013 astronaut candidates?

- A) All were from California.
- B) Half had math degrees.
- C) They knew sign language.
- D) There were equal numbers of women and men.



Images: NASA, NASA Goddard VOL.49 NO.5 ★ **Brilliant Star** 21

Shadi Toloui-Wallace



reativity is a "family affair" for singer-songwriter Shadi Toloui-Wallace. She and her mom, Shidan, sing on each other's records. Her father, Paul, and brother, Josh, write songs for her. Her sister, Hoda, sings the harmonies on her songs.

Shadi was born near Sydney, Australia, to an Iranian mother and an Australian father. Her family moved to Haifa, Israel, when she was two, then moved back to Australia when she was nine. There, she faced bullying and other difficulties. Shadi turned to music for comfort. Over time, it called to her as a career.

Inspired by the Bahá'í Faith, Shadi has created three albums combining prayers and writings with contemporary melodies. Her music has taken her around the world, and one of her "proudest moments" was performing at the dedication of the Bahá'í House of Worship in Chile in 2016. She formed a band called Tiny Havoc with four friends, and they just released their first album. Shadi and her husband, Jason Bienia, live in Vancouver, Canada.

- Q: What's your favorite childhood memory?
- A: Walking with my mom to the Shrine of the Báb and 'Abdu'l-Bahá. And she would always sing . . . "Alláh-u-Abhá"* as we were walking . . .
- Q: What was the most challenging experience for you as a kid, and how did you handle it?
- A: Adjusting into Australian life after spending my childhood in the Bahá'í World Centre . . . I was really bullied as a kid [in] Australia, so I struggled. How did I handle it? . . . A lot of patience and also creativity . . . I found a creative outlet, which is music, and . . . drawing and hand crafts, which kind of occupied my time and helped me find a place.





Left: Shadi, age 6, started school in Haifa. Israel, while her dad was serving at the Bahá'í World Centre. Right: Shadi, age 19, performs at the 2009 Sydney Bahá'í Conference, She began performing at Bahá'í events in Australia at age 15.

- Q: What advice do you have for kids who want a career as a singer or musician?
- A: Learn how to work with other people and to collaborate . . . you have to learn how to consult early on, otherwise you're not going to be able to do it. Learn how to be generous with your time . . . giving enough time for yourself to practice, but also to offer . . . your service to others. [You need] ... a lot of perseverance and also just [to explore] different types of art, just because that's where you'll find your true calling . . . Be open to the world of creativity and to how diverse it is.

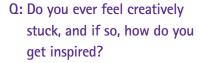
Questions and Answers with an Inspirational Bahá'í



The Toloui-Wallace family enjoys a laugh at Jericho Beach in Vancouver in 2015. Left to right: brother Josh, Shadi, mom Shidan, sister Hoda, dad Paul.



A: I started playing violin in grade four, and I was really bad at it and I didn't enjoy it, so I didn't bother to get good at it. I had a teacher . . . [who said] "You don't need to play an instrument . . . you can use your voice." Then she formed this little vocal group in grade six and we did . . . beautiful, uplifting songs, and that's when I realized that I had this musical gift, and not everyone had this gift.



A: I pray. And I find going out into nature and being alone and undistracted is really helpful.

And I have a few places where I kind of retreat to. Sometimes just for a couple hours, sometimes it's for a day, or sometimes it's for a week. But I have different places that I know I can be creative in. But I have to set goals. If I don't have goals, nothing happens.





A: Traveling and . . . meeting other Bahá'í communities . . . You go and enter a community and there's like hundreds of people there welcoming you and wanting to support you, and I think that's been very humbling and very motivating . . . I also developed some cool workshops . . . to

Q: What is one of your favorite experiences in your career so far?

empower other people to . . . contribute in a musical way to the

progress of their communities . . .

Q: This issue of *Brilliant Star* is about creativity. What is important for kids to know about expressing their creativity?

A: Try everything, and once they find something they like . . . to not give up. And to find ways that it serves a purpose beyond . . . yourself . . . People are being inspired creatively to serve in really unique ways . . . I love my podcast** because I love to highlight . . . how somebody's creativity was able to contribute to the unification of the neighborhood.

Q: If you had one wish for Brilliant Star's readers, what would it be?

A: I hope they are able to develop their powers of expression and strive for excellence, but with the mindset of serving the community and serving others—however that may be. It could be through textile art . . . gardening . . . building skyscrapers . . . helping people with their hygiene, whatever. Develop your power of expression with excellence so that you can serve others with it, and then I think [you] will be really happy.



love science and nature! But yesterday I couldn't think of a cool experiment or question to investigate. So I tried something for inspiration—art. Science and art go together perfectly! They both use creativity, curiosity, and good observation skills.

A lot of great scientists are also artists. Albert Einstein won the Nobel Prize in Physics, and he loved to play the violin. He even said that if he hadn't become a

scientist, he would have been a musician.

Many scientists agree that creating art improves their work. I decided to test this theory. I grabbed my backpack and went on a nature walk with friends. We sketched what we saw and wrote about it in our notebooks. It sparked my curiosity and helped me see things in a new way. Soon I had a poem and a drawing for art class. It definitely got me out of my creative slump!

			MAYA'S CHALLENGE			
	Check out these ideas for exploring How many can you do in two weeks			Start Date:		
¤	Draw three trees and flowers you find. Find their names online.	Ø	Bake a cake, share it with friends, and tell them three cool chemistry facts about it.	Ø	Look at sand under a microscope. Draw and color the tiny treasures.	
Ø	Create a solar system model with recycled materials.	¤	Paint a picture with color combinations you see in nature.	Ø	Freeze water, corn starch, and food color in cubes. Time them melting into designs on paper.	
Ø	Go on a nature walk and grab ideas for a poem, song, or story.	¤	Practice a musical instrument. Counting beats builds math skills.	¤	Listen to birds singing, then use an instrument to play the notes.	
Ø	Visit a park and map the plants, trees, and animals.	¤	Record your voice with a program that shows the soundwaves, and	¤	Make leaf rubbings with crayons on wax paper. Turn	
Ø	Create paper airplane designs and see how far they fly.		create a painting of them.		them into a thank-you card.	
¤	Fill vases with colored water. Add white flowers and watch	Ø	Experiment with how salt absorbs watercolors. Sprinkle fine and coarse salt on a painting.	Ø	Test which combination of LEGO bricks makes the tallest structure.	
	the colors change.	¤	Collect nature items like	Ø		
Ø	Sketch an insect, and add five fascinating facts about it.		shells and leaves, and press them into clay to make prints.	Ø		

Breezes of Love

"Now is the time to cheer and refresh the down-cast through the invigorating breeze of love and fellowship ..." —Bahá'u'lláh

here's nothing like a cool breeze on a scorching hot day. It can refresh your body, inspire your spirit, and remind you of God's blessings. In a similar way, creating art and sharing it with others is an energizing service to the world.

Our hearts are naturally attracted to symmetry and

harmony. Expressing yourself through art is one way to appreciate the beauty of God and all creation.

You don't have to be an expert to give the gift of art. Singing, dancing, drama, writing, and all kinds of crafts, when practiced with love, can bring joy to your life and uplift your friends, family, and community.

These artists are making wind chimes to give as gifts. Fill in the missing letters to find words about service through art.



ANSWERS ON PAGE 28 VOL.49 NO.5 ★ Brilliant Star 2

SHINING LAMP

A Bahá'í who served humanity with radiance

Franklin Kahn (1934–2010)



Then sick or troubled people asked for help, Franklin Kahn would saddle up horses and lead his blind grandfather to their hogan, or traditional home. His grandfather was a medicine man who spent long hours chanting sacred words of love, comfort, and balance for them. As Franklin listened, the Navajo teachings touched his spirit.

When Franklin was born in 1934 in Arizona, U.S., his grandmother named him Shkake-Ne-Yah (Bravery Arrived). He was the oldest of eight surviving siblings. When he was about seven, he began to learn sand painting. His grandmother taught him Indian designs inspired by nature. She helped him put spiritual messages in his paintings and drawings. He loved art and sold hand-drawn greeting cards at school.

Prophecies Fulfilled

At an Indian school in Nevada, Franklin met Mary Jane Gishie, and they were married in 1955. The next year, they met two Bahá'í women who lived nearby. When he learned about the Bahá'í Faith, Franklin believed it fulfilled prophecies he'd heard in his grandfather's chants. He and Mary Jane continued to explore and became Bahá'ís in 1962.

Franklin and Mary Jane helped to plan a large gathering to share the Bahá'í teachings with about 1,500 Navajos. Over the next few years, over 100 Navajos became Bahá'ís, including most of Franklin's family. He said, "This is the one faith which brings all beliefs together. I have always felt that religion should unite all..."

In 1968, Franklin became the first American Indian to be elected to the National Spiritual Assembly, the nine-member council that guides Bahá'í activities throughout the U.S. He served on the Assembly for over 12 years.

Creativity and Service

Franklin worked as an artist, making electric neon signs. He then started the Kahn Sign Company and used his talents on signs and billboards. He continued to study art in college and to create paintings. He often shared the Bahá'í Faith when he traveled to exhibit his art or give talks about Navajo culture.

He said, "My art is an essential part of my life. Many of these paintings were inspired by the stories and chants of my father and other Old Ones; others came to me in visions; still others as a result of meditating alone amidst the great nature of the Southwest ... Art is meditation—getting in touch with nature in such a manner that the artist is spiritually uplifted and a new creation is born."

Franklin was a champion of education. He taught Navajo culture and science to kids at an elementary school. He also helped start an annual pow-wow and a group called Native Americans for Community Action (NACA), which provided medical and social services.

Franklin died in Arizona in 2010, at age 75. The Universal House of Justice, the international governing body of the Bahá'í Faith, praised his "warmhearted and noble nature" and his "legacy of service."

ZEKE & RHOMBUS POWER UP WITH DIVERSITY

"World problems are without precedent. Old ideas and modes of thought are fast becoming obsolete." -'Abdu'l-Bahá

ey, Zeke and Rhombus here! Our Peaceful Planets
Project had just arrived in the Centauri system when
our ship's engine shut down. Without power, it'll take
42 days to reach the nearest planet—and we've only got five
days of air and supplies. We need to jump into action, but
first, we have to think carefully about what to do.

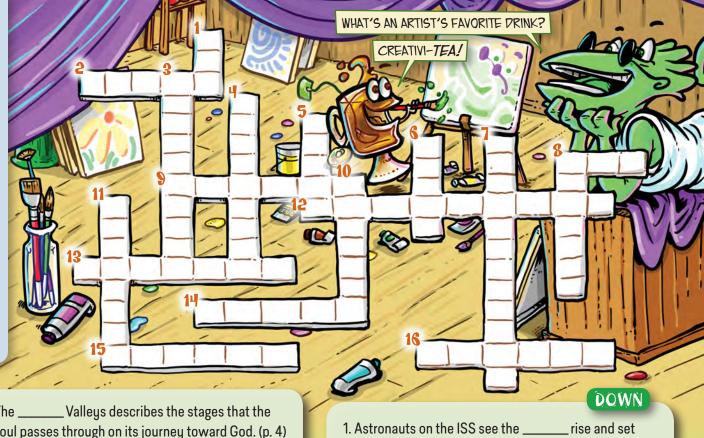
To start, we investigate the facts: A hunk of space junk pierced the safety hull and the engine shut down. We've

asked some friends with different skills to come and help us brainstorm, and they're on their way. Our Octonasian friend, Olavira, who has eight tentacles and eight brains, comes up with the most creative ideas. Vozz, our 135-year-old friend from Vennzoop, builds rockets and is a great engineer. And Geno, from Jupiter, is super strong!

With all this diversity, we'll devise a zillion solutions and get powered up soon!

FOCUS Find the missing words in the scene to discover solution-seeking tips that can be used anywhere in the universe! 1. Create a __ _ _ with a diverse mix of ages, cultures, skills, interests, and backgrounds. 2. Spend plenty of __ _ _ exploring options. Don't leap to a solution too quickly. 3. Try exercises to loosen up your _____. Talk in a funny tone of voice, in rhyme, or when hopping on one foot. down the problem, then ask questions LOCATION about it, such as, "Who can help us with this challenge?" 5. Use a thesaurus to find ___ __ _ _ that refresh thoughts. Is your spacecraft broken, fragmented, or cracked? 6. Come up with terrible __ _ _ _ Decide what makes them bad, then focus on the opposite qualities. 7. Get fresh perspectives in a new _ Try another room or go out for a walk. __ _ the rejected ideas instead of tossing them. Sometimes a new angle makes them workable. 9. Create a vibe that __ _ _ _ everyone's ideas, no matter how wild.

ANSWERS ON PAGE 28 VOL.49 NO.5 ★ Brilliant Star 27



- 2. The _____Valleys describes the stages that the soul passes through on its journey toward God. (p. 4)
- 8. Many scientists agree that creating ___ improves their work. (p. 24)
- 9. Each person's unique _____ adds vibrancy to the whole group. (p. 10)
- 12. Surround yourself with people, items, quotes, or photos that empower you or fire up your _____. (p. 6)
- 13. Juliet Thompson was an accomplished _____. (p. 19)
- 14. When Zeke and Rhombus run into a problem, they first investigate the _____. (p. 27)
- 15. Franklin taught _____ culture and science at an elementary school. (p. 26)
- 16. A _____ mindset leads to more creativity. (p. 2)

- 15-16 times a day! (p. 11)
- 3. Shadi's wish for Brilliant Star's readers is that they develop their powers of _____. (p. 23)
- 4. Creating art is also a way to express ______. (p. 12)
- 5. The Bahá'í writings say that _____is "spiritual food for soul and heart." (p. 8)
- 6. Scientists have linked creativity to alpha _____ waves. (p. 9)
- 7. Dr. Steve Scotti says he uses the Bahá'í principle of _____. (p. 20)
- 8. Olivia, Kiana, and Nura all want to be an _____. (pp. 16, 17, 18)
- 10. The Arribada is the mass arrival of nesting _____ from the sea. (p. 13)
- 11. Expressing yourself through art is one way to appreciate the beauty of God and all _____. (p. 25)

FROM OUR MAILBOX

[Brilliant Star] makes me feel important and unique. It reassures [me] that there are people in the world that care about the virtues . . . [For a theme, I'd choose] unique talents. I have been fascinated about how everyone has a unique and important talent, whether it be the ability to sing in different languages or know how to make people laugh . . .

- Nia B., age 15, Belize, Central America

answers

KEY: T=Top, C=Center, B=Bottom, L=Left, R=Right

Page 3: Battery at C, capacitor at TL, laptop at far TR, motor at BR, pliers at TR, remote at TL, circuit at C, wheels at CL, wire at BL

Page 9: 1) Enthusiastic Elixir, 2) Leisurely Liquid, 3) Funny Fluid, 4) Positive Potion, 5) Calm Cupful, 6) Supportive Solution, 7) Brave Blend, 8) Confident Concoction

Page 10: 1) Compassionate, feelings; 2) Courageous, brave; 3) Friendly, interested; 4) Grateful, thanks; 5) Patient, different; 6) Playful, laugh; 7) Respectful, treat; 8) Sharing, equal; 9) Trustworthy, follow

Page 11: Cambodia, Southern masked weave Page 13: 5 at TL, 1 at TC, 2 at TR, 4 at CL, 3 at C, 1 at CR, 1 at BC, 2 at BR

Page 20: A) Decision, D) There were equal numbers of women and men.

Page 25: 1) Beauty, 2) Compassion, 3) Creativity, 4) Harmony, 5) Imagination, 6) Inspiration, 7) Enthusiasm, 8) Generosity, 9) Kindness, 10) Praise, 11) Reflection, 12) Sharing

Page 27: 1) team. 2) time. 3) brain. 4) Write. 5) words, 6) ideas, 7) location, 8) Keep, 9) welcomes

Go with the Creative Flow

"Be thou ever hopeful, for the bounties of God never cease to flow ... " - 'Abdu'l-Bahá

hen your creativity is flowing, it feels awesome. Whether you love dancing, playing music, drawing, or inventing, it's exhilarating to get swept away with wonder.

But it's not always smooth sailing. Maybe you're stressed, with too much to do. You may be afraid that your work won't turn out like you'd hoped. Maybe you hear a grouchy critic in your brain telling you that you're not good enough.

Before you crash into the rocks, relax and breathe. When you practice art in a spirit of service, it's worship—and you can't get that wrong. Veer off in a new direction. If you usually write poetry, why not draw or create a game? Explore other artists. Look for beauty in nature. Pray for inspiration and let curiosity guide you.

Creativity is a powerful force. Lose your doubts in the rush of the current, and you may be amazed at where it leads.



