

SEPTEMBER
2022

BOUNCE BACK PHILLY CREATIVE CORNER

VOL. 2
NO. 9

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

Hello September and welcome back to school! In this issue of the Bounce Back Philly Creative Corner, there is a lot to read, learn, and do. Flip through the pages to learn about a creative project you can do outside with the sun. As you continue to safely separate from home, try stretching to keep your body moving! Pages 18 to 21 include our Kids Corner which is a collection of different and fun kid-friendly activities. Have you heard about the Cave of Kelpius? Check out page 3 and 4 to learn about where monks gathered to meditate. After your safe separation period, take a hike through Wissahickon Valley Park to check out the cave yourself!

Let's get started!

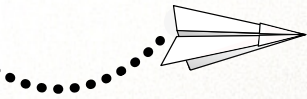


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WWW.PHILA.GOV/COVID19

[BIT.LY/BBP-CC-1](https://bit.ly/bbp-cc-1)



september events.

in-person events*

Meet Me on South Street*

October 6, 2022, All Day Long

South Street Headhouse District Philadelphia, PA 19147

Meet your friends, your family, your coworkers, and your crush: This Thursday and every Thursday, South Street is the place to be! Meet Me on South Street EVERY Thursday to enjoy food & drink deals at dozens of local bars and restaurants, plus special shopping and arts experiences like no other!

More info available here: bit.ly/southstreetoctober6 (Free event)

Annie at Miller Theater*

October 11-16, 2022, Varying Dates + Times

Miller Theater, 250 S Broad St. Philadelphia, PA 19102

Get ready to laugh and cry at director Jenn Thompson's rendition of the classic musical about a charming red-headed orphan finding her way through a hard-knock life.

Register for tickets here: bit.ly/annieatmillertheater (Tickets start at \$40 each)

Flyers Vs. Devils*

October 13, 2022, Doors @ 5:30, Game starts @ 7:00 PM

Wells Fargo Center, 3601 South Broad Street Philadelphia, Pennsylvania 19148

The Fly Guys kick off the 2022-2023 season at home as they skate against the New Jersey Devils in their first of 41 home games.

Register for tickets here: bit.ly/wellsfargodevilsflyers (Varying prices)

Light: Installations by Bruce Munro*

Thursday-Sunday evenings through October 30, 2022, Varying Dates + Times

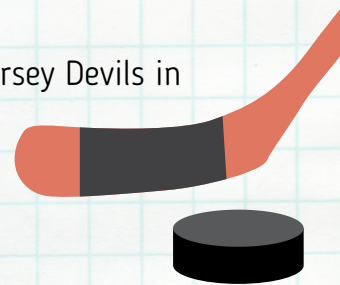
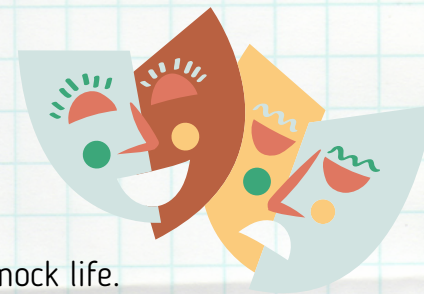
Longwood Gardens, 1001 Longwood Road, Kennett Square, PA 19348

A decade after British artist Bruce Munro first exhibited at Longwood Gardens, he returns with *Light: Installations by Bruce Munro*, comprising eight installations situated both indoors and outdoors. Don't miss works like Field of Light, featuring 18,000 illuminated stemmed orbs lit by fiber optics along Longwood's Large Lake, and a giant sphere made of 1,820 recyclable bottles in the East Conservatory.

Register for tickets here: bit.ly/brucemunrolights (Varying price)

*Note

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.





The Cave of Kelpius

Written by: Jordan Holycross

There are so many interesting places and things in the city of Philadelphia. From the mainstream to the sublimely hidden, here's just one of the strange locations in our weird and wonderful city.

Why is it called the Cave of Kelpius?

The cave gets its name from Johannes Kelpius, a Transylvanian scholar who led a Christian movement called the Chapter of Perfection during the last few years of the 17th century. Kelpius, along with 39 other monks, studied the nature around them, especially the night sky. Kelpius and his followers interpreted a biblical passage from the Book of Revelations to mean that they should meditate on the edge of the wilderness and wait for the imminent end of the world. They determined that the "End of Times" would happen in 1694. This belief made them America's first "Doomsday Cult."

What was the Cave of Kelpius?

Some say the cave is just an old springhouse or root cellar. However, the legend of the cave's origins has inspired many imaginations over the years. People speculate that this cave is where Kelpius came to meditate and pray while waiting for the world to end. Others have said it may mark his grave. Whether or not one believes the legends, it is true that the 40 monks lived in the woods around the cave. They spent their time studying the stars, growing vegetables and herbs, and engaging in religious worship. After Kelpius' death from tuberculosis in 1708, the group of monks disbanded, with many moving into the nearby Germantown Village.

Why is the Cave of Kelpius now?

Today, the cave is only accessible through a trail within Wissahickon Valley Park. Nestled in Hermit's Glen, the cave is surrounded by trees and nature. Visitors can step through the entrance and imagine how Kelpius and the monks may have felt as they meditated and waiting for the end times. Its stone frame, walls, and ceiling were added when it was restored sometime around 1920. In 1961, a Rosicrucian woman placed a large granite marker outside the entrance. Rosicrucianism is a mystical spiritual and cultural movement that claims to know secret ancient truths. The legend of Johannes Kelpius and the cave is written into the granite. The marker names Kelpius as the "Magister" of the first American Rosicrucian colony, but there is nothing in his writings to support this.

Why is the Cave of Kelpius Important?

The Cave of Kelpius serves as a reminder of the 40 monks and the talents they brought to the area. Not only were they the first Doomsday Cult of the settlers in the Americas, but they also brought with them knowledge of astronomy, law, medicine, and art. While waiting for the end times, the monks built an astronomical observatory and grew a botanical medicinal garden. After Kelpius' death, the monks practiced medicine and law in the community.

*Note

We highly encourage visiting the Cave of Kelpius once you are done safely separating at home and joining in-person adventures when you are feeling better and can be outside.

Sources:

<https://fow.org/virtual-valley/trails-to-the-past/kelpius-cave/>

<https://www.atlasobscura.com/places/cave-of-kelpius>



CREATING ART WITH THE SUN

WRITTEN BY: JORDAN HOLYCROSS

Taking the sun for granted during the heat of the summer isn't difficult. But as cold months are coming, it's easier to be grateful for the daylight. Here are some ways to practice this appreciation and mindfulness by using the sun to make art.

Sun Bleaching

This simple craft creates unique prints. All you need is a clear day, creativity, and a little patience. Start by collecting some supplies:

- Construction paper (the darker the better)
- Small objects or plants
- Clear tape



Choose objects or plants with defined shapes. Pressed plants and heavier objects work best. Bring your supplies to an area that will be sunny for the next few hours, such as by a large window.

Once you've found a good spot, lay down your construction paper and arrange the objects on top.

Tape the corners or use heavier objects to weigh down any items that may blow away, such as plants, pieces of paper or lighter items.



Get creative! Experiment with objects of different shapes and sizes or put your objects together to create new shapes.

Let your paper sit in the sunlight for three to five hours.

After removing your items from the paper, you'll see that the sun has bleached the uncovered areas, revealing the outline of your shapes. You can continue the project by adding drawings, paintings, or collaging your prints.



Cyanotype Prints

Cyanotype printing is one of the oldest forms of photography and has been practiced since the mid-19th century. Two chemicals, potassium ferricyanide and ferric ammonium citrate, are mixed to make a light-sensitive solution that can be painted onto paper or fabric. This creates a photographic surface. The amount of light on a photographic surface is known as "exposure." When the paper or fabric is left in the sun, it is "exposed," and it becomes a bright cyan-blue color. Placing objects on the paper or fabric blocks the light, and their shapes become visible as the exposed area changes color. There are many ways to experiment with this method, but here are a few examples to get started.

Sun-printing paper

Many craft stores have cyanotype or "sun-printing" paper, which comes pre-coated with the chemical mixture. This is the most beginner-friendly way to practice cyanotype printing.

Simply put your objects on a sheet of cyanotype paper and pick a sunny area to expose the paper to the sun or letting the sun shine onto the paper. Let your sheet expose for 2-3 minutes until the paper turns into a pale blue. Bring your paper inside and put it flat in water for one minute. After allowing the paper to dry, you'll have a beautiful cyanotype print. If the paper gets wrinkled, put it between two heavy books to flatten it.

Cyanotype mixture

Craft stores may also carry the two chemicals needed to create cyanotype prints, which can then be transferred to your own paper or even onto t-shirts. Instructions will vary depending on whether you buy a pre-mixed solution or the two chemicals separately. When used carefully, cyanotype chemicals are among the safest of chemical photographic processes. However, these chemicals can still irritate the skin or eyes. Wear disposable gloves and practice care when creating cyanotype prints.



Using the liquid mixture can also be messy, so make sure you are taking the proper precautions to protect your clothes and surfaces!

Once you have your cyanotype mixture, choose what you'd like to expose your print onto. If you're choosing to print on paper, a thicker watercolor paper works best. You can also print onto white fabric such as a t-shirt. Whatever you choose to print onto, remember that this process will likely take some trial and error. Printing onto test strips of paper or scrap fabric first may create a better result.

The next step should take place in a dark room, away from direct sunlight. Use a brush to evenly coat your chosen printing surface with the chemicals. Leave them to dry in darkness.

Set up your outdoor space where you will expose your prints.



Make sure the area receives direct sunlight (or as close to direct as possible), that there is a flat surface, and that you have something to weigh down your surface.

Figure out how you want to place your objects onto your surface. Try objects with different textures such as feathers or put objects together to create new shapes.

When bringing out your surface, keep in mind that the exposure will begin as soon as the surface receives sunlight. Quickly place your objects and secure your surface. Use clear tape, heavier objects, or a pane of glass to keep the objects flat and steady.

Different exposure times will make different results. In the summer months, exposure can take as little as five to ten minutes, while colder months may need a longer exposure time of 15 to 20 minutes. The yellow-green of the cyanotype chemicals will begin to change into a cyan-blue.

Once you're happy with the exposure time, remove your objects and weights and bring the surface inside. Run it under cold water until it runs clear. To create more contrast in the print, you can also place your print in a mixture of water and hydrogen peroxide.

Let your print air dry for 24 hours. The contrast and colors may become more vibrant as it dries. The print is now permanent and can be exposed to sunlight.

Sources:

[Cyanotype by Dusan C. Stulik & Art Kaplan](#)

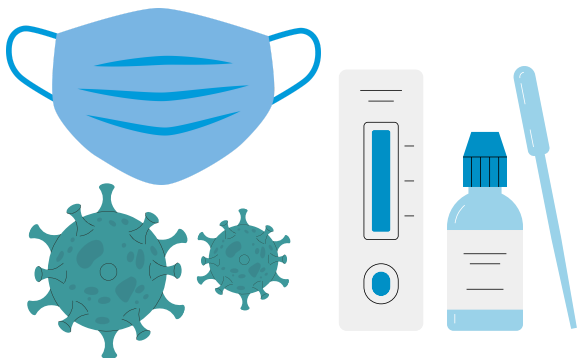
bit.ly/atlascyanotype

WRITTEN AND ILLUSTRATED BY
PAUL AULRIDGE



Two Years In

A COVID-19 STORY



It was February of 2020 when I realized we were in for a shock. I am by no means a scientist, but I have a healthy respect for science, and the idea of a zoonotic virus spreading across continents filled me with fear I'd never felt before. I remember doing my panic shopping well before the rest of my neighborhood did;

loading up a shopping cart with canned food, dried goods, anything and everything that could be shelf-stable in case nobody could go anywhere for a month or more.

I tried to warn others that it would get bad. I was called an idiot, a racist, and a scaremonger.

And then the world shut down.

Some of the same people who had laughed and made fun of me were suddenly a little quieter. The reality of hospital wards filling to capacity, of refrigerated trucks storing corpses for not having room in the morgues, of so many thousands of people saying their final farewells through a rectangle of glass and light, alone, all alone as their organs shut down—all these tragedies, and yet there were still people who met up with others and did not follow the recommended guidelines.

A few of them gave in, but most of them did not.

I stood in line for thirteen hours at the Liacouras center, waiting for a vaccination, the first dose, a half milliliter of the most precious fluid ever created in the history of humankind. As I stood there freezing in the rain, in the snow, I could think only of all the people whose last moments were spent choking under the weight of their own lungs. I wouldn't be one of them, couldn't be one of them--I refused, I wouldn't accept it. I'd stand all day if I had to, and I did. And for a while, I felt safe.

In May 2022, I finally got COVID-19. Despite all the safety precautions, despite all the prevention methods, despite being double-dosed and twice-boosted, I caught it.

My roommate got it first and gave it to me. I tested and was hopeful that I was fine because I felt fine.

There is nothing more dreadful and anxious than the silent minutes that tick down waiting for the result to appear.

Swab. Swirl. Dip. Four little droplets onto a little hole in a tiny slab of plastic, and then--wait. "Read after fifteen minutes. Do not read after twenty."

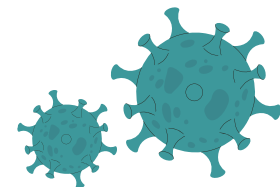
And after fifteen minutes, I looked. The control line was a band of pink, and below it, the test line--was there. Faint, almost invisible, but there. I felt like I was on a boat in turbulent waters. I took a long breath in, gave a low breath out, and cursed at the top of my lungs.

Academically, I knew I would be safe. I knew the numbers were on my side.

But there, right in front of me, on a little slab of plastic two inches long, one inch wide, was a confirmation of what I had dreaded for the better part of two years.

Two years on the run from the most contagious sickness we're ever going to see in our lifetimes. Two years of dodging, protection, defense--and it had still got me.

The next few days were some of the sickest I've been in years. The chills, the fever, the ache in my bone like splinters in every joint; it was awful. By the fourth day, I felt less like garbage. By the sixth, I was human again. I was still testing positive (this time the bands were both bright purple); so, I worked from home, writing a few emails and then going back to sleep.



I was grateful to have that option because I cannot imagine working as a line cook, or in retail, and not being able to financially recover from an entire week of no work.

Something strange happened, though. The first few days were bad, but once it was clear my symptoms would eventually go away, I felt something else--a lightness, an easiness, as though I'd been dragging weights and suddenly released them. The thing I'd feared for two years had happened, and it did not kill me.

It made me sick, yes, but it did not kill me. The dread, the fear, and the anxiety that had worried me for so long--it had turned to nothing, evaporated, blown away with two horizontal lines on a chunk of plastic.

I do not think I realized, until that moment, how deeply, and how negatively, the pandemic was weighing on me. But now I'd gotten sick, and I didn't die, and I didn't even lose my sense of taste; all those things that had crushed my spirit were not going to happen.

Coming out the other side of COVID unharmed has made me feel a little bit more like normal. I still wear a mask in public, I still keep distance where possible--but for the next 180 days, at least, I am not likely to get reinfected. This is a joy greater than I've known in a long time.

Two years. Two years of anxiety blown away by two weeks of sickness, and on the other side of that--joy.

That's my pandemic.



Want to share your COVID-19 story with us for a chance to be featured in our next newsletter? Submit your story at bit.ly/bbp-cc-forms



Free Verse

Written by: Vrushali Patil

DIRECTIONS: A free style poem is a poem that does not rhyme or have a certain number of syllables in each line. You can write about anything that comes to mind. Connect with your emotions, memories, and experiences. Free writing can help with getting your thoughts onto paper and is good way to reduce stress. Everyone copes with stress differently, but free writing can be used as a tool for taking care of your mental health. Here are some steps on getting your creative juices flowing:

1. Find a time during the day that inspires you. I am most inspired at night when I'm all alone with my thoughts.
2. Write the old fashion way by taking out a pencil and piece of paper. Let's have the laptop or computer sit this one out.
3. Start drafting a letter to someone you know. It could be to yourself in the past, present, or future or to someone else like your family member or a hero of yours. This person could be living or someone that is no longer here on this earth. Write whatever comes to mind.
4. After you finish writing the letter, think about how you want to express the message in the letter in a poetry format. Keep in mind that your poem does not need to rhyme, and it can be as short or long as you want. It can be two sentences or an entire page long. Let your thoughts and emotions guide you. The first draft doesn't even have to make sense. Try thinking outside of the box.
5. That is all that's to writing a free style poem. Keep in mind that the poem is for you. Connect with your inner self and try not to think about what others will think of about your poem. With this in mind, you'll be able to come up with magical things. Write for yourself and share when you're ready. You can share your poem anonymously to our newsletter at bit.ly/bbp-cc-forms.

EXAMPLE

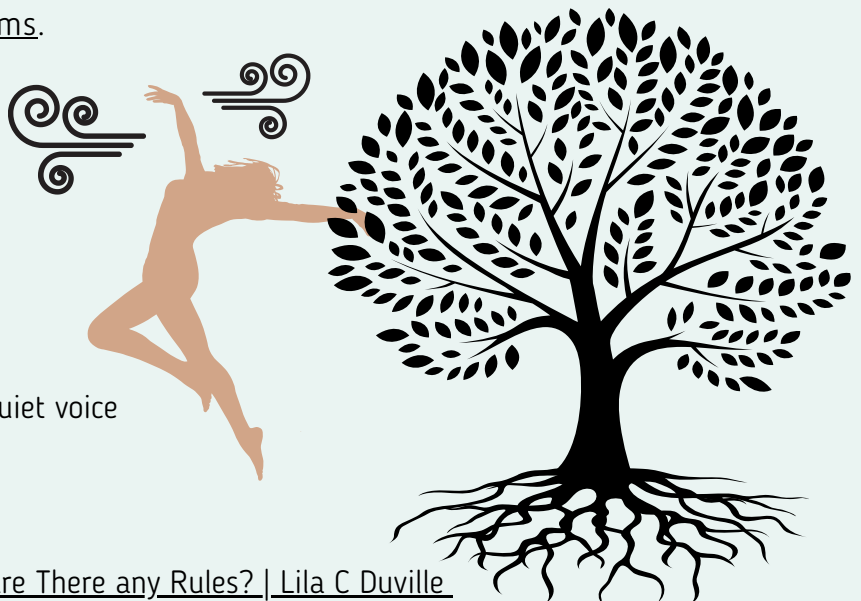
I wanna color outside the lines
feel the beauty within me
dance to the rhythm of the trees
be at one with nature, as they say

my dream is to be free

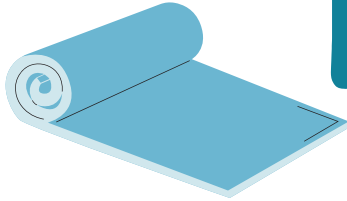
follow your light, whispered that quiet voice
follow your light

-Vrushali Patil

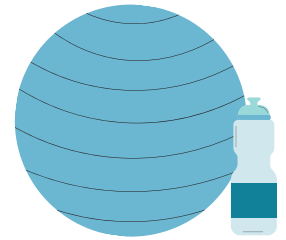
Source: [Write a Freestyle Poem - are There any Rules? | Lila C Duville](#)



STRETCH IT OUT



WRITTEN BY: SARAH STEENBERGEN



Do you often notice that your back or shoulders hurt? If you find it difficult to carve out time for a full yoga session, try taking a few minutes in your day for a stretch break. The following is adapted from a mindful stretching guide from University Health Services Berkeley. Check it out here: bit.ly/uhsberkeleystretching.

Here are some stretching tips:

1

To make the most of your stretching, try repeating the exercise 2-3 different days a week. It's best to do between 2-4 repetitions of each stretch lasting 15-30 seconds each for a total of 60 seconds.

2

If you feel any sharp pains, stop the stretch. You may feel some tension, but there should not be pain. If you have been experiencing severe pain in any part of your body, consult your medical provider before beginning a stretch routine. They may also have advice on different stretches for you to try*.



DON'T FORGET TO WARM UP



ELIMINATE DISTRACTIONS!

3

As you stretch, be intentional in your breathing. Breathe in through the nose and out through the mouth. You can count to maintain a steady rhythm.

4

If you plan on a more intense workout after stretching, it is a good idea to warm up with dynamic stretches (also called active stretches). Dynamic stretches use your full range of motion with movement and get your muscles ready for activity while static stretches hold a particular position. Types of dynamic stretches include arm circles, shoulder rolls, squats, and high knees.

Everyone can participate in stretching as there are stretches adapted for all ranges of motion including floor and seated stretches. It's important to maintain proper posture while doing any form of exercise, with the chest lifted, shoulders and hips even, feet pointing straight ahead, and body weight evenly distributed.

For specific stretching routines to try, see the University Health Services Berkeley guide above or bit.ly/healthharvardstretching.

E.G. WRIST AND FINGER STRETCH



TRY 4-4-8 BREATHING

E.G. ANKLE ROLL



MOVE SLOWLY!

*Disclaimer: If you are having any issues with breathing or have been advised by a doctor to avoid physical activity, please wait until you are feeling better or have been cleared by a doctor to engage in strenuous activities.

Puzzles

Sudoku

EASY #015

5	8	6	4	3				
	6	1	3					9
2	3		9					4
1	2	5	7	3				
8	9			6				4
			3	8	1	5		
	1	5	9	4				7
								5
9	6		2	8				

MEDIUM #015

6			3		5			
	9		4		2			
	2	3		7	8			6
4				5	1	7	9	
7	6							4
			3					
	8	2						
	7			2	5			
	6	1		8	4			

HARD #015

4	5	7						
	1							3
	9				6			1
1			8			5		
	2				5			6
	8	7		4				
			4	3				6
		8	5	9				
			2					8

Word Search

Z E X P E R I M E N T M P Q T F D A
 D Y N A M I C Y J C W S R S H A A P
 B F N N T G M O P O W C E H E R Y L
 V S M C O W H J R N H Y C O A E L A
 K P I I R E L U A T I A A U T W I C
 M I X R T O D I C I S N U L E E G E
 R R T C I A E C T N P O T D R L H N
 C I U L L K V E I E E T I E V L T U
 A T R E L K I S C N R Y O R S S W R
 R F E S A B L I E T E P N S G I F S
 Y E A R S A S Y H S D E S D V N I H
 J J O U T S I D E V T Q A L Z X A W

Theater
 Experiment
 Farewells
 Juices

Shoulders
 Mixture
 Practice
 Devils

Cyanotype
 Precautions
 Outside
 Dynamic

Place
 Year
 Daylight
 Continents

Spirit
 Whispered
 Tortillas
 Circles



Grandma's Enchiladas

Recipe provided by: Demetrio Morais

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Number of Servings: 2-4

Total Time: 15 minutes

INGREDIENTS

- Corn tortillas
- 1 onion
- Salt
- Chile guajillo
- Mozzarella cheese
- Lettuce
- Vegetable oil



INSTRUCTIONS

1. In a pot, add chiles with no seeds and water covering just enough of the chiles.
2. Boil the water. Once boiling starts and the chiles are soft, pour contents into a blender.
3. Add the onion to the blender and a pinch of salt and garlic powder. Taste the mixture and add more salt and garlic powder as needed.
4. Once the flavor is to your taste, pour contents from the blender into a strainer over a bowl and keep stirring until only thick contents is left in the strainer. The Chile sauce will be left in the bowl.
5. In a frying pan, add enough oil to cover a full tortilla and wait until the oil is sizzling.
6. Dip tortillas into the bowl to cover it with the Chile sauce and cook it on the frying pan for 5 to 10 seconds each side.
7. Shred mozzarella cheese and place the cheese in the center of the tortilla. Roll the tortilla closed and then add more cheese and lettuce on top of the tortilla and you have an enchilada! Enjoy!

Why does this recipe remind you of home?

This is a recipe that my grandma always made as a child and it is a tradition that has continued through my mom and I'm in the process of learning to make it as well.

Want to share your Taste of Home recipe? Submit your recipe online at bit.ly/bbp-cc-forms.



Creative Writing: Point of View

Creative writing allows you to run wild with your imagination, share ideas, and encourage artistic expressions. Let's begin!

1. Imagine yourself as a lifeless object, a spirit, or an animal.
2. Rewrite a scene or story from the point of view of someone or something that no one knew was watching.
3. Begin the story or scene by imagining where you are to get the story started. What is unique about this place? What does it look like? How does your character feel about this place?

Want to share your creative writing piece with us for a chance to be featured in our next newsletter? Submit it at bit.ly/bbp-cc-forms



COLOR BY NUMBER

Directions: Let's practice numbers and colors with this fun activity. Start by coloring each shape with the matching number. 1. Black, 2. Green, 3. Blue, 4. Pink, 5. Red, 6. Orange, 7. Yellow, 8. Purple, 9. Grey. All shapes without a number are white.



DOT TO DOT



Start at the number 1 and follow the dots in numerical order until you reach the number 50.

When you're finished have fun coloring in the picture!

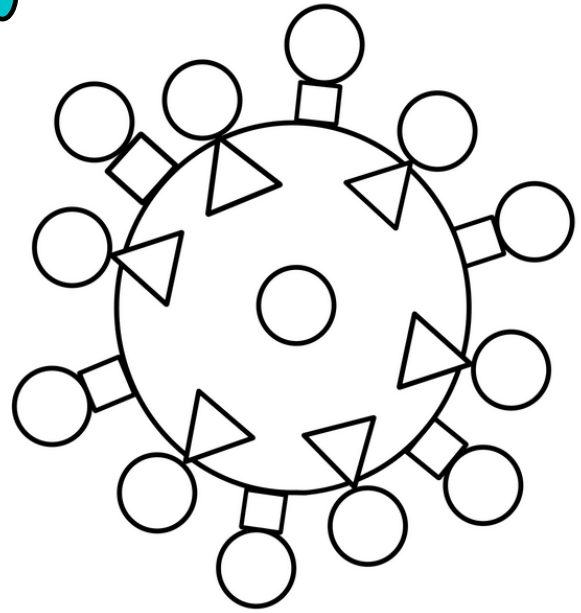
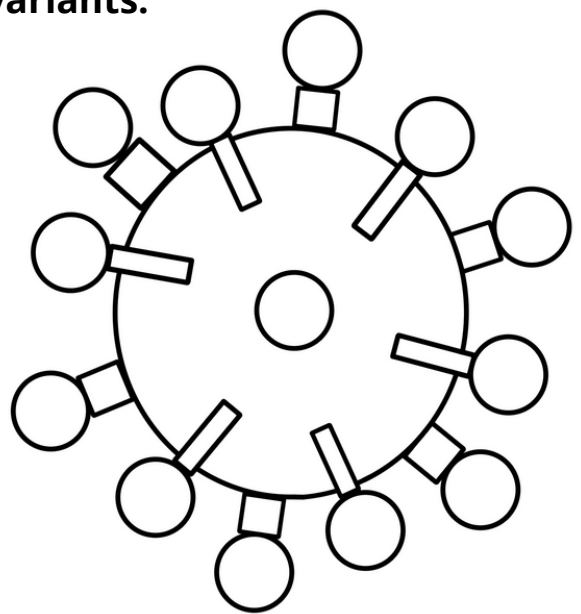


THINKING BIG ACTIVITY ✨

Hello, we are objects from "The Immunizer and the COVID-19 Variants!" Download a copy of our comic book at bit.ly/bbp-cc-download to read about how we play a role in Ash's discovery of variants.



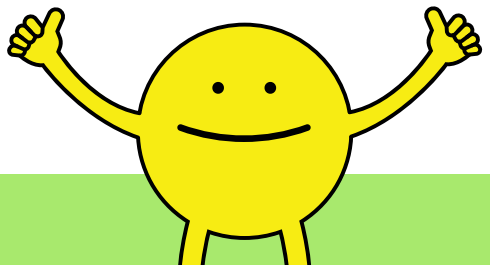
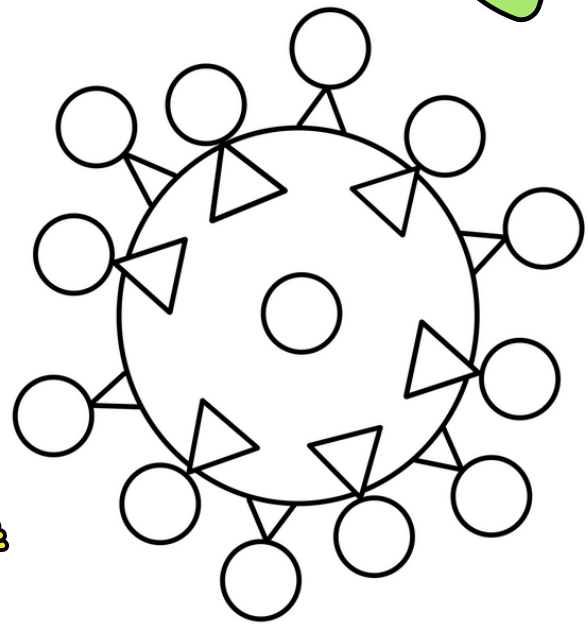
1. COLOR THE CIRCLES IN BLUE
A. HOW MANY SHAPES ARE THERE?



2. COLOR THE SQUARES IN GREEN
A. HOW MANY CIRCLES ARE THERE?



3. COLOR THE TRIANGLES IN YELLOW
A. HOW MANY TRIANGLES ARE THERE?



KIDS MADLIBS



HOW TO PLAY: Grab a friend or family member to participate in this activity. Pick a READER and a WRITER. The reader asks the writer to say a word to fill in the blank spaces of the story. The blank spaces can be filled in with different parts of speech, like a noun, verb, adjective, and more. When all the blank spaces are filled in, the story is complete. The reader reads the story out loud, just in time for some giggles. Sometimes the story will make perfect sense and other times it will not, but that's alright. There are no winners or losers in this activity, only creative and funny stories to share. Have fun and enjoy! 😊

TITLE: Back to School!

I am so _____ (adjective – emotion) to be back at school.

Every morning, at _____ (noun – time) I _____ (verb) out of bed.

I run downstairs and eat my _____ (noun – food) before getting on the bus and saying goodbye to my _____ (noun – plural).

My favorite day of the week is Friday because we get to wear our favorite _____ (noun – clothing) and eat pizza!

In art class, I am using fancy markers to _____ (verb) a picture of my friends.

In math class, we _____ (verb) so many problems. I got them all right!

The day goes by and finally I'm in English class. My teacher is really _____ (adjective – emotion) about reading.

Once the _____ (noun) rings, I head to field to practice _____ (noun – soccer). I think we're going to _____ (verb) lots of games this year.

After practice, my sister in high school picks me up and we get _____ (noun – food) on the way home.

I can't wait to do it all again tomorrow!

PARTS OF SPEECH:

- Noun – Person, place, or thing. Ex. Mom, jungle, notebook.
- Verb – An action. Ex. Swim, Fly, Read, Cooking.
- Adjective – Describes a person, place, or thing. Ex. Soft, old.

When you are finished, submit your child's story online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!



THE HERMIT



Written by: Nora Trejos

For the month of September, in the constellation of Virgo, we have the Hermit. The Hermit is a highly wise person who is connected to nature and lives away from civilization, like on a mountain or in the woods. The main invitation of this card is to disconnect from the loudness of society and reconnect with the silence of mother nature.

The Hermit card is asking you to self-isolate with a purpose. This month may be a time to do some soul searching. Allow yourself to seek the answers inside of you. Choose a place in nature where you feel at peace and go there without any electronics. Listen to the water running, the birds chirping and your heart beating. Maybe in this space you can also hear what your soul is telling you. This practice is also known as noble silence.

To practice noble silence, you need to remove all distractions; this includes social media, computers, music, TV, (any screens really), and even conversations with others. This practice helps cleanse your mind of clutter and brings clarity to your heart. You can go on a walk, read a book, write in a journal, do some crafting, complete some chores, or play a game, in silence. Do this for at least two hours and you will see the benefits of being The Hermit without needing to move to the mountains.

The Hermit can also represent a time of change and turmoil in which you need to take time to meditate and think deeply about your path in life. Are you where you want to be right now? Are there changes you need to make to improve your life? Where exactly are you going? If these and other questions are roaming your mind, you need to give yourself space to find the answers and stop procrastinating self-growth.

If you have been recently hurt, The Hermit brings a time of healing. Even though isolating can be lonely, you need to step away from others to tend to your heartbreak. Remember that isolation is not the same as loneliness.

Lastly, the Hermit can be raising a flag that you are too focused on outwardly and material things. You are neglecting your inner world and probably disconnected from nature. The Hermit calls you to reexamine your priorities. You may be so caught up in the demands of capitalism (work, money, possessions) that you are missing the reality that is your own soul and its place in nature.

The Hermit wants you to find the divine that live inside of you through connecting with everything that is alive around you.

Keywords: *solitude, soul searching, wisdom, connection*



Puzzle Answers

Sudoku

EASY #015

5	9	8	2	6	4	7	3	1
4	6	1	3	5	7	2	8	9
2	7	3	8	9	1	5	4	6
1	2	5	4	7	6	3	9	8
8	3	9	1	2	5	6	7	4
6	4	7	9	3	8	1	5	2
3	1	2	5	8	9	4	6	7
7	8	4	6	1	3	9	2	5
9	5	6	7	4	2	8	1	3

MEDIUM #015

6	4	7	2	3	9	8	5	1
8	9	5	4	1	6	2	3	7
1	2	3	5	7	8	9	4	6
4	3	8	6	2	5	1	7	9
7	5	6	8	9	1	3	2	4
2	1	9	3	4	7	6	8	5
9	8	2	1	5	4	7	6	3
3	7	4	9	6	2	5	1	8
5	6	1	7	8	3	4	9	2

HARD #015

4	3	5	7	1	8	6	2	9
6	7	1	9	2	4	8	3	5
8	9	2	3	5	6	4	1	7
1	6	3	8	9	7	5	4	2
9	2	4	1	3	5	7	8	6
5	8	7	6	4	2	1	9	3
7	5	9	4	8	3	2	6	1
2	1	8	5	6	9	3	7	4
3	4	6	2	7	1	9	5	8

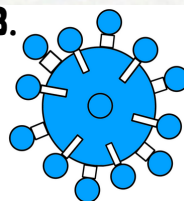
Word Search

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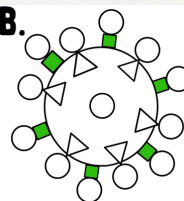
Thinking Big Activity

1A. 3 - CIRCLE, RECTANGLE, TRIANGLE, 2A. 14, 3A. 12

1B.



2B.



3B.

