

ONE BITE

VEGAN MAGAZINE

ROASTED
BEET
Hummus

11

PLANT-BASED
RECIPES

SPARKLE HEART
Emoji Cake

Rosemary
INFUSED
PINK
SALT

VEGAN
SAUCES



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Albert Einstein- Well Said

“Creativity is Intelligence Having Fun” -Albert Einstein

By Lisa Shaub



“Giant Bubbles at Sunset” was photographed in Tompkins Square Park, in the East Village of New York City.

Have you ever seen a group of kindergarten age children at play? The constant new ideas, the number of ways they take the same thing and make it more fun is inspiring and even a bit crazy. How and why do those abilities fade? Life becomes predictable, demanding and more about fitting in. That same kid who could take a Lego set and make it into a tweeting chicken can't even come up with a theme for his English paper.

How can we reach back to that childhood time and take with us a little slice of that rich and inspiring energy? If you want to connect with your own creativity, start out by patronizing someone who is actively working with theirs. Support an artist or craftspersons who is making beautiful work.

There is a man in my neighborhood called [Jim Power](#) who creates mosaic designs on the street lights of the East Village. He uses mosaics to tell a story about the neighborhood with the names of the businesses, the famous artists and highlights all created from broken pieces of cups and plates.

Although he is disabled and needs to ride on a scooter because of hip issues, he is out working in all kinds of weather. Whenever I see him I donate a dollar and tell him how much I love his work. Every day that I see his amazing lampposts covered with brilliant images I feel happy that I am helping him, even in a tiny way.

Try to find someone in your neighborhood that is practicing their creativity. If you can afford it, give them a donation, or find a way to support their work.



ABOUT THE AUTHOR

Hi, I'm Lisa! I love to cook and eat delicious food, and live a rich abundant life. I am a busy Mom from N.Y.C. writing about d.i.y. lifehacks for your healthy body, mind and community. Living well is best! Follow Lisa at- www.lslivewell.com

