



Under the Same Sun

**Story and art by: Pa Kou Lee, C.O.A.
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As I was making "Under The Same Sun," I reflected on a phone conversation one night I had with my mother this past autumn. The nights were getting longer, and I could feel myself sinking, struggling to keep my head above the waves of change and my own emotions, and struggling to carry what felt like boulders in my chest. I couldn't help but cry. It was one more little thing to add to the darkness of 2020, the coming winter nights that seemed to last forever. My mother called me that night and asked me to close my eyes and breathe as she told me a story. I shut my swollen tear-filled eyes and pulled air deeply into my lungs as she pulled me into a familiar scene.

I was a child again, roaming about the backyard. The sun was warm, constant, and bright on my skin, and the earth smelled of sweet rain. She drew me from one corner of the yard to the other asking me to feel the grass under my bare feet and to feel the bark of the old helicopter seed tree beneath my fingertips as I passed by. She described the freshly tilled garden with the many marigolds planted along its borders to try to keep the pests away, and then she said to me, "Look. Look at all the Pa Kous I planted to protect the garden."

And with my mother's words, I broke down and sobbed. I was reminded that though I may feel weak and overwhelmed, I still have purpose. I am still protecting a garden, just a more human version of it under the same sun of my youth, which is the same sun that rises today, and in some way, I was comforted by that.

Pa Kou Lee is a self-taught, intuitive artist concentrating on abstract expressionism. Her primary medium is acrylic, though her curiosity often excites her to experiment with different mediums and techniques and incorporating them into her work. Her art is focused on exploring mood, processing and conveying emotion through texture, flow, and color. Pa Kou is currently based in Menomonie, WI where she spends her free time creating videos discussing her art online, songwriting, and learning the art of Bonsai. Pa Kou Lee is a Certified Ophthalmic Assistant in the Eye Care Center at Mayo Clinic Health System in Eau Claire and Menomonie. She has been employed since 2013.

Wave after wave of change and with new horizons ahead, I can't help but take some solace in the Sun, knowing that it has seen everything under itself and shines on everyone.

View all the pieces in the *Healing Reflections* [online gallery](#).