

Practice

Look all around you.

Don't stop until you find something beautiful.

Take all the time you need.

This beauty might not be something you see; it might be a sound, a smell or a feeling. Open yourself up to beauty as a way of being, a way of believing.

Beauty always surrounds us.

It is up to us to see it, to be it, to believe it.



Art by Michael T.

“If I do what I can today, I think that tomorrow will take care of itself. If I’m focused on tomorrow, I’m gonna miss something today.”

Melvin, 2009

Questions

When did you experience beauty today?

Get a pencil and paper, close your eyes, and let your hand freely move the pencil. Draw something that feels beautiful.

Open your eyes.

What do you see?

