

Touchstones Theme: Beauty

Can you look beyond the facade of another and empower that person's beauty? Can you see beyond the affects and defects in others and accept them as part of the beauty of yourself, the wonders of nature, and the miracle of love? Begin by experiencing the beauty in yourself. Look at yourself in the mirror and begin seeing through lenses that color everything in beauty. Accept each part ...as a beauty of nature and wonder of life. Practice this with people you meet..... You will notice that when you see beauty, the beauty is reflected back to you. This happens with people, with animals, with plants, and with all the elements in nature. *Shoni Labowitz*



Try this the next time ...beauty ...pulls you toward it. It might be a radiant sunset, the stars on a very clear, cold night, a great expanse of beach with waves rolling in one after another, or just a small creek trickling over mossy stones. Close your eyes and continue to see the scene, and realize that the pull it has on you is coming from within you

as much as from without. The ...longing to let it fill you... There is no barrier between you and it. Even though it seems to be "out there," ...it is in your soul. ...Take a deep breath and let these wonders fill you. Then open your eyes again. When you leave this scene, all the glory, beauty, and power of it will go with you. *Tom Cowen*

Please join us in exploring the theme of Beauty

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Woman looking in mirror, photo by Mart Production on Pexels
Woman looking at a sunset, photo by Tobias Bjørkl on Pexels