

JUNE JOURNAL — Creating Beauty — *Adventure #1*

“To be creative means to be in love with life. ...You want to bring a little more music to it, a little more poetry to it, a little more dance to it.”

— *Osho*

Why do we long to see and experience beauty? To create it in our lives and homes... and, yes, even our own hearts?

Because beauty doesn't just delight us, it also creates peace and safety.

It soothes us & calms down our fried nervous systems pulled taut — too taut — from the stresses of the world.

And in a world filled with competition and conflict, with heartache and losses that can leave us feeling a little (or a lot) empty & numb...

*Beauty creates connection, rapport with our own souls,
& helps us find the meaning in our lives.*

Sound delicious?

Then let's create more of that in our lives this weekend!

And it starts with a mini adventure. A tiny little pocket of time where you commit to finding the beauty!

1. Brainstorm a list of small ways you enjoy spending your time & actively creating beauty in your life.

Some ideas to get you started:

- Playing the piano, the feel of the keys, the sound of the music
- Singing for the pleasure of it (how many musical songs can you remember?)
- Baking bread or muffins and the way it smells in your home
- Making a great meal in your favorite cuisine (Indian or Italian?)
- Setting a beautiful table using all your pretty things
- Knitting, and seeing how the beautiful yarn loops and changes color
- Gardening, pulling weeds & admiring the blue hydrangeas next to the roses
- Dancing in your own living room, pulling out all your ballet or salsa moves?

2. Commit to doing one of these this weekend!

Pick the one that sounds the most delicious & commit to doing it for just 10 minutes. Put the phone away, put on some good music & set a timer for ten minutes.

If that means you only have the time to pull out that skein of yarn and wind it into the ball, or to look through that cookbook for a pie recipe that sounds enticing.... then that's what it means.

At the end of the ten minutes notice how you feel. Calmer? More centered? Less numb? And if you want to keep going after the ten minutes... ? Do it!