

JUNE JOURNAL — Creating Beauty — *Adventure #2*

“Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious.”

— *Ruth Reichl*

Beauty / *noun* / beau·ty 'byü-tē

1 : the quality or group of qualities in a person or thing that gives *pleasure to the senses* or the mind.

Beauty isn't just about how it looks, it's about how it makes us feel.

That's why we've been practicing creating beauty through all of our senses this week — from sight, to scent, to what we listen to daily, to the way fabrics feel on our bodies and in our homes.

There's only of our senses we have yet to create beauty through... Can you guess which one it is? Taste!

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. Pick something in your life that you love but don't always take the time to fully savor...

- favorite glass of chilled Prosecco or rosé....
- a favorite pastry from the bakery you only let yourself have once in awhile...
- maybe it's one beautiful piece of chocolate...
- a favorite meal you make...
- a favorite cup of Earl Grey tea...
- A favorite desert
- A bowl of perfectly ripe, in season cherries

2. Make an art of presenting it beautifully to yourself.

- Put in on the prettiest plate
- or serve it in the beautiful fluted wine glass you have.
- Set a lovely table, if it's for a meal.
- Sit a table or in your favorite chair to eat it
- Put on music you love
- Choose a favorite time of day to indulge in it

3. Focus on just tasting and enjoying all the flavors of one of your favorite foods.

Put away your phone and computer, and focus on seeing if you can really be present to enjoying the beauty and flavors you've just created for yourself!

Sometimes beauty isn't about putting in more effort, sometimes living a beautiful life is as simple as opening our eyes to the pleasures all around us, & slowing down to fully take them in.