

2/4/22

Are you feeling overworked?
experiencing mid-winter
“blahs?” OR? (you fill in the blank...)
Want an ANTIDOTE???

A dose of BEAUTY!!

In his amazing book *BEAUTY: THE INVISIBLE EMBRACE* the late Irish poet and philosopher John O'Donohue made this observation:



“constant struggle leaves us tired and empty... when we expect and engage the Beautiful, the heart becomes rekindled and our lives brighten with unexpected courage – And it is COURAGE that restores hope to the heart. It is like a divine breath that blows the heart open ...”



The human heart is HUNGRY for beauty, he says – and we seek it EVERYWHERE – in landscape, music, art, clothes, furniture, gardening, companionship, love, religion and within ourselves... When we experience the Beautiful, we experience a kind of “homecoming... some of our best memories are of places/people where we felt immediately “at home.”

We feel most alive in the presence of the Beautiful for it meets the needs of our soul... Even when people have been in the most desolate of surroundings, simply REMEMBERING an image of beauty has helped them survive.

Blaise Pascal’s advice? “In difficult times, carry something beautiful in your heart.”

I recently came across a beautiful piece of music ([click here for link to listen](#)) called “Life Has Loveliness To Sell” based on Sara Teasdale’s poem called “Barter.”

“Life has loveliness to sell
All beautiful and splendid things,
Blue waves whitened on a cliff
Soaring fire that sways and sings,
And children’s faces looking up
Holding wonder like a cup.

Life has loveliness to sell,
Music like a curve of gold,
Scent of pine trees in the rain,
Eyes that love you, arms that hold,
And for your spirit’s still delight,
Holy thoughts that star the night.

Spend all you have for loveliness,
Buy it and never count the cost;
For one white singing hour of peace
Count many a year of strife well lost,
And for a breath of ecstasy
Give all you have been, or could be.

May you enjoy saturating your spirit with Beauty!! – in lovely and familiar ways –
AND in ways new and surprising you may discover

“LET THE BEAUTY WE LOVE BE WHAT WE DO
THERE ARE HUNDREDS OF WAYS TO KNEEL AND KISS THE GROUND.”

Rumi

