

Nurture Beauty

April 2021 Chalice Circle Session

Spiritual Practices

Beauty

- *Enhances: Simplicity, Pleasure*
- *Balances/Counters: Clutter, Habitual Life*

By Frederic and Mary Ann Brussat

The Basic Practice

The Navaho blessing "May you walk in beauty" catches the essence of this spiritual practice. Beauty is both a path you travel and what surrounds you on the path. In the splendor of the Creation, we see its outer forms. In morality and benevolence, we recognize its inner expressions.

Start this practice with the assumption that beauty is everywhere just waiting for you to notice it. Allow yourself to feel its effect upon your soul. Some experiences will stop you in your tracks and take your breath away. Others will be more subtle but equally sublime. Then make your actions reflections of the beauty all around you.

Why This Practice May Be For You

Clutter gets in the way of beauty. If we have too many things and tasks in front of us, we may not notice what is beautiful about them. The contrast is simplicity; by paring away excesses, we make an opening for splendor.

Routine and rigid thinking also restrict our appreciation of beauty. If we are stuck in a rut, we never discover the refreshment waiting just around the corners of our daily schedule. If we have a narrow understanding of aesthetics, we are limited in our ability to recognize beauty's varied manifestations.

Beauty is startling, stimulating, and soothing. Try this practice when you need to be pulled out of your habitual way of seeing and being. Its cultivation produces pleasure.

Daily Cue, Reminder, Vow, Blessing

- The sight of a vibrant red (or substitute the color of your choice) today is a cue for me to notice something beautiful in my environment.
- When I see a stunning sunset, I am reminded to cherish beautiful experiences.
- When I encounter someone in need, I vow to express the beauty within me with an act of service.
- Blessed is the Radiant One who has created a world filled with so much beauty.

CHILDREN'S STORY: The Beauty Contest

By [Christopher Buice](#)

Once upon a time in a little village, there appeared a sign that said:

**Beauty Contest
to be held this Saturday
at the fair grounds.
There will be a surprise guest judge.**

All the young girls in the village were very excited about being in a beauty contest, and they began to prepare for the big day. They all bought new clothes and jewelry. They made appointments to get new hairdos. And they also began spending a lot of time looking in the mirror and practicing their smiles.

Well...almost all the girls. There was one girl who was a poor servant. She had no money to buy new clothes or new jewelry. She didn't even have enough money to pay for a new hairdo. In fact, she was so poor she didn't even have a mirror to look in and practice her smile. This poor girl could do nothing to prepare for the beauty contest.

Finally, the day for the beauty contest arrived, and all the girls from the village started down the road to the fairgrounds. On this particular day there was a blind man standing by the side of the road. As each person walked by, he asked,

“Would you please help me down the road? I am a blind man and cannot see to find my way.” But all the young girls were in too big a hurry to get to the beauty contest, and they just walked right past the blind man.

After awhile, the poor servant girl walked by and saw the blind man. She offered to help him down the road. “Where are you going?” she asked.

“I am going to the fairgrounds,” said the blind man. And so the two began walking down the road.

When they arrived at the fairgrounds there was a lot of confusion. There were lots of girls ready for a beauty contest but there was no judge to be found. All the girls were shouting, “Where is the judge?”

“Here I am,” said the blind man. “Sorry I'm late.”

It was quiet for a moment and everyone was surprised. Finally, one girl said, “You can't judge the beauty contest...you can't see.”

The blind man laughed, “True beauty is something anyone can see. A pretty face is nice but an act of kindness for a stranger—now that is a beautiful thing.” And as he spoke he pinned a blue ribbon on the poor girl's shirt. And on the ribbon were the words “First Prize”.

“Do not be fooled by false beauty,” said the blind man. “The next time you’re looking for the winner of your beauty contest look for someone who is kind and helpful, for the greatest among you shall be your servant.”

About the Author

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