



# *Seeds of Wisdom* 13-Week Email Course

*with Elka Eastly Vera, M.A.*

Week 4 — Beauty

*Read... Reflect... Respond...*

## Week 4 — Beauty

### { Read }



Keywords for **Beauty**

*literal beauty; enjoyment of life;  
light-heartedness; wordless wisdom;  
awareness of aging; impermanence;  
heart-centered intuition*

These pink blossoms speak without words, directly to the heart. Their sound is laughter from the sheer delight of being.

Beauty's wisdom is to get out of your head and into your heart. Go out into nature. Turn your awareness toward what is beautiful. Be silent. Listen: not for answers, but for laughter. Ralph Waldo Emerson said, "Earth laughs in flowers." To laugh requires both the intake of breath and its release.

Sometimes life is glorious like the cherry tree's abundant flowers in spring. Sometimes it seems barren, like the cherry tree's naked branch in winter. Life is change.

Holding your breath will not prevent the blossoms from fading nor will it speed their return. Release all clinging and grasping. Instead, practice breathing.

Remember this: nature needs no special adornment. It is beautiful — as itself — in every season.

When you gaze at the Beauty card, what impressions arise in your awareness?

---

---

---

---

When you read the brief excerpt, what words or phrases stand out to you?

---

---

---

---



*Seeds of Wisdom*  
13-Week Email Course

## Week 4 — Beauty

### { Respond }

What can you put on your altar to symbolize your understanding of Beauty? (See the course email for ideas.)

---

---

---

---

Sketch a picture of one of your symbols.

What, if any, insights arose as you paused at your altar during the week?

---

---

---

---

---

---

---

