

## There is a hidden beauty in everything; do you sometimes glimpse it? Week beginning 17th October

There is so much loveliness in the world to delight in, if you only have the eyes to see it. Especially in those daily, routine moments. The extraordinary is found only within the ordinary. 'It is very simple,' wrote Antoine de Saint Exupery: 'It is only with the heart that one can see rightly'. This is a skill that will change your life. Wisdom, enlightenment, grace are everywhere. You can learn so much from a worry, a word, a weed, a wrinkle. The Creator, the Mother of Life, comes to you disguised as yourself, your life, your own experiences. Even in the terrible pain that comes to us; even in the evil of human hearts, in the wars around you. How can this be? It is a mystery we struggle with. But we do know from experience that there is no life, no love, that nothing grows, without suffering, and the Mother, Lover and Healer of Life never deliberately sends any pain or punishment to her beloved family of all creatures.

*'There's beauty in light; there's beauty in darkness. Beauty is not something extra; for those who can see, it emerges from the deepest mystery of every creature. (Celtic Wisdom)*

*(The Happiness Habit. p61)*