



The Way of the Heart or Emotion

The Way of Beauty - Exercise

In this exercise, you will need to find a quiet place to work that is free from distractions. You will need your spiritual life line, as well as your spiritual needs assessment.

Take as much time as you need to answer the following questions. Don't force the answers. Let them come to you naturally.

1. When I think about the need to love and be loved in return, I sense _____ inside of me. (Fill in the blank.)

2. When I look back at my spiritual life line, I know _____ was an example of when I felt truly loved. (We are talking about a spiritual love, not romantic or human love.)

3. When I think about beauty, I recognize it as:
 - a. The beauty of the natural world:

 - b. The beauty of the urban/human civilization world:

 - c. The beauty of humanity itself:

4. When I think about beauty in the above ways, I know that I am contributing to beauty in the following ways:



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5. When I think about ugliness in contrast to the above, I know that I am contributing to ugliness in the following ways:

6. When I think about how I contribute to ugliness, I know that I can do the following to transmute those ways to beauty by:

7. An example of soul to soul living or Namaste is:

8. When I think of beauty in relation to myself, I describe my own beauty in the following ways: (Answer this question using whatever comes to mind – drawings, images, words, etc.)