

Dancing with Monsters

CHRONIC ILLNESS as CREATIVE TRANSFORMATION

www.dancingwithmonsters.com



20 Ways to Find Beauty

Some days “suffer from chronic illness” seems like the right description. You wake up tired and aching and move slowly into your day, unconvinced that moving is a good idea. You can be lifted from those times of overwhelm by sudden awareness of beauty. It cuts across the shadows of overwhelm like a shaft of sunlight. Beauty surrounds you, but pain and discomfort make it easy to forget that. When you need reminders, you can...

1. Search for a color name in Google Images. Notice all the ways that color pops up for the rest of the day.
2. Get a hot drink (tea, coffee, etc.) and spend 30 seconds enjoying the aroma.
3. Listen to your favorite music.
4. Savor delicious food.
5. Pet a (gentle & friendly) furry animal.
6. At the grocery store, contemplate the produce bin.
7. Scavenger hunt your living space to identify the nicest smell.
8. Make and eat popcorn. It's a banquet for **all** the senses.
9. Listen to kids playing.
10. Enjoy the texture of a piece of fruit.
11. Take a close-up look at a piece of nature.
12. Go to a garden store or florist and take a deep breath.
13. Eat a piece of fruit slowly.
14. Ask a friend to play you his or her favorite music. (Today I nominate AntoineDufour <http://www.youtube.com/watch?v=YQlyHbu0zz4>)
15. Cuddle up with the softest item of clothing you own.
16. Gaze at an image from the Hubble space telescope. (<http://science.nationalgeographic.com/science/enlarge/hubble-space-telescope.html>)
17. Luxuriate in a bubble bath.
18. Linger over one piece of candy.
19. Listen to the patter of rain drops.
20. Caress your cheek.