

by
Kate
Strasburg

with
illustrations
by Sam Smith

Nightwood Productions
A DIVISION OF
Healing Environments

WWW.HEALINGENVIRONMENTS.ORG


RESPOND@HEALINGENVIRONMENTS.ORG

ISBN 978-0-9794994-9-9 © 2007

Beauty

Beauty is comfort
because it reminds us
there is order
in the universe




A close-up photograph of a blue hydrangea flower. The petals are a vibrant, deep blue. In the background, a bright yellow sun is partially obscured by the flower's structure, creating a soft, glowing effect. The overall scene is bright and cheerful.

*Beauty is comfort
because it reflects
the miracle of life*

And we remember
we are part of that
miracle

Beauty is comfort
because it reconnects us
to the source



through awe
through wonder
through gratitude

If your faith is shaken
gaze at a flower or
a shell or a star

Take comfort in beauty
and remember
you are not alone