



The Trail of Beauty

Please walk quietly



The real voyage of discovery
consists not in seeking new lands,
but in seeing with new eyes.

—*Marcel Proust*

The hours when the mind is absorbed
by beauty are the only hours when
we really live.

—Richard Jefferies



There are two ways to live, one is as though nothing is a miracle. The other is as if everything is.

—*Albert Einstein*





If you love it enough,
anything will talk with you.

—George Washington Carver

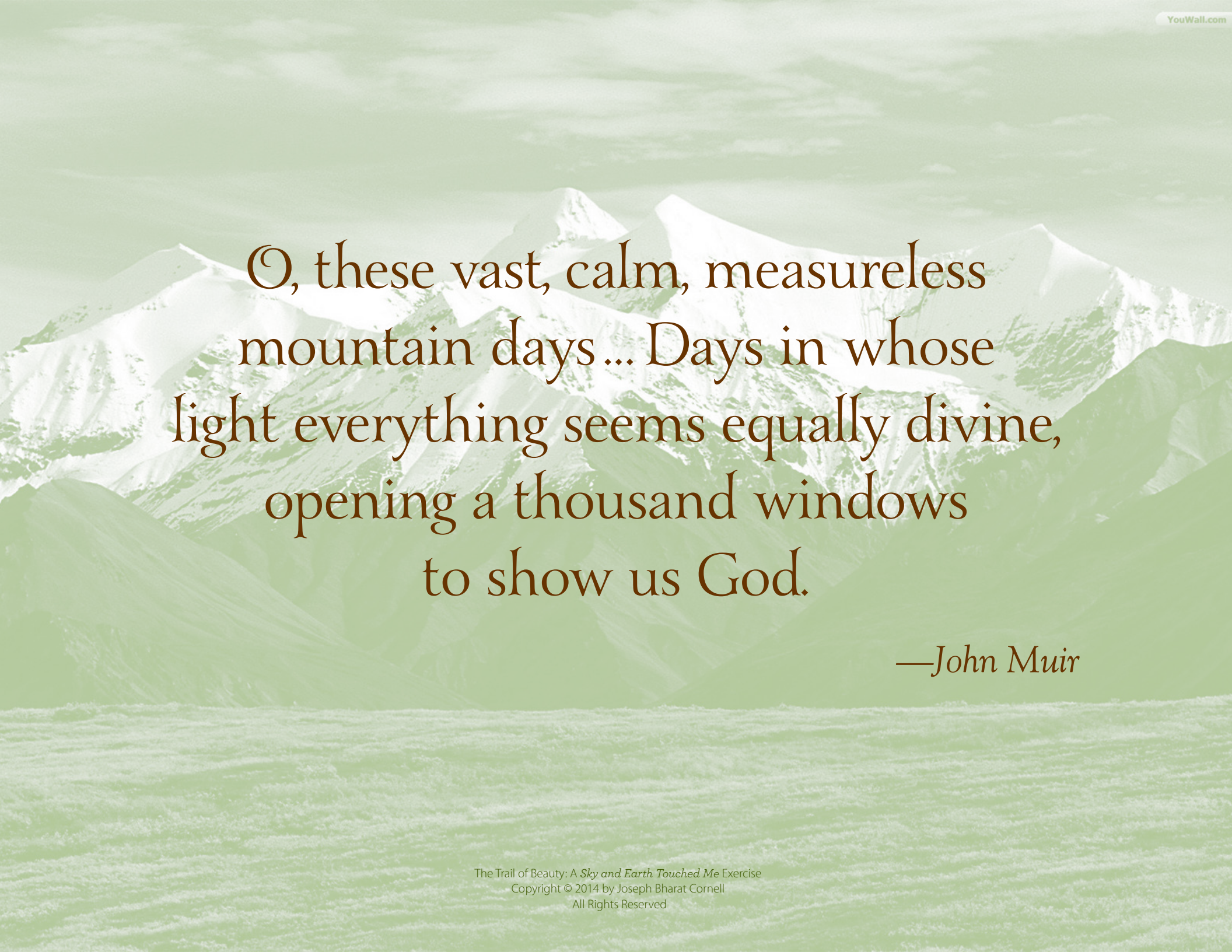
Observe a plant or animal and note its special qualities.
Offer your love and appreciative thoughts to it.

Converse mentally with your plant or animal friend,
if only for a little while.

The best and most beautiful things
in the world cannot be seen
or even touched.
They must be felt with the heart.

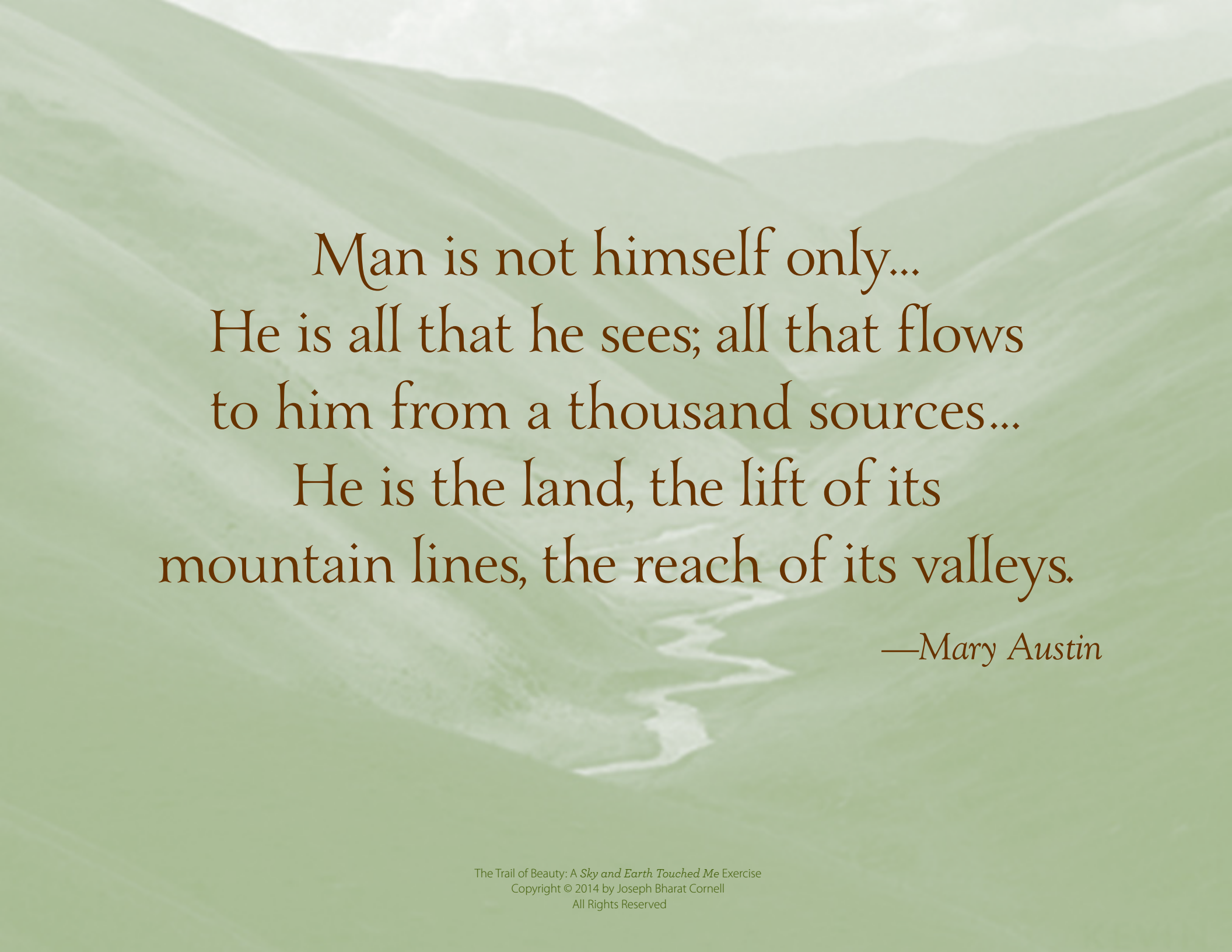
—*Helen Keller*





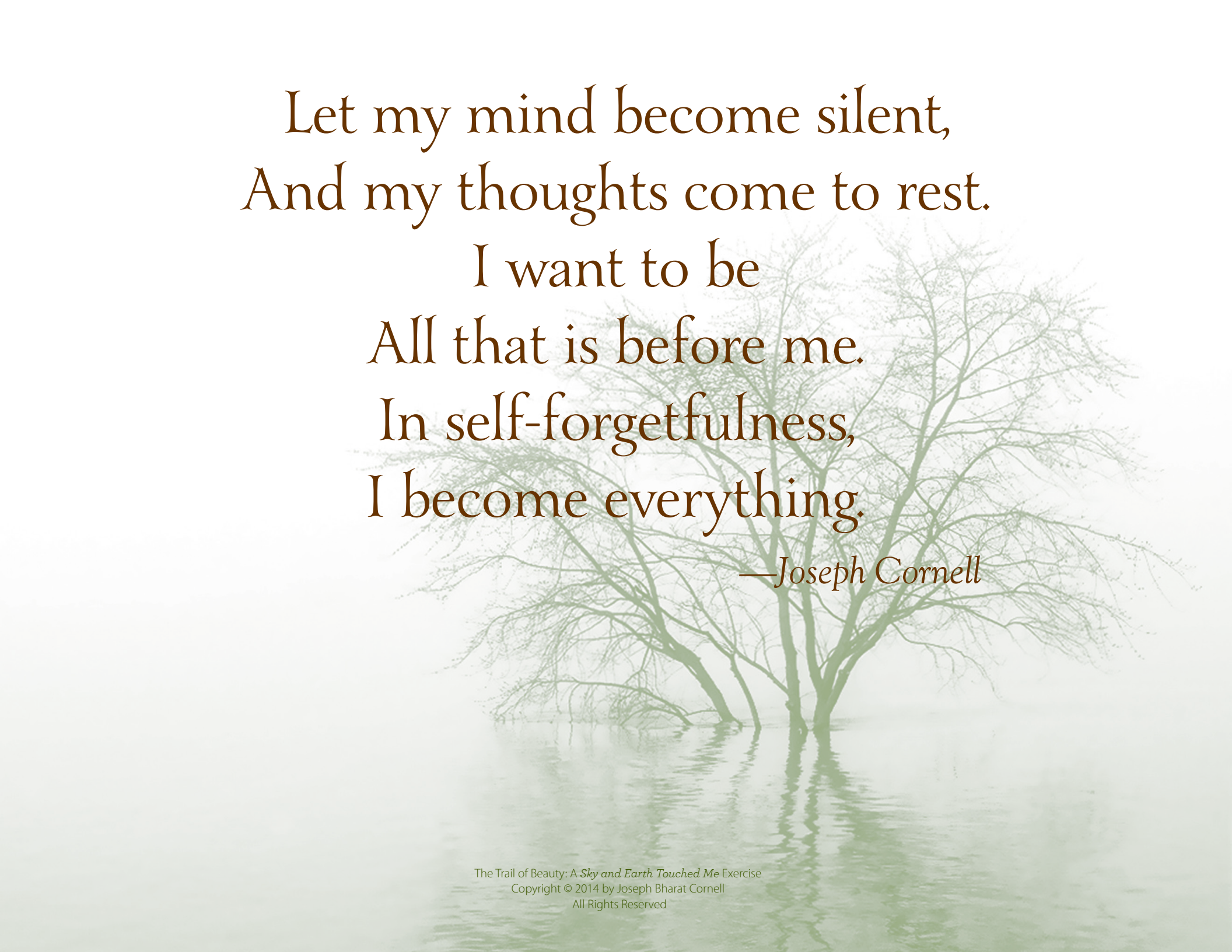
©, these vast, calm, measureless
mountain days... Days in whose
light everything seems equally divine,
opening a thousand windows
to show us God.

—John Muir

The background of the image is a soft-focus, green-tinted photograph of a mountain valley. A winding river or path is visible in the lower part of the valley, snaking through the landscape. The mountains are layered, creating a sense of depth. The overall tone is peaceful and natural.

Man is not himself only...
He is all that he sees; all that flows
to him from a thousand sources...
He is the land, the lift of its
mountain lines, the reach of its valleys.

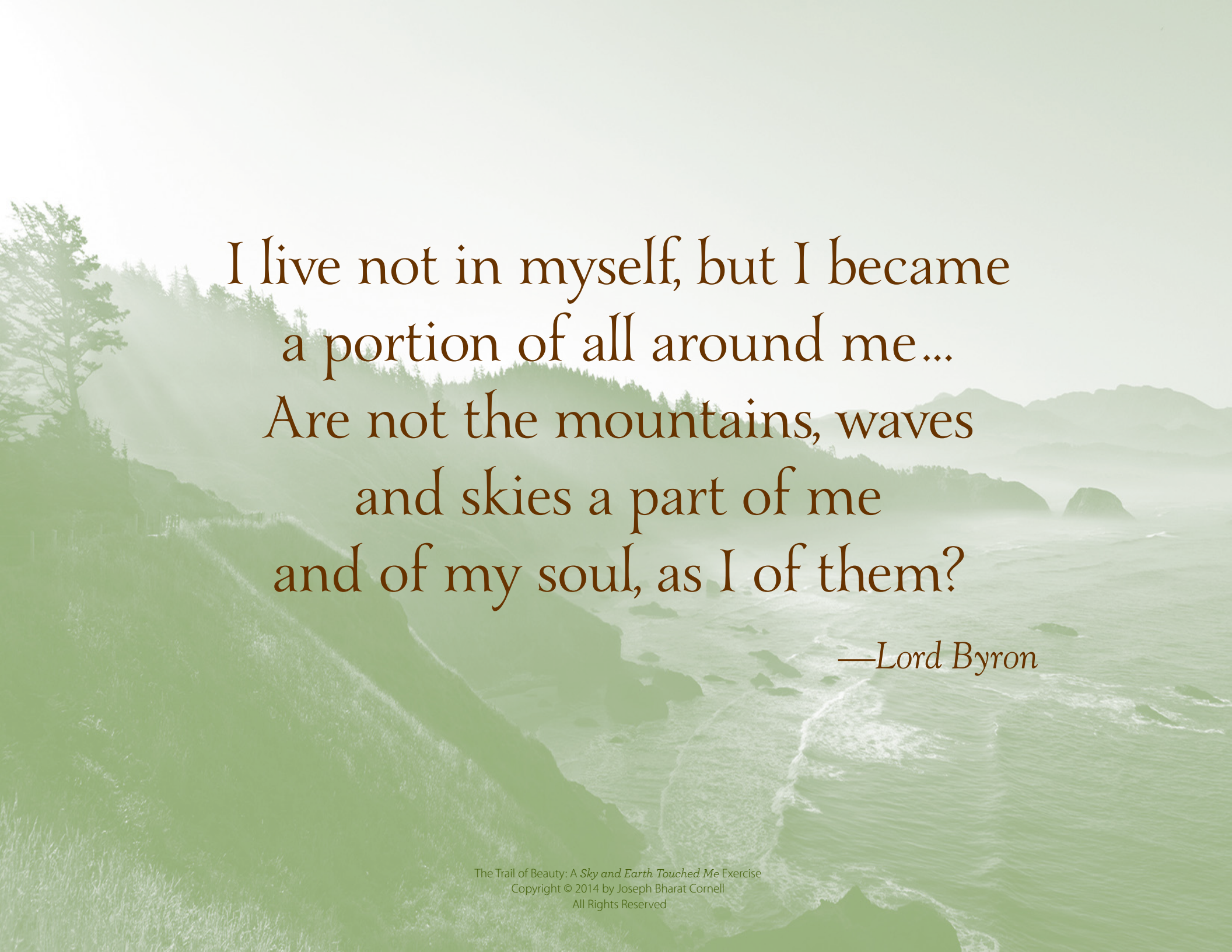
—*Mary Austin*

A misty, ethereal landscape featuring a tree with bare branches standing in a body of water. The scene is shrouded in a light greenish-grey mist, creating a serene and contemplative atmosphere. The tree's reflection is visible in the calm water.

Let my mind become silent,
And my thoughts come to rest.

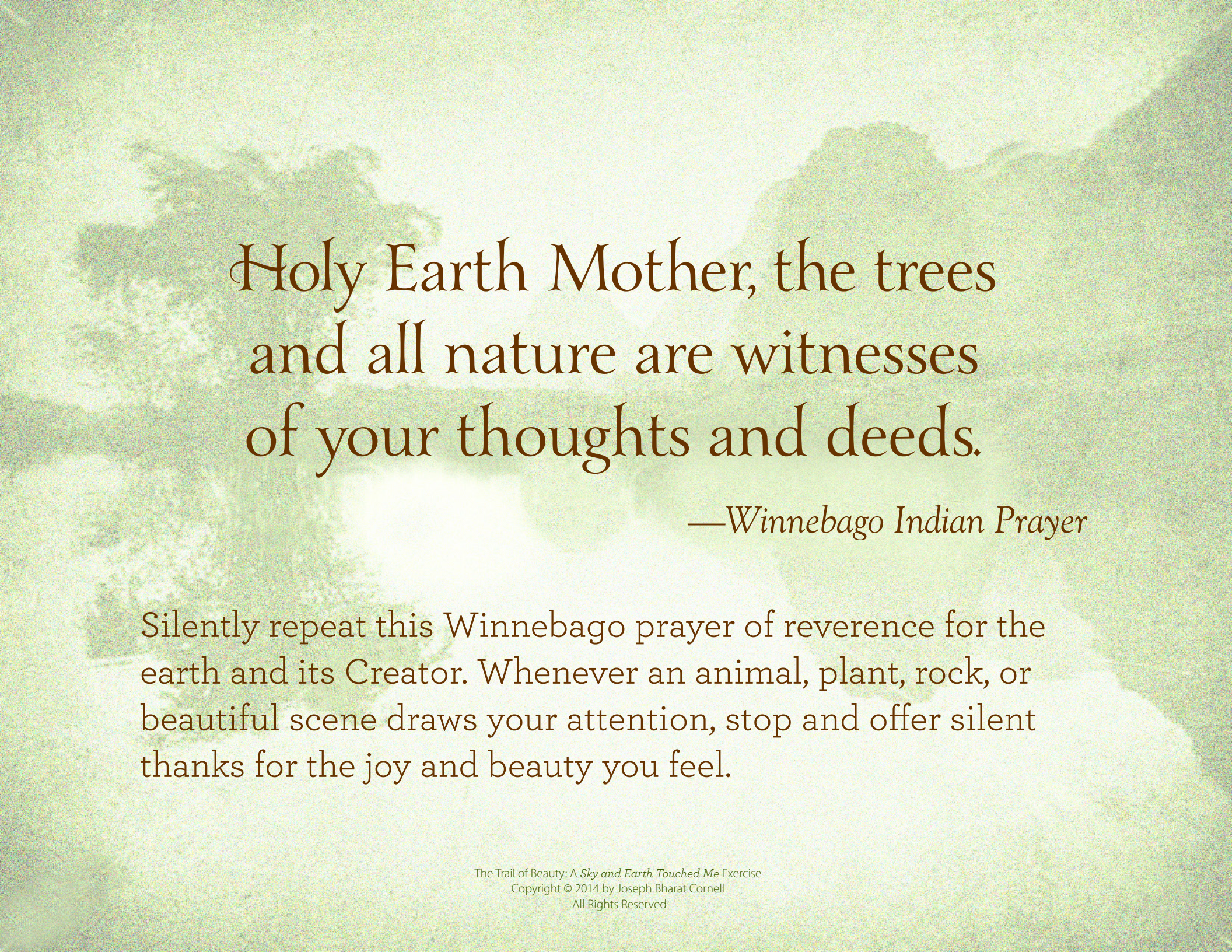
I want to be
All that is before me.
In self-forgetfulness,
I become everything.

—Joseph Cornell



I live not in myself, but I became
a portion of all around me..
Are not the mountains, waves
and skies a part of me
and of my soul, as I of them?

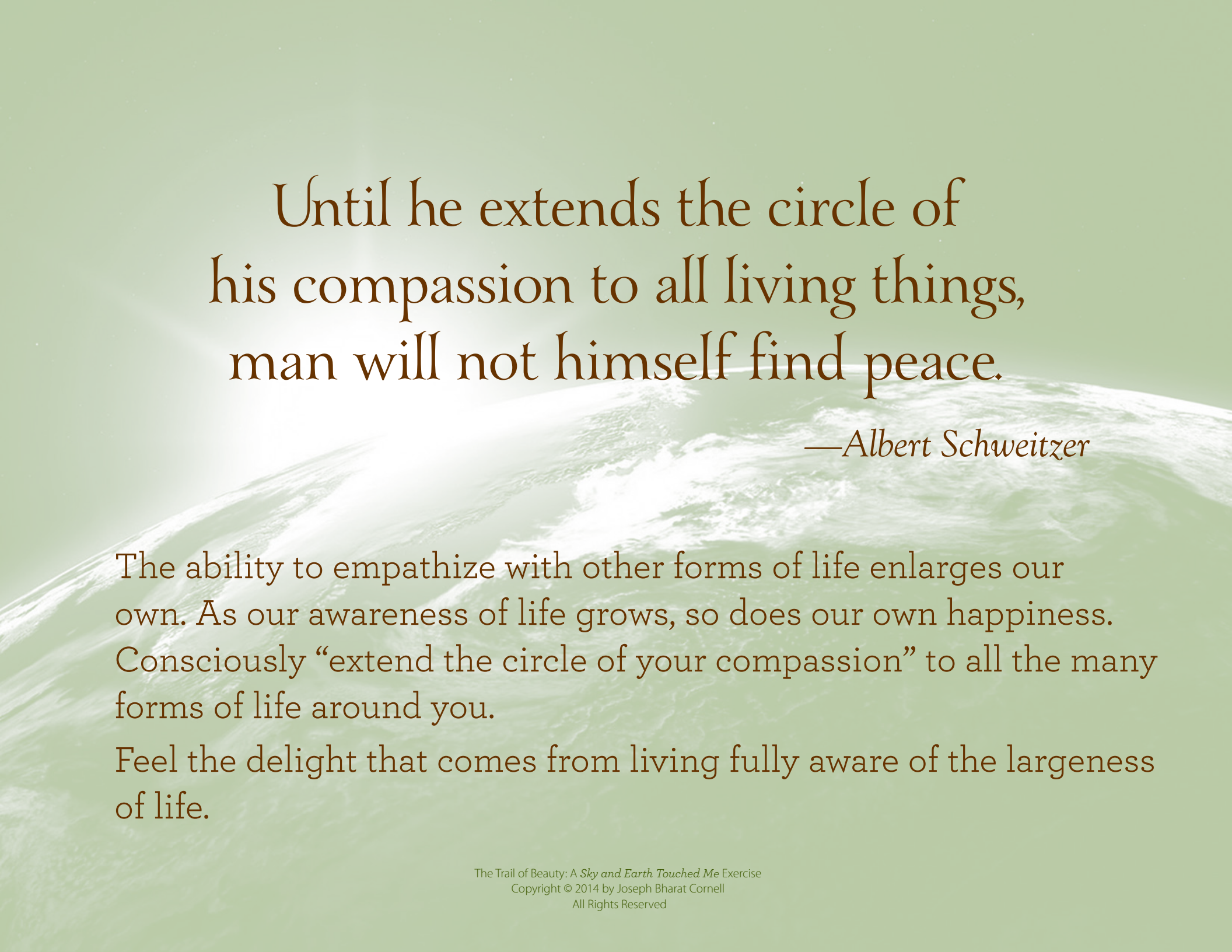
—Lord Byron



Holy Earth Mother, the trees
and all nature are witnesses
of your thoughts and deeds.

—*Winnebago Indian Prayer*

Silently repeat this Winnebago prayer of reverence for the earth and its Creator. Whenever an animal, plant, rock, or beautiful scene draws your attention, stop and offer silent thanks for the joy and beauty you feel.



Until he extends the circle of
his compassion to all living things,
man will not himself find peace.

—Albert Schweitzer

The ability to empathize with other forms of life enlarges our own. As our awareness of life grows, so does our own happiness. Consciously “extend the circle of your compassion” to all the many forms of life around you.

Feel the delight that comes from living fully aware of the largeness of life.

A person stands on a grassy mountain ridge, looking out over a vast, hazy mountain range. The person is silhouetted against the bright sky. The mountains in the background are layered and misty, creating a sense of depth and vastness. The overall tone is peaceful and contemplative.

Love the world as your own self, then
you can truly care for all things.

—Lao Tzu

Write your own quotation.



The Trail of Beauty: A *Sky and Earth Touched Me* Exercise
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