INNER SPACE
ONLINE COMMUNITY

MAY 2025

Walking in Beauty

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Journeys of AWAKENING
ONLINE

CONSIDER BEAUTY.

How does it affect you? Where in your body do you feel it?

Is beauty something that can be described in words or in thoughts?

If so, how would you define or describe it?

How has your perception of beauty changed over the course of your life?

Can you recall something that has shifted in your perception regarding beauty?

CONSIDER THE DIFFERENCE BETWEEN:
Beauty found in nature / natural environments
and
Beauty associated with people and the objects created by them.

Name 7 occurrences in nature that are most beautiful to you

1.

2.

3.

4.

5.

6.

7.

Name 7 objects / structures / created by mankind that are beautiful to you

1.

2.

3.

4.

5.

6.

7.

What did you notice from the previous exercise?

What roles do symmetry and contrast play in your perceptions?

How do you feel about your own beauty at this point in your life?

What aspects of yourself can you find beauty in - inner & outer?

What aspects of yourself do you struggle to find beauty in -inner and outer?

What does inner beauty mean to you and how does it differ from outer beauty?

WHAT HAPPENS / HOW DO YOU FEEL WHEN YOU:

Smell a rose?

What is the timeless eternity you experience as you inhale its fragrance?

Enjoy a moment of true connection and friendship?

Stand or sit in front of a big, mature tree?

Look at a mountain or a waterfall?

WHAT HAPPENS / HOW DO YOUR FEEL WHEN YOU:

Read a beautiful poem?

Listen to birdsong

Stand in front of a masterful work of art?

Listen to a beautiful piece of music

Look into the eyes of a baby?

Do these experiences have anything in common and/or how do the experiences differ?

How could you connect with / be more aware of beauty in your life?

Jot down any more observations about Beauty that come into your awareness during the month and how you open to it.

Additional Journal notes and insights during the month

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END OF MONTH CHECK IN

What have you learnt this month about Walking in Beauty?

On a scale from 1 to 10, how much more aware of Beauty now, than you were at the beginning of the month?