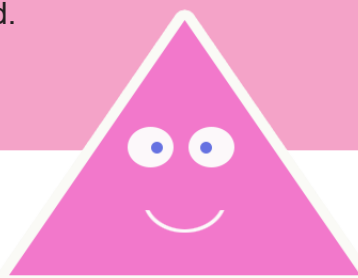


BEAUTY is CHARACTER!

Marty has three antennas to help him monitor his thoughts, words and actions. When they whirl and spin it means that he is losing unity with himself. It happens when he thinks in one way, acts in another and speaks in another still. Luckily, he knows how to call his antennas back to order, and unite them so they become one. Unity with yourself makes your character strong and fills you with self-confidence! To find this state of inner balance it is necessary to practice self-watching. By watching the behaviour of three principal things: your body, your heart and your mind.



I am the body



I am the heart



I am the mind

MAKE A CHARACTER COLLAGE!

You need: bristol paper, coloured tissue, glue and scissors.

Cut out different shapes from the coloured tissue and choose sets of three to overlap. Glue the pieces together and make as many funny and crazy looking characters as you can. Add eyes, nose and mouth and give them a name! You can use the names of the emotions they make you think of. Glue your characters onto the bristol paper.



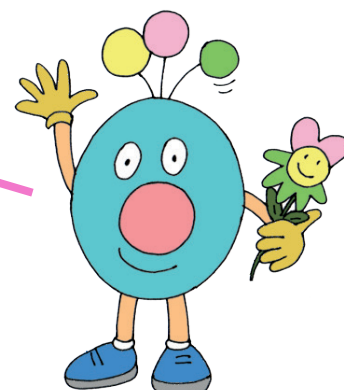
If my thoughts, words and actions are not in harmony, I feel like this!



Now I feel good!
I wonder why?

When you are through cut out three different sizes of the same shape. Place the smaller shape onto the middle sized one and the big one under them both. Fit the shapes together as neatly as you can and make a new kind of character out of them. Compare it to the ones you made before. Why is it different? How does it make you feel?

When my thoughts, words and actions are aligned to Human Values, my character blossoms like a flower and its fragrance is BEAUTY!



"Beauty can save the world!" Fedor Dostoevskij

