

## The Power of Zeal

I thank the Master Mind, God within, for The Power of Release, giving me the ability to let go of all that no longer serves me.

*The voyage of discovery is not in seeking new landscapes  
but in having new eyes.*

--MARCEL PROUST



**SEEING WITH NEW EYES:** It is easy to get locked into beliefs that don't serve you. What we believe, we see. A willingness to see with "new eyes" takes being willing to let go of old ideas to make space for new ones. What parts of your life are you willing to look at from a new perspective? What can you discover that might have been there all along but you just couldn't SEE it?

### Photography Inspiration: How to View Things with Fresh Eyes

- ◇ Get Down Low. Drop to your knees or sit all the way down on your butt. ...
- ◇ Get Way Up High. ...
- ◇ Lean Your Head Over on One Shoulder and Squint. ...
- ◇ Stop and Reflect. ...
- ◇ Think Big but Shoot Small. ...
- ◇ Go Big or Go Home. ...
- ◇ Desaturate Your View.

**SEEING WITH NEW EYES** considers taking a fresh look at something, with a different perspective.

One of the difficulties in finding new ideas is the very efficient way which our brain has developed for dealing with the world. We quickly learn patterns and recognize them and we can develop a set of responses for dealing with familiar patterns which becomes almost automatic. 'The way we do things around here' becomes embedded – and that can be both a good and a bad thing. On the plus side it means that we have a quick ready response but on the minus side we may miss opportunities for approaching the problem differently and coming up with novel solutions.

This is a metaphor that is applicable to just about every area of our life when we stop and consider it. Sometimes it's easy to become stale, bored, jaded or shortsighted in how we see our lives, our relationships, our physical bodies, our jobs, the home in which we live, the community in which we live, the country in which we live and even the car we drive. When we start taking these things for granted because we are so near to them, we fail to see the precious role they play in the big picture of our daily lives. At those times, it may be tempting to seek new landscapes, that is, to look elsewhere for our inspiration, fulfillment and contentment. Perhaps what we need is not a new relationship, job, home, community or car. Perhaps what is needed is a new perspective, to see what lies before us




**What If You Looked at Life Through a Different Lens?** Asmau Ayub is a passionate leader from Ghana who travels to speak about mental health, religious tolerance, gender stereotyping, and promoting inclusiveness as a tool for global citizenship.

<https://www.youtube.com/watch?>



# HOW WE SEE COLORS

WOMEN



SCARLET

DARK RED

WINE RED

PLUM

EGGPLANT

GRAPE

PURPLE

LAVENDER

CARNATION

STRAWBERRY

FUCHSIA

SALMON

ORANGE

MELON

YELLOW

LEMON

LIME

FRESH GRASS

GREEN

DARK GREEN

MOSS

GREEN-YELLOW

SEA GREEN

BLUE-GREEN

SKY BLUE

TURQUOISE

RED

VIOLET

PINK


ORANGE

YELLOW

GREEN

BLUE

MEN



BRIGHTSIDE.ME

<https://www.youtube.com/watch?v=fLultgRhRcc>

<https://www.youtube.com/watch?v=Ei5xITSN4C8>

<https://www.youtube.com/watch?v=nAbxfKPKorc>

Create a list of way we are the same and ways we a different

[illegible]



## We can also be the same

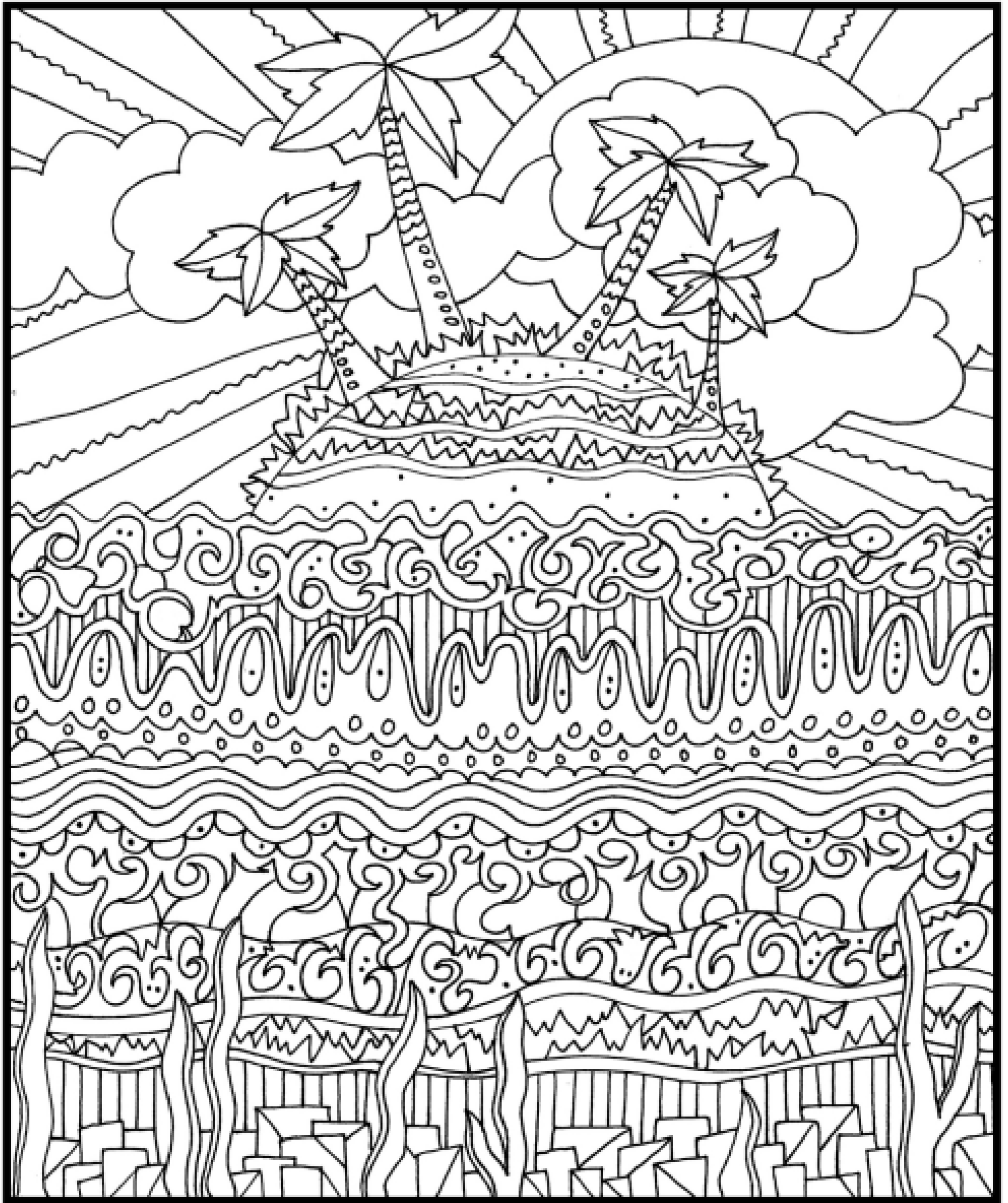
Even though we are all different, you can usually find something that is the same or nearly the same about you and anyone you meet.





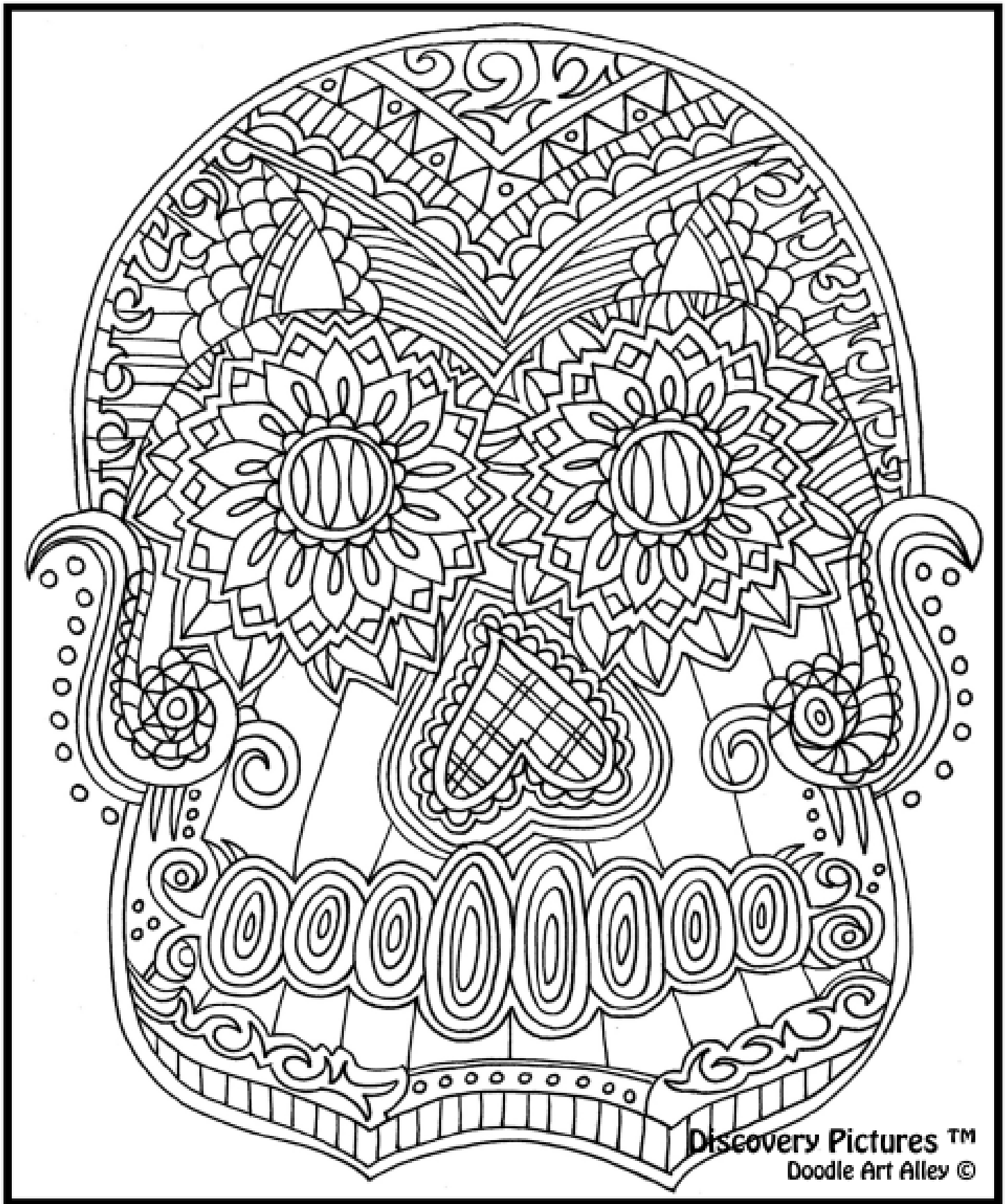
It's good to know...

It's always really nice when we find out we're the same as someone else in some way. However, it can also be exciting when we discover someone is different from us.



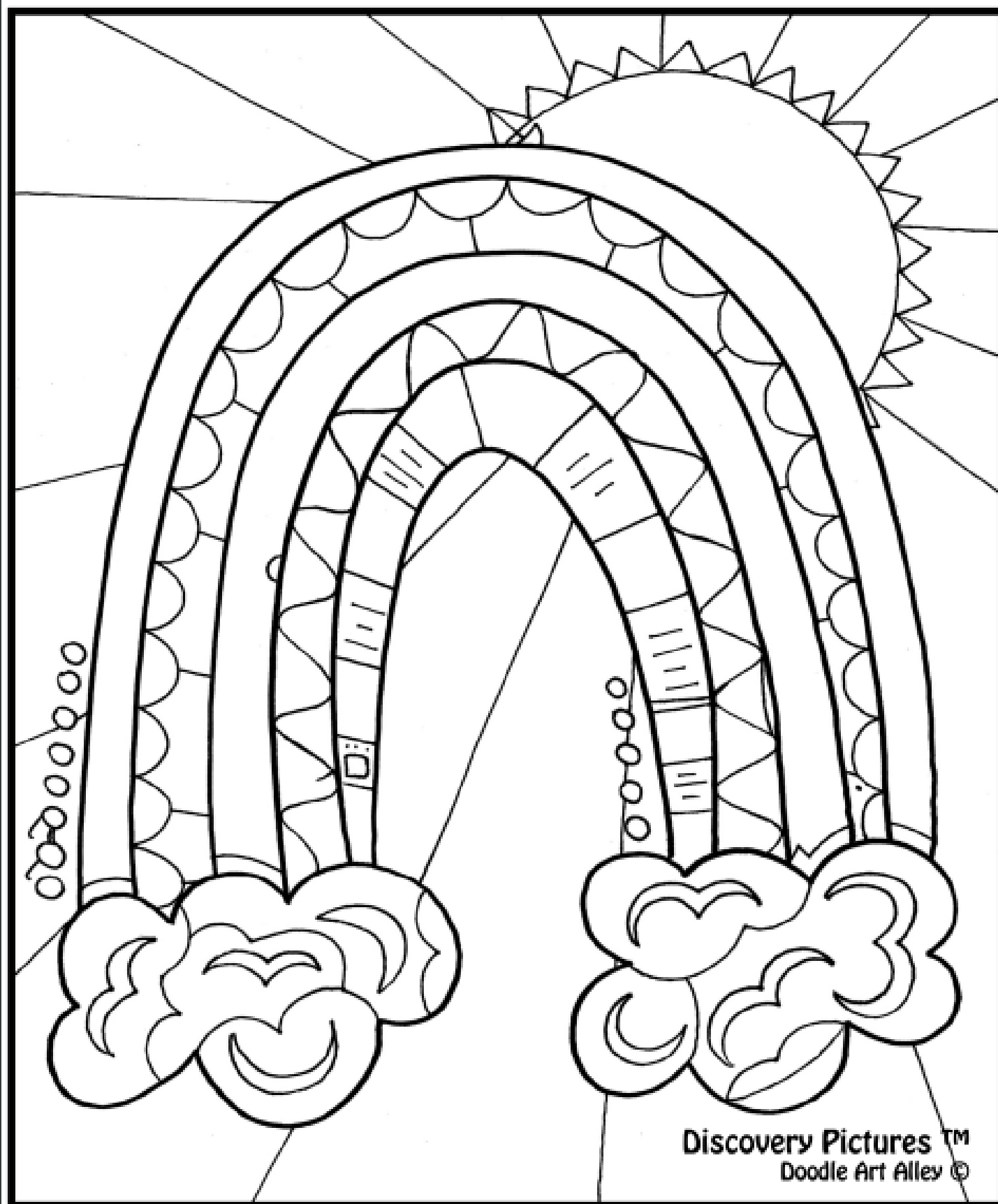
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