



Beauty and the beach

Escaping your incessant to-do lists should be on your to-do list this weekend. Retreat to the beach or whatever destination affords you a place for meditation and contemplation. Once there, sink into your brightly colored beach chair and feel the stillness of not rushing. Allow yourself to become mesmerized by the sound and sight of the waves and the play of the light on the water. With little or no effort this seaside retreat will quiet your chatter-brain...try meditating in the midst of this stillness.

The Beach offers a place of acceptance and equality regardless of size, age, income level, color, or species.