

# WALK IN BEAUTY

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Walking in Beauty is the delightful Navajo term for what it means to live one's life in a sacred manner. The very first definition I ever heard many years ago simply grabbed my heart and blew me away... To Walk in Beauty means "to have heaven and earth in harmony". Wow, can you imagine what life on earth would be like if we all aspired to living in a "sacred" manner?! Why, it'd be heavenly... It'd be heaven on earth!

It turns out, though, that it's easy to talk the talk, but it takes a real hero to walk the walk. Check out our "*Seek & Ye Shall Find*" webpage to see some inspirational YouTube videos of a Navajo elder talking so movingly and so wisely about what it really means to Walk in Beauty... Oh how I wish I could've heard him speak decades ago! Could've saved myself and my loved ones a whole lot of pain and misery!

And even when I first started trying to Walk in Beauty myself, I still made a lot of mistakes. I didn't know I was making mistakes, mind you! But I kept making compromises in life that caused suffering, to myself or to others, or both. Over time, though, I slowly started to learn the ways of wisdom... and I'm still learning!

But here's one of the most profound principles that I finally ~ finally! ~ grokked. I share it with you now, so maybe you won't have to learn it the hard way, like I did. And I'm not ashamed to admit that I've had to give myself this little lecture on more than one occasion, so...

Listen up now!!

Bottom line

If you don't have INTEGRITY, you ain't got NUTHIN'

If you have not made an uncompromising commitment to ~

If you have not sworn an undying allegiance to ~

If INTEGRITY is not your First Love, your North Star, your Be-All, your End-All...

You ain't got NUTHIN'

For one thing, you sure ain't got no real SMARTS

For another, you sure ain't got no real WISDOM

And what's more...

You got no TRUE strength, no TRUE courage, no TRUE and LASTING wealth  
You got no REAL friends... no sweet, sweet PEACE

!! And you sure as hell ain't got no SACRED POWER !!

You buildin' on sand, Sweetie Pie  
You buildin' on delusions  
Your house-o'-cards gonna come tumblin' down, Honey Child  
And your dreams gonna turn to dust

Listen up now!!  
Bottom line, Baby  
If you don't have INTEGRITY, you ain't got NUTHIN'

Talk softly, walk lightly  
This is the Spirit of the Mountain's home  
Where the cougar and the coyote roam

Take nothing and leave this sacred place whole  
Leave nothing but a piece of your soul ~ Heyo

And Walk In Beauty  
Walk In Beauty  
Walk In Beauty

When heaven and earth are one  
When the four-legged and the winged ones are our brothers  
When we know the earth as our womb  
When we love her as our mother ~ Heyo

We'll Walk In Beauty  
Walk In Beauty  
Walk In Beauty

When body and soul are one  
When all our fears released  
When love has finally won  
Then we'll finally know peace, sweet peace

And Walk In Beauty  
Walk In Beauty  
Walk In Beauty

It's your duty to Walk In Beauty  
Sacred duty to Walk In Beauty

Walk In Beauty  
Walk In Beauty  
Walk In Beauty

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