

SWIFT LEARNING BOOK—1 (selected parts)

By: CQ

Colours in the Sky

If you look around you at nature, you will be amazed to see just how many colours there are.

Some people like to paint or use other things to create colourful pictures—but where did they get the idea?

From the colourful things of nature that God created! –Like the huge and lovely canvas of the sky.

A rainbow is a special treat to see in the sky, and it can only happen at just the right time, as sunlight and water mix, and the light's rays show colour to everyone around.

The sky might look white or grey, or have patches of blue appearing while rain is falling, but then a rainbow, like a shiny colourful ribbon on a wrapped gift, arches across the sky.

It is a reminder to us of the gift of life God gives to us on Earth.

The sky at sunrise might surprise you with the striking colours it can sometimes display. Every sunrise appears differently, depending on the weather and the clouds in the sky.

Many times the light may just creep up, illuminating the world; other times it might show vibrant magenta, bright gold, even purple or green.

On a very clear and sunny day we might only see light blue in the sky, with occasional and ever-changing puffs of white, making interesting shapes in the sky.

The bright, illumined light blue of the sky can make us feel awake and alert.

Looking up to the endless sky can make us think of eternity—and how God who made us and made the world, lives forever and will always love us.

We can feel free and happy, and want to get on with living a joyful life.

The golden, soft glow the sunlight gives all around, as the sun is beginning to set, can make you feel all warm inside—like sitting in the glowing light of a lovely fire in a fireplace.

The light—and the warm-golden colour of the light—can make you feel good.

A sunset can amaze you with its beauty. Perhaps the clouds were white or grey, and then all of a sudden it is as if someone painted the sky, and all sorts of colours are displayed in shining and glowing ways—pink, purple, yellow, orange, blue, green, and all sorts of shades and hues of each one!

Have you ever walked out at night in the silvery moonlight, or peered out the window to see it? It can look so glorious and beautify the night scene all around. Though it's different than the golden sunlight, it is as a sliver mirror that reflects the sun's light.

As you see the white diamond-like stars twinkling, now noticeable because of the dark blue sky, it can make you feel in awe, and you realise that Someone is watching over you. You can go to sleep peacefully, with a smile.

The colours and designs, shapes and shades, and variety in types of light that we can see in the sky, are a joy to gaze at each new day.

Character Studies

Edward Eyre explored and travelled through the interior of central and northern Australia. He wanted to find good places for people to live. However, the desert conditions were harsh to travel through.

Many times they lacked sufficient water for themselves and their animals, but they persevered. Edward

and his team depended on God's help and prayed often, and then God would help them find some water or provided what they needed.

When good things worked out he knew it was God; when things were difficult, he was patient and knew it was just part of the challenging journey he had chosen to take.

They met Indigenous people in their journeys, and Edward noticed the good in them, and wrote telling others about it. He wanted the new settlers to Australia to live peaceably with the Indigenous people, to understand them and treat them well.

Edward reached his goals, with God's providence and assistance, and lived to write up what he learned and experienced, to be a help to others.

Edward could keep going, and not quit, because he believed:

Faithful is He that calleth you, who also will do it. (1 Thessalonians 5:24)

When Edward lacked water, he had faith God would supply; and God did. He remembered:

When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them. (Isaiah 41:16)

Edward wanted to live in peace with people, and show kindness to the Indigenous people, according to the words that say:

If it be possible, as much as lieth in you, live peaceably with all men. (Romans 12:18)

Edward gave God the credit for the good that happened, and was brave through the difficulties that Earth-life brought him. He knew God said:

"I the Lord thy God will hold thy right hand, saying unto thee, 'Fear not; I will help thee'." (Isaiah 41:13)

A Lesson from an animal!

Can you notice the two types of things in this picture that have a similar structure or shape?

Did you guess that the tree branches and the antlers have a similar shape or structure? You're right!

They both point up and have "smiles" or "V" for Victory!

They both look like they are also similar to a person's arms lifted up in praise to the Lord. All creation knows God has made it, and declares it in some way.

Let's praise God all day too, no matter what happens, knowing that He cares. Let's notice the things He does for us today.

Just as the antlers also serve as a tool or instrument of protection, so does the act of praising God and thinking of the good. It will protect us from the harmful effects of negative thoughts and words that might get us feeling down, or stop us from doing our best.

Be like a tree—or a set of antlers—and keep pointing up to Heaven, and praising God for all He does daily for you, and for us all!

A True Animal Story!

The day we wanted to go to the Zoo the weather report said it was supposed to be cold, but the sun shone and it was a beautiful day. We prayed that we would get to see all the fun animals at the right times when we passed by their areas at the Zoo. We prayed they would be easy for us to see, as some of the animals had very large places to live. And then it happened!

As soon as we walked into the Zoo there was a snow leopard in his area and he was sleeping behind the glass, right near the walkway.

Most people didn't get to see him when they came to the Zoo that day, as he later moved away, but we got to see him right away.

All the other animals were easy to spot also; the giraffes for example. They could have been anywhere in their large area. However, when we passed by them they were eating right next to the fence.

Their faces were so close to where we were standing that we could nearly touch them. It was very special to see them.

When we went to see the tigers, it was right at the time when they were being fed.

The koalas were asleep when we first saw them, but later we got to see them awake and eating their favourite snack—eucalyptus leaves. Koalas sleep most of the time, both during the day and at night, so it was very rare to get to see them when they were awake.

We enjoyed it so much! It was a perfect day.

PARABLES TO PONDER

The Boy with Music in His Heart

--An imaginary story with meaning.

"I don't know what you need, if you don't express it to me," said the man in a kind voice to his son.

The boy sat looking out the window, crying and wishing for something his father knew not.

Truthfully, however, the father did have an idea, of what it was. But to ask in order to receive was a skill the boy lacked.

He wished that everything he ever needed would always be given to him right away, without humbly and honestly communicating with this father about it.

The father wanted his son to have a good life, but he knew that to do well, his son would need to think and decide what he wanted there to be in his life, and what he wished to accomplish.

The boy would then need to put those thoughts into words of respectful requests, to his father who could help him.

At last the boy stopped to think, then turned to his father to express his wish. He knew that if his father agreed that it was good for him and the right time for it now, his wish would be granted.

The boy knew it was good, for it was even something his father wished for him too, he was sure.

"Father," the boy said, drying his eyes.

"If it pleases you, would you give me permission to take music lessons from our neighbour? For music is in my heart and I wish for it to be expressed. Yet as I am now, I have not the skill to do so."

The father smiled.

"Yes, indeed, my son. I see you have made a good choice. This will be granted. You may start lessons as soon as it is possible. I will pay for them if you will use the skill for the good of your family and the community. See to it then, that it will be worth the cost."

"Thank you!" said the boy, giving his father a big embrace. Then with a cheerful smile ran out to tell his mother and brother.

So happy was he that while he told his mother he offered to help her with the task she was doing.

Then he went to his younger brother to share the news. His brother said, "Why are you so glad today when you have not even had your first music lesson?"

"Ah," said the older brother, "But our father said that it shall happen, and I know our father never lies. I can trust him to keep his word. He said it, so it is as good as done. When the time is right it will happen. I can wait with a heart of joy."

Then the boy paused, and a thoughtful look crossed his face.

He thought to himself, *"I wonder why I waited so long to ask. I could have saved myself the sorrow in heart if only I had asked my father sooner.*

For even if he had told me the time was not yet right, I know I would have felt at peace knowing that he

understood my feelings and desire.”

The boy resolved then that the next time something troubled him, he would speak with his father about it.

He knew his father loved him and would care about his needs and desires, and would agree to give him what was good.

The boy could trust that if his father ever denied him a request, or he was made to wait awhile before receiving something, it would only be because the father knew this to be what was best at that time. In either way the father showed his love.

Through communicating with his father about what concerned him, his heart would be free of care, and the trust in his father’s care would be renewed.

When the boy at last enjoyed his first music lesson with the kind and skilled neighbour, the boy said to himself:

“I am glad my father has given me this gift of what I have long desired.

I will not keep this kindness to myself, but will use what I have been given, to cheer the lives of others. I will freely give of the gifts I have been blessed with, to help others in ways that will please my father.”

TAKING SHAPE

A child has made a mini donut that has been shaped by hand from dates and coconut flour. Happily he shows his family, before enjoying this treat.

To make a certain shape, of anything, you need to work with the materials. Some things take shape easily—like this snack; while others take more work and skill, like heating and blowing glass to make a vase.

The way we are, and how we appear to others, has also been shaped. We change and take shape by the experiences we’ve had, the things we have learned, and what we have been taught.

If we want to be in good shape to manage our lives, we need to work with the right materials.

We need to take in God’s Word and thoughts to guide our thoughts and reactions. We need to think and say what is right, true and helpful. We need to work on good things. And only allow quality “materials” to be heard, seen, and read.

Charlotte Mason loved children and wished for them to enjoy their time learning at school. Or better yet, she knew mothers make some of the best teachers, and children can learn best when happily at home and out in nature.

Charlotte saw the needs of children and parents and wanted to find the best solutions for providing a nice childhood, learning all the best things in all the best ways.

She explored and promoted new and enjoyable methods of teaching, and wanted children to learn about the Lord and His love for them. Charlotte did things in ways that others weren’t doing them, in order to make things the best she could for children.

She wasn’t afraid to stand out from everyone else, and be different in order to improve conditions for children. She wrote books telling of the plans and ideas and methods that God showed her.

Charlotte set up nice learning places for children. She also set up learning places to train new teachers and parents in how to give a rich, lovely and enjoyable education and good character training to children.

Charlotte valued and cared about children, knowing it pleased Jesus. As it says:

...He [Jesus] took a child, and set him in the midst of them: and when He had taken him in His arms, He said unto them, “Whosoever shall receive one of such children in My Name, receiveth Me: and whosoever shall receive Me, receiveth not Me but Him that sent Me.”

(Mark 9:36-37)

Take heed that ye despise not one of these little ones; for I say unto you, That in Heaven their angels do always behold the face of My Father which is in Heaven. (Matthew 18:10)

Charlotte knew it was essential that parents teach and train their children right, and with Godly truths, in pleasant ways:

And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. (Deuteronomy 6:6-7)

Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6)

LIFE LIGHT: Love

Love is a Light to Our Life:

Love opens our eyes to see the needs of others.

Love helps us know what is the best thing to do.

Love gives us understanding of what is hidden behind the actions of others.

Love chases away the dark shadows of despair and loneliness, and turns on the light of joy.

With love shining our hearts we can more clearly see the way we are to take.

Stop and Do a Kindness

Stop and do a kindness before you just walk past;

Take some time for caring doing something that will last.

For moments pass and time it goes,

And like a river moves and flows,

This day too will turn to eve;

Do something now before you leave.

Show a bit of love right now, you know it won't take long.

Give a bit of caring, it might help to right a wrong.

Leave blind eyes for poor folks who,

Have not seeing eyes like you.

Look around, observe and do,

A kindness out of love that's true.

Do a tender deed right now, before the chance is past,

The memory of these special gifts in others lives will last.

The Limping Man who loved his neighbours

-A True Story-

It was already dark by the time the kind man had finally arrived to the house of the charity workers. He lived in a town where many needed food and finances. He limped along, one slow painful step at a time, using a stick for support, due to his handicapped leg.

It must have taken him hours to travel. Where he got the money to pay the bus or taxi fare for part of the journey, I don't know.

He had one goal in mind: to help the poor and struggling families in his neighbourhood, who had many children.

He wasn't one that would only ask others to help and give and show generosity; he practiced it himself, as well. These charity workers, who spent all their time helping others, without salary, knew him.

In the past he had invited them to a meal at his humble house, and spread a feast before them. Probably more food than any of his family had seen in a long time was prepared for these workers. They knew

what it cost this man, but they could not refuse to accept.

Customs and humility and kindness as well, prodded them to take the time it took to journey out to his town, sit on his floor, and partake of his special meal. It was a memorable August day, 2003.

Each ate with clean bare fingers, and no plates.

The happy team reached polite right hands into the huge serving dish of rice and meat, and ate, chatted, laughed, and enjoyed the time.

Afterwards he showed them his small garden where grapes were growing and ripe at that time. "Take, take" he insisted. The workers picked and ate some, thanking the man repeatedly. It was the polite thing to do: to accept a generous deed, even though they knew it cost this family much.

The family gave these gifts with such cheerfulness. The man truly was glad for these kind workers who had given up their own families in faraway countries, worked for no money, and gave their time to help those in need in his country.

So when he showed up at the worker's residence some weeks later, they knew him, and were moved to help in any way they could. He was not there for himself, but had gone to the great trouble of coming all the way to ask for food and assistance to be given to the poorest in his neighbourhood, who had been unable to work and provide for their children.

Boxes of food, donated by shops and companies that cared, were prepared and taken at the soonest time possible. When the charity workers arrived at the man's town, he led them around the neighbourhood and directed them to which families needed it the most—for he knew each one well.

A box of food was given to a family with nine children, who had no income, nor running water. Another was taken to a family with eleven children, living in something resembling a shed or garage that stood near the stream—their source of water.

Another family the workers gave food to had a method to insure that all the family members got at least some food throughout the week—they chose to take turns eating:

One day it was half of the family's turn to eat one simple meal, the next day the other half of the family ate.

That's how they got through life. The box of donated food was well appreciated.

The man started with a generous deed—giving though he himself was poor; then travelling far with a halting step to humbly ask for help, all for the good of others.

With this he showed an example of what it means to:

"Love your neighbour".

LOVE THY
NEIGHBOUR
AS THYSELF

Care of the Eyes

Eye Facts

Part 1: Eye Care

Your eyes are probably the most valuable sense organs—so treat them well. It's easy to think we will always be able to see, but it is a very special and delicate gift.

Take good care of your eyes, and thank God every day that you can see. Those who have been blind, and then were healed, appreciate how marvellous the gift and sense of sight is.

Proper light; proper diet; proper rest; proper cleanliness; proper care; proper eye exercise; proper eye use; and no improper use or abuse, can keep them fit and working well.

I will explain each one of these in this section.

Proper Light

Always be sure to read in good light, because your eyes need light to focus.

Read, or write, or sew, or do projects that take detailed focus, in lighting that doesn't strain your eyes. Eyes also need sunshine and exercise just like you do. Believe it or not, sunlight or natural light actually strengthens your body and is good for your overall health.

The light that the sun gives, the cheery sunshine that is around you when you go outside, is good for you, and good for your eyes.

You not only expend energy through your eyes, but you also receive energy from light through your eyes.

It is interesting to know that the places in the world where people enjoy being out in the lovely sunshine, are places where the people are generally happier.

Whereas in some of the colder, darker, greyer places, where people spend much more time indoors, surrounded most of the time by manmade light, and manmade objects in a building, many people's disposition and mood is often found to be rather sad, despondent, depressed, and grumpy.

However, looking directly at the sun is very dangerous for your eyesight, because it is too bright for your eyes.

We should never look directly at it, even at special times—like when a solar eclipse occurs. You have to look through something very dark to protect your eyes from the burn it will give your eyes, which could cause you to go blind.

If sunlight or a bright light are reflecting off of something—like a mirror, or shiny piece of metal, or white snow, or shiny glaring white paper, this form of light is too bright and hard for your eyes.

Sunglasses can weaken your eyes. They are only good for rare occasions, such as when skiing, as the sun will reflect brightly off the snow and hurt your eyesight. Some white sand beaches can be very bright in this way, too.

When an adult is driving a car and the sun is low and bright in the sky, and it will make it hard for them to see anything else, tinted glasses or sunglasses might help.

But for normal, every-day use, sunglasses are not a wise choice for good eye care, and are not beneficial. They should be avoided.

A sunhat with a wide brim helps to shield the bright rays of the sun from the eyes, in a healthier way, when it is needed.

Proper Diet

Diet can affect your eyes. If you are not eating the right kinds of foods, your eyes don't get the right kind of nourishment.

Here are a few examples of foods that help your eyes work well:

Kale (and other dark green leafy vegetables) have something called lutein. When you eat it, this acts like sunblock, protecting your eyes' retina (the light-sensitive tissue lining the back of our eye).

Dark greens can be good to eat raw, such as in a salad or a blended drink. Also, when these are lightly steamed or cooked with a bit of natural oil added, this helps our bodies absorb the lutein.

Eating them either raw (and chewed very well or blended), or eating them lightly cooked, each way has different benefits.

Also, the Vitamin A in these greens is essential for good vision, as it helps protect the cornea (the surface of the eye).

Bright orange vegetables have beta-carotene, which the body converts into Vitamin A.

It's much better to get your vitamins through whole, natural food, as your body only converts beta-carotene into as much Vitamin A as you actually need.

Your body knows what you need, just feed it the right foods, and it will supply your eyes with the nutrients to keep them working well. Too much Vitamin A taken from Vitamin pills can be toxic.

Some good bright orange vegetables are: Carrots, orange bell peppers, sweet potato, pumpkin, and

squash. These foods also have Vitamin C, which helps the body form and maintain the collagen found in the eye's cornea.

Citrus fruit are all rich in Vitamin C (oranges, grapefruits, tangerines, lemons, limes), which is important for eye health.

Be aware, however, that light and heat can destroy Vitamin C, so it's best to enjoy these fruits uncooked and freshly cut or juiced (not processed, nor cut long before you eat them).

These fruits also contain flavonoids—antioxidants that work with Vitamin C in the body to help protect against cataracts in eyes (as well as reduce other effects of aging).

Fresh berries also contain plenty of Vitamin C, beta-carotene, and antioxidants.

Legumes (lentils, peas, beans, chickpeas, etc.) are a source of flavonoids and zinc.

Zinc enables Vitamin A to travel from the liver to the eye so that it can be used to protect the retina. Without enough zinc you might have a harder time seeing in the dark.

Broccoli is very good for eyesight, as it has lutein and zeaxanthin, beta-carotene, and is high in Vitamin C. Eat some raw in salads, or steam it or stir-fry it slightly, adding a little natural oil and pinch of pure salt. Fresh, clean organic salmon and some other good fish contain Omega-3 fatty acids that aid in good health and eyesight.

You can also get this from flaxseeds.

Grind them up to add to your cooking, blend them in drinks, or boil some and use the liquid in shakes and drinks or sauces.

Tomatoes contain Vitamins A and C, along with lutein and zeaxanthin, as well as a nutrient called lycopene. Eat fresh tomatoes raw, or sometimes lightly cook them.

Both methods of serving have benefits.

Homemade sauces from fresh tomatoes, eaten soon after lightly cooking, are better than canned and processed sauces.

Nuts and seeds of various types, as well as avocado, contain Vitamin E and omega-3 fatty acids—both are important for good eye health.

Add these to salads or use them in healthy sugarless deserts, or blended drinks.

Proper Rest

We need to get sufficient sleep to keep our eyes working well. Staying up too late, or not taking time to rest our eyes during the day, puts them under too much strain. Rest and sleep will help them to recover, restore, and heal.

We can't always take a nap, but we can give our eyes a rest from what they are working hard doing, by looking away at something else.

We could take a look out the window, or into the happy eyes of a loved one who might be waiting for a moment of our time.

Or we could just shut our eyes for a few moments while taking time to pray or listen to some beautiful music. These give our eyes a nice rest.

Sometimes stopping all light from entering your eyes for a while helps them to get a break, if they feel strained. You can do this by cupping one hand over each eye, while you shut your eyes, making it very dark for your eyes.

Also, a dark facecloth, wet with warm water,

can be folded and placed over your closed eyes as you lie down for a while. This helps keep the light out and gives a soothing rest to strained eyes. You can do this all night, if you need to, for longer times of recovery. Sometimes a massage on the top of the head, on your eyebrows and forehead, and gently around your temples while closing your eyes can relieve strain and stress, and help the eyes feel relaxed again.

Proper Cleanliness

- Keep dirty fingers out of the eyes.
- Only dry your face and closed eyes with a clean towel.
- Use a pillowcase on your pillow, so it can be washed regularly.
- Use personal pillows, not ones shared by all, so eye infections and illness won't be spread through the pillow.
- Keep other bedding and sheets clean.
- Use your own personal face cloth and face towel, that isn't shared by others.
- If your eye itches, only rub it gently with a clean hand. Sometimes the back of your hand is cleaner than your fingers, if you have no way to wash your hands right then.

Shampoo for hair washing is unnecessary in most cases, and much of it these days is made with many chemicals that sting and hurt the eyes. Water is the best cleaner for showers, but if you use shampoo, try to get the natural pure liquid soap without things added to it.

This won't hurt your eyes when you shower.

Eye illnesses with sticky eyes, are usually contagious, so extra care needs to be taken that the sick one doesn't touch things that others will touch with their face or fingers. Someone might then touch their own face or eyes with those contaminated fingers, and contract the illness. The person with an eye ailment should sleep on separate bedding, use separate or disposable hand and face towels, use separate dishes that are boiled after meals, and wash hands often—but not using a bar of soap that others use.

Proper Care

We should be mindful of sharp objects, and not get them near ours or others' eyes. We should be careful when walking or running or playing so that we won't poke our eyes with things we are holding, or by things left around that we might fall on, or by low tree twigs and branches.

It's good to get your eyes checked every now and then by an eye specialist, to make sure they are working right, and you are getting to enjoy proper sight without too much eyestrain. Sometimes wearing glasses for a time is what is needed, and is a help to your eyes.

Glasses can help when eyes aren't working right, but they are expensive, and certainly not as fun and easy as being able to see everything well with your own eyes.

However, many times people could have avoided the need for glasses, if they took good care of their eyes, and ate the foods that strengthen the eyes. Not always, but there is hope that eyes can improve in time, when living a healthy lifestyle.

Some people have changed their need for glasses by changing their diets and living a healthier life style. They decided to eat lots of good healthy veggies packed with Vitamin A and other nutrients, for example. After they started having a healthier way of living and eating, better use of their eyes, and spending enough time outdoors in nature and natural light, as a benefit their eyesight improved.

Those working on handyman jobs should wear protective glasses or goggles, to keep harmful bits of things from getting in their eyes.

If you do feel something has gotten in your eye, one way to help clear it is by cupping your hand, filling it with water-- making it a pool of clean water. Let your eye go for a swim in it by blinking your eye open and shut, in the mini pool of water made by a clean hand.

You can also gently pull your upper eyelid out by holding on to the eyelashes while trying to blink. This might help anything that is under the upper lid to move down where you can see it.

You can help an item in your eye to be seen by looking far to the right or the left, or up or down, to see where it might be.

Sometimes a bit of clean tissue or cloth that is wet, can very carefully touch on the item in your eye, if you see where it is, and remove it that way.

This can help you to gently remove an eyelash that has fallen into your eye or a little insect, for example.

But if you can't get it out, don't worry, as your eyes are designed to remove things that don't belong there, and the tears and blinking will eventually clear it away.

Sometimes we want to take it out sooner, as it hurts and may be scratching our eyeball. Sometimes, even if the item has been removed, if the eyeball has been scratched it can still feel like something is in our eye.

If after prayer, thorough washing, and checking doesn't make it feel right, just give it a bit of time, and it will usually recover.

Proper Eye Exercise

When you run and play outside, your eyes have to work hard so you can see things close up or far away. That's good exercise for them and keeps them strong.

Using eyes for reading and studying what is good to learn is something we all appreciate. However, too much reading or looking at a page or reading on the computer is hard for the eyes, as they need to relax while looking at nature, and get exercise.

Eyes can relax and get exercise by being allowed to focus on things very far away—like a bird flying up high, or that mountain way over there. Then focus on little tiny things nearby—like seeing how many spots a little ladybug crawling on the grass has.

Another good eye exercise is to move your eyes to see something over to the right, then over to the left, then way up and then low down—without moving your head.

You can also hold your finger out and focus on it, as you move it around from side to side.

No Improper Use or Abuse

If you sit indoors much of the day or evening and watch TV or a computer screen, or other small electronic screens, your eyes will get weaker and weaker because they don't get the exercise they need.

Looking at these things strains your eyes, and prevents your brain from using and strengthening the most important parts.

It takes lots of energy to use our eyes in strenuous ways—especially when they are overused in ways that they weren't designed to endure.

Too much use of electronic screens, big or tiny, can waste the energy we might have liked to use to do something more important or beneficial.

Poor air quality, smog and pollution can have a big impact on your eye health. People living in the city might want to get a good air filter of some kind for their home.

When you are a grown-up, avoid using lots of eye make-up. Cosmetics and face creams are usually made with many unnatural ingredients that can bother your eyes.

Ladies with pretty shades of native coloured skin look sufficiently coloured naturally, but sometimes those with very light skin or facial features often feel they want more colour. Just a touch of make-up that takes only a moment to apply can be enough to highlight and show your bright lovely eyes, if desired.

Proper Eye Use

Through our eyes and ears we can experience lots of things on Earth. We need to also guard ourselves from things that wouldn't be good for our heart and mind and spirit.

Your eyes are like windows or doors or holes, and they let things in. Whatever you are looking at will enter you in some way and affect you in some way, and often in many ways all at once—physically, mentally, emotionally, and spiritually.

We have to choose what to watch, what to look at, and what to read. Whatever we use our eyes for will have an effect on us and how happy we are, or how much good we can do.

If we look at beautiful things—even a lovely shaped tree, or artistically designed pretty flower, a gorgeous painting, or a smiling face looking at us with love, these things have great influence on us. For we not only see things with our eyes, but absorb them as we do; and then we tend to reflect them, like a mirror. We show or shine out to others in some way what we saw.

We may not even realise it, but it happens rather automatically, because humans learn from and are changed by what they observe. What we look at, see, or watch, will have an effect on the way we are, and what people will see in us when they look at us.
