



We are shaped and fashioned  
by what we love.

What we love we shall grow to resemble.

I had been walking in the woods last year; I came to a fallen tree at the edge of a beautiful stream and pause to take in the sights. After a few minutes of solitude, something stirred and I turn to see what had moved. But I failed to see what it was until I rose to leave. Then I see my little friend looking back at me. He so perfectly blended into his surrounding that I was totally unable to see him until he chose to move about.

As I observe the lizard for a while I notice after a few minutes that he is actually able to change his appearance. As he left the tree and found a new perch on a large rock, he slowly started to resemble the stone. It was amazing to gaze at one of nature's quick change artists at work; to watch him take off the uniform of a fallen tree and slip into a stone's attire without the need for a dressing room or makeup.

As I think back to that time and remember the fallen tree and my little lizard buddy, I wonder how many people would love to have the ability to change their appearance that easily. How much time and energy do we spend each month trying to change our appearance? Anti aging creams, beauty salons, hair dressers, spas, makeup, and plastic surgery; we will try all this in an attempt to change our appearance (I am not against makeup, I heard one man say, "If the barn needs painting, paint it"... poor guy).

Perhaps, you might want to try [Rick's Beauty Treatment!](#) It is not a new procedure, and does not cost a lot of money. And if you read the small print, it does not actually promise any improvement in your physical attractiveness. Here is how it works; first, surround yourself with positive people, the kind that helps you become a better person. Next, focus on the inside; when your heart is full of love for others, your lips are quick to utter a kind word, your eyes constantly look for opportunities to help a friend, and these will make your life one of beauty.

Lastly, learn to laugh and enjoy all that is beautiful around you. Laughter may be the most beautiful and beneficial therapy God ever granted humanity. So what are you waiting on? Go out and get beautiful.

**Something to think about:**

- ❖ Some people are not beautiful—they only look as though they are.
- ❖ Beauty, unaccompanied by virtue, is as a flower without perfume.
- ❖ The best part of beauty is that which no picture can express.
- ❖ God's fingers can touch nothing but to mould it into loveliness.
- ❖ Conformity is one of the most fundamental dishonesties of all. When we reject our specialness and our beauty, water down our God-given individuality and uniqueness, we begin to lose our freedom. The conformist is in no way a free man. He has to follow the herd.

Your lizard loving buddy  
Rickey Moore