



## **Memo to Mighty Members Tip #177**

### **WATCH: Beauty Is Important**

**October 19, 2023**

Hello, my Mighties! Let's take a bit of a left turn today, for I always say that our little enclave here is where I can feel more comfortable discussing items of a personal nature.

I've previously shared with you my interest in interior decorating. It's been a lifelong fascination. I discovered one particular young man, Rajiv Surendra, whose aesthetic I appreciate. So, I've been following him for some time.

He's originally from Sri Lanka and presently lives in New York City. In this video, he explains how [he transformed his apartment into a magical space](#). This type of video is my cup of tea, and as my friends, I hope you will enjoy it as well.



Beauty is an integral part of being human. It can be settling. Life is often hard-edged, but beauty softens life.

It needn't be grand. Beauty can exist in a simple little apartment with just some attention to detail.

It doesn't even have to be the whole apartment that's beautiful; it can be one exquisite object. Something handmade. Something *you've* made. Or simply a vase of fresh flowers.

It's the little things.

For instance, I eat dinner with my family — about eight people — at least twice a week. When I set my table, I don't put the condiment jars on the table. (Do any of you remember Emily Post? That was an absolute no-no.) Indeed, I don't want to look at a product's commercial on my table; I want beauty!

So, if my kids say, "I'd like some mayonnaise."

I respond, "Hold on!" Rather than take the jar straight from the fridge, I get a little bowl and a tiny spoon and present the mayonnaise beautifully.

I also always use cloth napkins. Yes, I throw them in the wash. After they've dried, I listen to a podcast while I press my cloth napkins twice a week.

I do! It's very old school, but when your family picks up a cloth napkin and puts it in their lap, it just feels different. There's an elegance to cloth napkins that paper napkins just can't come close to imitating.

I'm not even sure my sons notice this little detail. I've been using cloth napkins for their entire lives. (Although, when they were little, I didn't have time to press them. I'm sure you young moms can relate! So, a gentle smoothing with my hand had to suffice. But now, I press them.)

I think it's those little touches that make life more serene and gratifying.

Going back to the idea of fresh flowers, yes, they are beautiful, but they can be an expense. So, I just go out in the yard and pick whatever is there. If we only have tall grasses, I'll pick those and make an arrangement.

This is nothing new. I'm betting that most of the Mighty ladies among us know this. But what's interesting about Rajiv Surendra is that he's a man — and a young man at that! He goes even farther than I go! He presses his linen sheets himself.

Of course, I wonder how he has all the time required to do all this. Pressing sheets is a JOB! I know because I've actually done it myself on a vintage electric mangle my mother had. (It [looked like this.](#))

But he prioritizes beauty. He puts the time into it. So, even if you only glean one little thing from his video, I hope the inspiration encourages you to add beauty to your surroundings.

And don't forget to check out this week's Mighty Musing, Reason the Twenty-Seventh, from Dr. James Compton Burnett. It's a case of neuralgia of the eyes that you might find interesting.

Imagine. A doctor in the 1800s cured his patient with the exact same homeopathic medicine we might choose today. Isn't homeopathy a *beautiful* healing modality?

Stay Mighty, my friends! (And beautiful.)



**Joette Calabrese, HMC, PHom M**

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Links:\*

How I Transformed My Apartment into a Magical Space: A Tour with Rajiv Surendra — <https://www.youtube.com/watch?v=cwurWeffwNAIw>

Vintage electric mangle — <https://www.pinterest.com/pin/417849671649458793/>

\*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



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**Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!**

If you have any tips to share, please send them to my team member [tracey@practicalhomeopathy.com](mailto:tracey@practicalhomeopathy.com). She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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