



It's All In How You Frame It

Description

I saw this video titled Framed by Soul Pancake on Oprah's Super Soul Sunday show several weeks ago. I wanted to share it because the premise behind it is one of the reasons I decided to start this blog. It's about finding beauty in the ordinary and in our everyday surroundings. How we see things often reflects our attitudes about life. Lately, I have been seeing things through dusty and dull glasses. The sky was grey, the grass is brown, the trees are barren and the streets were covered in dirty slush. It was difficult to see the beauty around me. Instead I felt stressed about all of the things on my to do list and was tired and overwhelmed.

This week brings warmer temperatures and hopefully sunny skies along with it. Spring is around the corner and it will bring vibrant colors of green, red, purple, white, yellow and blue, pretty blooms, and leaves on the trees. There will be a fullness and beauty to nature that has looked barren and bleak for several months.

This video reminds me that even when skies are grey there is always beauty surrounding us. It's all in how you frame it!

For another Soul Pancake video I've shared click [here](#).

Date Created

2014/03/10

Author

queenie