

Diamond Beach is a place where ice meets light, a shore where each iceberg sparkles like a diamond upon black volcanic sand. Just as these luminous sculptures drift and shine, you too carry your brilliance within. Use this page to pause and reflect, illuminate your inner spaces, and let your light glisten freely.

What diamonds—unique strengths or gifts—are shining in me right now?
Where in my life do I feel both fragile and strong, like ice upon sand?
What changes or transformations am I drifting through?
How can I allow my light to illuminate others around me?



What contrast (I clearly?	like the black s	and and ice)	helps me see r	ny brilliance more
What are a few t	things I am gra	teful for?		

"What you are looking for is already in you... You are already everything you are seeking." – Thích Nhất Hạnh

"Just Breathe; Nature and Yoga will do the rest." - Kether, Spunky Mind

Check out my other Nature Inspired Motivation Posts at www.spunkymind.com