

illuminating
articles

[You are beautiful]

Kindness is my beauty secret



There's a lovely website called, "rewritebeautiful.com" that does wonderful work, especially with eating disorders. They regularly hold preventative workshops for young girls and recently they had the opportunity to work with a sweet little six-year-old girl at one of these events. When asked the question, "What makes you beautiful?" the little girl said, "Kindness is My Beauty Secret."

Because I had the opportunity to grow up surrounded by women and men who were kind at their core, I learned that kindness is one of the main factors in real beauty. As an adult, I've been blessed to be surrounded by kind people, as well.

In 2008, I had the absolutely amazing opportunity of meeting Brock Tully, the man behind the KINDNESS...Cycle it Forward tour across the US and Canada (he completed the

tour in 2009). His purpose was, "To promote the principle of kindness by means of a solo, 9-month, 18,000 km [just over 11,000 miles] cycling journey throughout the western United States and southern British Columbia." I found out, through one of my Canadian friends, that he was coming through my city and knew I had to reach out. One of the highlights of the tour, and also the way Brock found shelter and food, was to depend on the kindness of strangers, staying at their homes and eating with them whenever possible.

When I heard I could be a part of his tour by donating some healthy food and finding him a place to stay (also finding a massage therapist to donate a massage for his aching muscles), I emailed his tour coordinator right away. It was her job to answer inquiries from those interested in helping along the way and to make sure Brock was always set up with food and shelter.

Brock came into town on a Tuesday where I picked him up at a bike shop and took him straight to my Raw Melissa kitchen. There I fed him a huge salad, a strawberry green smoothie and of course, some of that famous Raw Melissa Pumpkin Fudge Pie you may have heard about. Later that evening, we had a great dinner of hearty hot soup and homemade bread with him. He was full of fascinating stories from his lifetime of promoting kindness.

visit me at www.melissachappell.com

a gentler and happier approach to health

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Brock kept a blog journal of his tour and this is what he wrote on that day in October of 2008:

"OUR OPENNESS AND HONESTY WILL BE THE DIFFERENCE BETWEEN 'DOING THINGS' WITH EACH OTHER OR BEING REALLY 'WITH EACH OTHER' DOING THINGS."

IT WAS TOUGH LEAVING LAURA'S MOM AFTER A WONDERFUL RELAXING DAY OFF AND HER NEVER ENDING KINDNESS. HER SON GARY, TOOK ME TO A NICE STARTING PLACE AT 7AM TO AVOID THE RESIDENTIAL TRAFFIC OF SALT LAKE CITY. IT WAS A GREAT RIDE UNTIL THE 15 MILES OF HIGHWAY CONSTRUCTION AND THE WIND AGAINST ME! IT SOON BECAME BETTER AND I ENJOYED THE RIDE KNOWING I WAS IN FOR A GREAT MASSAGE TONIGHT!!! PRETTY TOUGH EH? I SMILED TO MYSELF WHEN I ASKED THE COOL YOUNG GUYS IN A CAR HOW FAR I HAD LEFT TO PROVO! THEY SAID "PROVO!!!! THAT'S A LONG WAYS AWAY...ABOUT 15 MILES!" I REPLIED I WAS FROM VANCOUVER CANADA! THEIR COLLECTIVE MOUTHS DROPPED!

I NEVER REALIZED I WAS IN FOR SUCH A TREAT. MY HOSTS, MELISSA AND HER FRIENDS ARE SUCH FINE FINE PEOPLE. MELISSA FED ME AS I ARRIVED. SHE HAS A PLACE PEOPLE COME TO GET HER VEGAN MEALS THAT SHE CREATES!!! I WAS AND WILL BE AGAIN SHORTLY, IN HEAVEN! WILMA AND WIND, I WILL PASS ON HER DESSERT RECIPE TO YOU. WOOOOWWWW!

I WENT TO THE NEWSPAPER... I WAS SO INSPIRED TO GO THERE AFTER READING [SOME SAD NEWS]. THIS IS WHY THIS TRIP IS SOOOOO IMPORTANT. TO BRING AWARENESS THAT KINDNESS AND POSITIVE SOLUTION-ORIENTED PROGRAMS CAN DO A LOT TO MAKE A DIFFERENCE! PLEASE...OUR MESSAGE NEEDS TO GET OUT THERE. I'M JUST A PART OF A TEAM THAT IS ONE OF THOSE MESSENGERS! WITH LOVE, BROCK

I'll never forget the experience of meeting Brock, a man who is truly changing the world. To this day he continues to work for kindness throughout the world and is one of the most beautiful people I know.

For more information and to learn more about his kindness quests, see his website at brocktulley.com

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