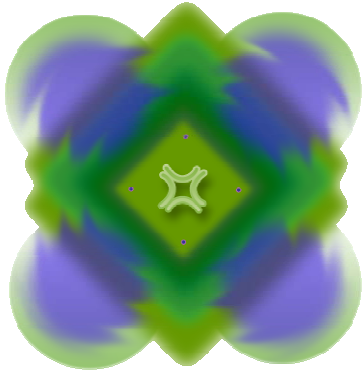


# Beauty Meditation



We all know that beauty is not only skin deep, and that beauty is not limited to only the way you look. Beauty has many meanings.

- Maybe you want to physically look more beautiful.
- Maybe you want to be a more beautiful soul.
- Maybe you want to be able to see the beauty surrounding you.
- Maybe you want to be able to see the beauty in other people.

When you want to create or find more beauty in your life, simply follow these steps:

1. Find yourself a comfortable spot where you can be by yourself, uninterrupted.
2. Breathe in through your nose, while expanding your belly (not your chest).
3. When you feel you are ready, repeat to yourself these words...

**"Beauty reveals itself to me on a consistent basis."**

## Beauty Perks

The beauty meditation requires nothing except your *desire* for beauty of body, mind, Spirit or the ability to appreciate beauty wherever its found.

However, you could choose from the following items to enhance your beauty experience during meditation or at any time.

- \* Scroll up and use the Beauty Symbol image as your focal point.
- \* Place the stone Green Jade in your breast pocket (or closer to your heart inside the middle part of your bra). Jade jewelry is also appropriate.
- \* Sprinkle the oils or herbs Jasmine, Patchouli, Rosemary, or Yellow Sweet Clover on your body or within your meditation area.

# Meditation Focal Point – Beauty Symbol

