

HELLO BEAUTIFUL BEINGS

Thank you for joining me in a deeper blossoming of beauty. We are going to break this down in ways that may change perspectives and create a brighter bloom coming from you.

The bloom I'm referring to is your heart.

In this course we will uncover and discover the beauty in you so that you can strongly hold the higher vibrations of beauty, joy and love.

And Be-U-ty.

BEAUTY AND THE BEAST

B _____ *E* _____ *A* _____ *S* _____ *T* _____

THE BATTLE WITH BEAUTY

Where do you battle with beauty?



POISON VINES

Value of Vanity

Perfection Propaganda

People Pleasing Paradigm

Compete, Compare, and Conquer

The Lurking Shadows of Beauty

Jealousy

Blame

Anger

Envy

Guilt

Hate

Greed

Embarrassment

Grief

Fear

Humiliation

Sadness

Shame

Loneliness



EXCAVATE & DISCOVER YOUR BE-U-TY TIMELINE

- *When did you 1st become aware of another's beauty? How young were you?*

- *When did you 1st covet another's beauty?*

- *When did you 1st compete with another's beauty?*

- *When did you start not liking something about yourself? Physically? Mentally? Emotionally?*

- *When did you notice your own beauty?*

- *When did others knock down your beauty?*

- *When did others show you your beauty?*

- *When did Beauty become superficial?*



- *What is Beautiful about you now?*
- *What is Beautiful in your life?*
- *How can you move towards it if you feel you are not enough?*
- *Who or what formed your thoughts about beauty?*

Integrating the Poison Vines and Lurking Shadows of Beauty

- *Do you struggle more with vanity, perfectionism, people pleasing or the 3 C's (compare, compete, or conquer)?*
- *Where in your timeline do you connect the poison vines in the lurking shadows of your beauty?*
- *Do you witness yourself in your emotions and thoughts?*
- *Is this a daily battle with beauty or does it only surface with occasions and circumstances?*

These are all questions that bring awareness to your loss of power or vitality.



OPENING THE HEART IS LIKE A BLOOMING

Where do you show up in service to others? To nature/ environment? For animals?

Can you feel your heart open when you are in service?


How do you help yourself?


Who or what is in service to you?

How do you show your appreciation?



THE BE-U-TY FORMULA

 Bountiful Spirit	MEANING		CHAKRA
	Seeks Beauty through sensory experiences. Giving and Receiving is the Flow of a Bountiful Spirit – it is Beauty in Action.		Heart Chakra (4th Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Geranium	Kunzite	Oshun
	POISON & CURE		
	Poison: Unable to Receive Cure: Invite Beauty In with the Guided Meditation Be-U-ty		
Notes			

 Energized Eyes	MEANING		CHAKRA
	Beauty is in the Eye of the Beholder. The light you shine from your eyes is the sparkle of your soul.		3rd Eye (6th Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Magnolia	Iolite	Inanna
	POISON & CURE		
	Poison: Competitive and Judgmental Thoughts Cure: Invite Beauty In with a 20 Minute Beauty Walk		
Notes			



<p style="text-align: center;">A Autonomous</p>	MEANING		CHAKRA
	Your self- worth determines how your beauty blossoms inside of you and shines out from you.		Solar Plexus (3rd Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Neroli	Sulphur	Aphrodite
	POISON & CURE		
Poison: Unacceptance of self Cure: Excavate Beauty with the Beauty Timeline and the 6Ts of Positive Progression			
Notes			

<p style="text-align: center;">U Unified Mind.Body.Soul</p>	MEANING		CHAKRA
	We are a full blossom of beauty when we are unfolded and unified in Mind-Body-Spirit.		Crown Chakra (7th Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Rose	Clear Calcite	Lakshmi
	POISON & CURE		
Poison: Fragmented in the mind about the self Cure: Practice Beauty with Beauty in the Beat and the Beauty Enhancers			
Notes			



<p style="text-align: center;">T</p> <p>Tantalizing</p>	MEANING		CHAKRA
	The tease of beauty. Wanting it, working at it, seeing it in others and not fully embracing it in ourselves.		Sexual Chakra (2nd Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Jasmine	Carnelian	Hathor
	POISON & CURE		
Poison: Not experiencing yourself as beauty Cure: Be Beauty Be You in Adornment and with Beauty in Bloom			
Notes			

<p style="text-align: center;">4</p> <p>You, Embracing Your Beauty</p>	MEANING		CHAKRA
	You are responsible for bringing beauty into your life.		Throat Chakra (5th Chakra)
	ESSENTIAL OIL	CRYSTAL	GODDESS
	Lavender	Labradorite	Venus
	POISON & CURE		
Poison: Not embracing you, your life Cure: Practice Beauty with Mirror Mirror and with Bath Rituals			
Notes			



The NOW	CHAKRA	ESSENTIAL OIL	CRYSTAL
	Root Chakra (1st Chakra)	Frankincense	Red Jasper
Notes			
PAST LIVES	CHAKRA	ESSENTIAL OIL	CRYSTAL
	Soul Star Chakra (8th Chakra)	Citrus Bloom	Petrified Wood
Notes			

MIRROR IMAGE EXERCISE

What is the 1st thought you have? Write honestly _____

Look in the mirror again

Look at your hair ... write your thoughts _____

Your neck ... _____

Your lips ... _____

Your nose ... _____

Your eyes ... _____

Your teeth ... _____

Your skin ... _____



CREATING A MIRROR OF CHANGE

The Reflection of Negativity and the 6 T's of Positive Progression

#1 TIMING

Catch yourself in the moment of negativity by becoming aware of your thoughts and witnessing the behavior and the emotions connected to your thinking.

#2 TRANSITIONS

Gauge your transitions by feeling your lows and your highs. How you feel is a gauge in vibration. Your vibration creates your health; physically, mentally, emotionally and spiritually.

#3 TRANSFORM

After your gauge is activated, realize where the hurt lands the most. This is the beginning of transformation.



#4 TRANSMUTATION

Release is the active phase of transfiguration. Transfiguration is the changing of oneself into a more beautiful form or spiritual state.

#5 TRANSMUTATION

Appreciation leads to transmutation. Appreciation begins to create contrast.

#6 TRANSCENDENCE

Shine your Light and Transcend. If negativity is your way of living and thinking, transcendence will happen in small steps.



INVITE BEAUTY IN!

YOUR HOMEWORK: Choose 1 or all 3 of these options to invite beauty into your day.

Make a commitment to yourself here:

♥ Beauty Walk

♥ Beauty in the Beat

♥ Beauty in Adornment

20 Minute Beauty Walk

The importance of this exercise is to witness yourself and how you perceive beauty. It may be different each day.

Enjoy your 20-minute beauty walk and see the hidden beauty that lurks everywhere, if only we pay attention.

This is an easy way to invite beauty into your day. Take a 20-minute walk and find 20 things that hold or reflect beauty. You should be 1st on the list! As you walk and place your attention only on beauty, you will create a matrix of beauty around you. As you walk, hold this intention to benefit yourself and others: *I am holding the energy and vibration of beauty as I reflect and shine my light out into the world.*

The next day, walk the same walk. See if the 20 things you found to be beautiful are still there. How did they change? Are they more beautiful or completely different? Maybe it's you that has changed. As I practiced this walk, I began to see beauty in the less obvious. I began to look deeper and even see beauty in the "not so" beautiful things that were around me in the environment. Beauty is truly in the eye of the beholder.

Tip - wear something that you feel beautiful in. It can be a hat or a secretly hidden piece of jewelry. Remember – Beauty can have an edge. A leather jacket may be the perfect addition to enhance your mood. Notice, as you walk, that what you wear may filter into what you notice as beautiful.



Beauty In the Beat

As you relax into the feeling of Beauty, you can then relax into the Beat.

Music and Rhythm are an excellent gateway to your inner self. Whether your movement is graceful, flowing and twirling or hard, fast and pounding – Beauty is in the beat and your body is waiting to show you the way. The more we trust our body the more we can relax into the beat. Rhythm has the ability to move you past your inhibitions and into your beautiful beat.

-Turn on some music

-Find the beat

-Let your body move past your mind

-The rhythm will be your guide

-Move into your beauty as your body expresses the beat

And remember - get out of your head and into your body. Our truth is waiting to be uncovered and is often buried in our body. All emotions are welcome to surface. Emotions are the compass toward our true North. Feel them, release them and then keep movin on! Beauty is beneath the darkest feelings and is waiting to be excavated so the soil of your mind can be filled and new seeds planted for new blossoms to bloom.

Let the beat show you your Be-U-ty.



Be Beauty Be You in Adornment

Adornment is a fun and uplifting way to invite beauty into your day. Anything from a dainty hair clip to a big fancy hat will do. Adornment has been around since the beginning of creation; most male birds are already adorned with the brightest colors. Whether you are adorning yourself for attraction, ceremonies for a day at work, it is a natural way to be beauty and be you. Color is a brilliant way to adorn yourself. Color holds vibration for you and for all the others that see it. Here is a list of items you can and probably already adorn with.

hats	jewelry	cosmetics
glasses/contacts	lingerie	perfumes
scarves	hair art	colorful clothes
socks	glitter	lotions and creams
gloves	nail polish	muted tone clothes
jackets & coats	essential oils	footwear

And the list goes on

Adornment is fun in front of the mirror or shopping with a friend.

If adornment triggers you in any way- that is the time to dig deeper into that wound. Begin to build your self-esteem up with the 20 Minute Beauty Walk and then begin to work with the Mirror Mirror technique as well as the Be-U-ty Meditation.

Our triggers can lead us into dark places and that is a way for healing to begin.

Adornment is a way for you to begin to adore yourself. Share your beauty with the world, subconsciously, we see you!

When you own your beauty by showing it with Adornment, you can choose what type of vibration you will reflect out into the world. This is like throwing a pebble into a pond. There is a ripple effect and everyone subconsciously feels it. What they feel is up to them. Your adornment is simply a fun, creative way to be beauty and practice beauty for you!



HOW TO USE ESSENTIAL OILS

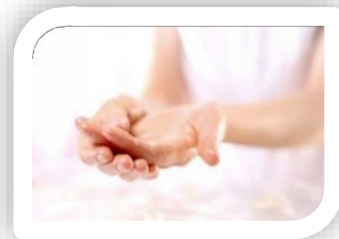
Please Note:

- ✓ Only use top-grade oils on your breasts. (*Do not order from Amazon and other unknown sources to avoid low quality or contamination.*)
- ✓ [Order your essential oils directly from doTERRA.](#)
- ✓ Why doTERRA? Because their oils are created using a CPTG Certified Pure Therapeutic Grade® protocol. The CPTG process includes a rigorous examination of every batch of oil, along with third-party testing to guarantee transparency.



How To Use Topically:

- Pour Fractionated Coconut Oil into the palm of your hand (about the size of a quarter).
- Add 1-2 drops of the desired essential oil to the Fractionated Coconut Oil in the palm of your hand.
- Massage into your skin using your hands.



ESSENTIAL OIL	A Aromatically	I Internally	T Topically	N Neat
Citrus Bloom	✓		✓	✓
Frankincense	✓	✓	✓	✓
Geranium	✓	✓	✓	
Jasmine	✓		✓	
Lavender	✓	✓	✓	✓
Magnolia	✓		✓	✓
Neroli	✓		✓	✓
Rose	✓		✓	



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