

WELCOME BACK, BEAUTIFUL BEINGS!

INVITING BEAUTY IN:

Beauty Walk
Embody Beauty (in the Beat)
Be Beauty Be you in Adornment
Beauty Baths
Beauty in Bloom (tea ritual)
Be-U-ty Guided Meditation

THE PRACTICE OF BEAUTY:

Beauty Enhancers with Beauty Formula
6 Ts of Positive Progression
Mirror of Change
Mirror Mirror
Beauty Secrets and Rituals
Beauty Timeline (excavation and appreciation)

THE PLEASURE OF THE 5 SENSES

*T*aste

*S*mell

*T*ouch

*S*ight

*H*ear



INVITE BEAUTY IN

Beauty in Bloom, A Tea Ritual

Step Into Your Flower Power

Alone

Bold

Colorful

Creeping

Delicate

Fragile

Fragrant

In a Bunch

Planted

Small

Tall

Tenacious

Tended

Thick

Thin

Wild

Create Your Own BEAUTY IN BLOOM Tea Ritual

What you will need

- [A clear glass teapot](#)
- [TeaBloom Flowering tea](#)
- A beautiful teacup
- A tea towel (to wipe up drips)
- [A beeswax candle](#)
- Music or [sound bowls](#) playing
- A journal + pen, if you like to write
- Coloring pens + book or drawing pad, if you like to create
- Crystals for your company
- Anything else that slows you down - like a [guided meditation](#)



Boil a pot of clean filtered water and remove from heat. Let the water cool just a bit.

Place the TeaBloom into the center of the glass basket inside your glass teapot. Gently pour the heated water over the bloom.

It takes about 5 minutes for the bloom to open completely. Pour into your beautiful teacup and enjoy!

You can refill the pot up to 3 times with the same bloom.



THE ANCIENT HEALING RITUALS OF BATHING

Benefits

Tips for preparing your bath ritual:

MIRROR MIRROR

Mirror Mirror on the Wall

What is hiding beneath it all?

Where does beauty live in me?

Who is the keeper of what I see?

How have I lost my inner truth and when will I see my inner worth?

Why continue on this path?

When The answers I seek are within my reach.



ENHANCE YOUR PRACTICE AND INVITE BEAUTY IN

- *Create a sign*
- *Honor your body*
- *Adornment*
- *Let your body flow*
- *Invite a friend*
- *Striptease*
- *Take selfies*

BE-U-TY GUIDED MEDITATION: JOURNAL YOUR JOURNEY

What is the 1st gift?

Did you see any animals along the way?

Which color felt the best for you?

What did your Goblet look like?

What was your experience like in the tunnel?

Did you see your reflection in the pond?

What was the gift of the violet flames?

How do you share beauty with the world?



BEAUTY SECRETS & RITUALS

OPEN THE FLOW

Circulation and blood flow

Lymph flow

Nervous system circulation

Emotions and thoughts

BEAUTY FROM THE INSIDE OUT

BEAUTY FROM THE OUTSIDE IN



WHAT LIES ARE YOU READY TO RELEASE?

WHAT ARE YOU READY TO EMBRACE ABOUT YOUR BEAUTY? 🌹

WHAT'S NEXT IN THE BLOSSOMING OF YOUR BEAUTY?

*Be-U-ty
Be Beauty. Be You*



RESOURCES FOR BEAUTY SECRETS & RITUALS

Block Therapy | [Informative PDF with my affiliate link for purchasing](#)

Castor Oil Packs (for liver, kidneys, intestines, breasts)

doTerra Essential Oils and Skincare | [GoHealthyOilsWeb.com](#)

Dry Brushing

Infrared Sauna by Therasage | SAVE 10% when you enter **TAMMY10** at checkout and [order HERE](#)

Medical Medium: Life-Changing Foods

Nitric Oxide Protocol

Pur2o | SAVE 10% when you enter **TAMMY10** at checkout at [GoCleanWaterWeb.com](#)

Sleep Quality Checklist

Sun Care & Protection for Outdoors

Tension Tamers Video

Vetiver Massage

Vollara Air Purifier | [GoCleanAirWeb.com](#)

FOODS FOR BEAUTY from [Medical Medium: Life-Changing Foods](#)

Apricots – Calm the nervous system and frustration. Apricots are soothing and bring in the awareness of appreciation.

Cucumbers – Cooling, rejuvenating, hydrating cucumbers bring down emotional inflammation.

Leafy Greens – Alkalizing and detoxifying. Supports detox to move lymph, which helps toxins to avoid moving through the skin.

Melons – Alkalizing and calming for anxiety. Melons help with the digestion of life and reduce stress.

Papayas – Anti-wrinkle and a digestive aid. Papayas also lift the mood out of cranky irritability.

Pears – A cooling tonic for inflamed skin (connected to pancreas and liver). Pears are beauty in simplicity and reduce emotions of frustrations, irritation, and lack of peace.

Pomegranates – Help to unclog pores and encourages hair growth. Pomegranates help with impatience and blaming of others.

Raw Honey – Anti-inflammatory and medicinal. Wonderful to use, lightly coated on the face for a purifying mask.

Sweet Potatoes – Hair growth. Offer the lesson of knowing boundaries with what is enough.

Turmeric – Improves circulation and inflammation. Helps you acknowledge your self-worth and your value.



B 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			
E 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			
A Autonomous	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			
U Unified Mind.Body.Soul	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			
T Tantalizing	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			
Y You, Embracing Your Beauty	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			
The NOW	CHAKRA	ESSENTIAL OIL	CRYSTAL	
	Root Chakra (1st Chakra)	Frankincense	Red Jasper	
PAST LIVES	CHAKRA	ESSENTIAL OIL	CRYSTAL	
	Soul Star Chakra (8th Chakra)	Citrus Bloom	Petrified Wood	

