

BREATHE IN THE BEAUTY

Beauty is the art of appreciation and love. There is beauty in all of creation.

When love is expressed in its fullness without any expectation, it is beauty in creation. Any act of kindness expressed is beauty.

All human beings are beautiful. There is inherent beauty in the expression of the physical body. What a marvelous mechanism it is. It is beauty in its ultimate form.

Look at your body, get in touch with your body. Talk to your body.

Appreciate each and every organ of your body. Appreciate the blood and the heartbeat. It is in the blood, your greater Spirit rides. Your heart is the magnificent temple in which your Spirit resides. Aren't the workings of your body a wondrous and beautiful creation?

When you love and appreciate and see your body as beautiful, you will have less judgement of you and others. When you judge, you are expressing the opposite of beauty - which is fear.

In your heart chamber, there is a cave and there is a Spirit in that cave. It is the spirit of LA BANAHA (Moon Spirit). Moon rules your subconscious. When you connect with La BANAHA, you will start to change the program embedded in your subconscious - which is self-denial.

Human beings are taught from early on that - valuing yourself is bad - you must be meek, and you must place others above you. This is a false modesty culturally embedded in human psyche. Make a conscious effort in eliminating this from your subconscious programming.

In your high heart area which is in the back of your body, there is a chakra and this chakra is connected to the Divine Goddess. Awaken these Goddess. There are three Goddess and they represent -
Perception
Glory
Beauty

This chakra is in pyramid shape and perception is at the top of the pyramid and glory and beauty are at the base of the pyramid.

Exercise

See yourself sitting inside this pyramid.
Breathe and fill the space inside the pyramid with your essence. You may want to chant a sound of beauty - HARRHOMM and this will start the process of dismantling the antenna of the hairs of your skin through which you draw forth your experiences and your views about it. Your views are limited by your thought forms and your belief systems.

Beauty has the capacity to shift dense energies. Beauty creates the energy of grace and this will affect the way you perceive things and the sensors in your eyebrows will start to change its coding and the new codes will be of great fullness and love.

Make a statement daily before you start your day.

I see beauty today in myself and in others.
I experience beauty in the workings of my physical body.

I create beauty through my words, expressions and experiences.

Seek beauty, Live beauty.

When you breathe, make a statement - I breath in the Beauty of God for God is beauty and love.

In beauty, we remain in service to humanity.