

# Beauty

Beauty is the music of the Soul.  
Beauty is who you are. You are created  
in the image and likeness of God's very  
essence. Beauty exists within your core  
memory.

Your inner beauty is magnificent to  
behold, for your brightness is like the  
splendor of the shining Sun. Claim this  
beauty within you. Own this beauty of  
yours as a self-expression of who you  
are.

When you own this self-beauty within  
you, you see the world around you as  
beautiful. When you stop to gaze at a  
flower and admire its beauty, you are  
expressing your inner beauty. When  
you admire a beautiful music or a  
painting or anything else, you are  
expressing your inner beauty.

So, this part of you always exists  
within you. Consciously choose to  
awaken to this every moment. When  
you become aware of this within you,  
bring this awareness into your solar  
plexus area and in to your third eye  
area.

Strengthening these two points will open more awareness of beauty within you.

Music feeds your soul along with Colours. Music in particular, has the capacity to open many of the closed doors within your memory banks.

Music can revitalize and resurrect the codes and geometries within you so that you have more awareness of who you are and your role in the Universe. Music can also open ancient memories and can alter the chemical compositions within your brain and endocrine systems.

Music and Beauty go hand in hand.

When you cultivate the energy of Appreciation, you will naturally open the energy of beauty.

Beauty can be divided into three parts.  
Beauty of the Body  
Beauty of the Mind  
Beauty of the Soul

When you fully appreciate any one of these beauty in its fullness, you open up to the beauty energy within you. Since you are a three part being, full acceptance of one part will affect the other two parts.

One of the simple ways of opening up to the beauty is - when you see water - whether it is the water you are using to make your first cup of coffee or otherwise, make a statement - I appreciate the water and I sense and feel beauty in the water and since you are mostly made of water this simple gesture uttered with Love and Feelings will through the law of reciprocation, awaken the deep memory of your soul which is in the water within you. The Holy Spirit of you IS within the Water within you.

Your Soul always exists in Love, Beauty and Harmony and these three energies are coursing through your blood streams and all organs in the body gets reminded of their true nature which once again is Love, Beauty and Harmony.

Done over a period of 40 days, you will awaken fully to the power of Beauty within you.

Coffee with Master Buddha  
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