

## **Simple Exercises for Beauty/Upliftment/Regeneration**

### ***The Four Elixirs***

The elixirs in *Beauty-Upliftment-Regeneration* mix (about 15mins) blend alchemically to produce results that are greater than the sum of the parts. When you take them in deeply, releasing obsolete programs around the theme, then you will be deeply altered in the process.

The first two frequency-based archangelic elixirs support a sense of beauty and dignity in being. The third focuses on praise—a power to rejuvenate and uplift at all levels—and the fourth is for regeneration on all levels. These elixirs are set to the soothing sound of waves on the beach.

### ***Wheels (Optional)***

Place the Wheel of *Perpetual Self-Regeneration through the Tones of Purity* at your back (lower back behind navel area) and place your left hand on the “*Labyrinth of Renewal*”, and right hand on the heart center (for as long as you wish).

#### **Exercise 1:**

See the mask of your skin melt away with its signs of wear and tear. See another newer you revealed as the old peels away. All the pain lines dissolve. Perceive through the heart of innocent perception. Do this as many times as it takes to reveal a youthful, new you in luminous perfection. Ask the angelic and archangelic beings to support dissolving all the pain you are ready to give up, from all levels of being. Know through deeper senses unhindered by mind that your body is a luminous flexible fluid field of light.

Now gaze with inner eyes in the body, and do a similar process on the whole body, or concentrate on any part of it as you wish. With right hand still on Heart and left on the labyrinth of renewal, feel the power of healing surging within you, magnified by the innocent perception of your heart.

See behind the wear and tear of any part of your body that calls to you, new cells emerging and old depleted ones being swept up in the blood. See old dissonance and dense energies dissolving as new flows of light bring renewal. Do this lovingly. Let all players who may come to mind through this plunge into the ocean of Oneness...there is only the Self.

Do this as many times as it takes to reveal a regenerated organ or system, a new you in luminous perfection. Hear every part of your body singing a new tone...feel the purity of the tones and let your whole body feel the vibration. Sense a luminous radiance from each cell raying out and causing a luminous field all around you, through which only perfection may enter. Realize that your body is a fluid flexible field of luminous tone.

Be in praise to the One Life that arises ever new in each moment wherein we release old stories and identities.

**Exercise 2:**

Feel a smiling energy arising from the Heart that comes from a depth beyond the stories of life. Know that this flows new cause from the rivers of the One life. The smiling heart's power activates the extraordinary meridians of *cause*. The more the heart smiles, the more you become cause of you life and no longer its effect.

Let that smiling energy flow to every part of your being, as you see yourself with new eyes. Be in wonderment at the perfection and beauty of your being. If you do not feel that, let the smiling energy move you deeper...let the angelic elixirs support you to the frequency of perceiving only beauty and the wonderful potential that may unfold as you bathe everything in the powerful smiling energy of the Heart. Feel the smile as bringing new cause on the *rivers of the One Life* that flow pure *prana* to every cell of the body. Feel your whole being and every atom bathing in the smiling energy that brings wonderful becoming...greater potential.

When you feel a deep sense of well-being, image yourself as a radiant being of exquisite **beauty and grace**, that walks the earth leaving only a lingering fragrance that blesses and uplifts. Feel how you tread lightly, with gentleness and meticulous caring. Feel yourself in complete dignity and self-sovereign being. Walk through all areas of life with this regal quality and refinement. Feel that all creatures sense the blessing of your luminous presence. Release all that is coarse or undignified of the One arising in you.

Be in **praise** at the power of true beauty. Praise is the power to uplift. Focus on the Crown or a hand's length above the Crown (at the Lahun or 10<sup>th</sup> chakra), and sense a radiant sphere above your head. Beauty is to form as truth is to thought—*beauty is truth expressed in form*.

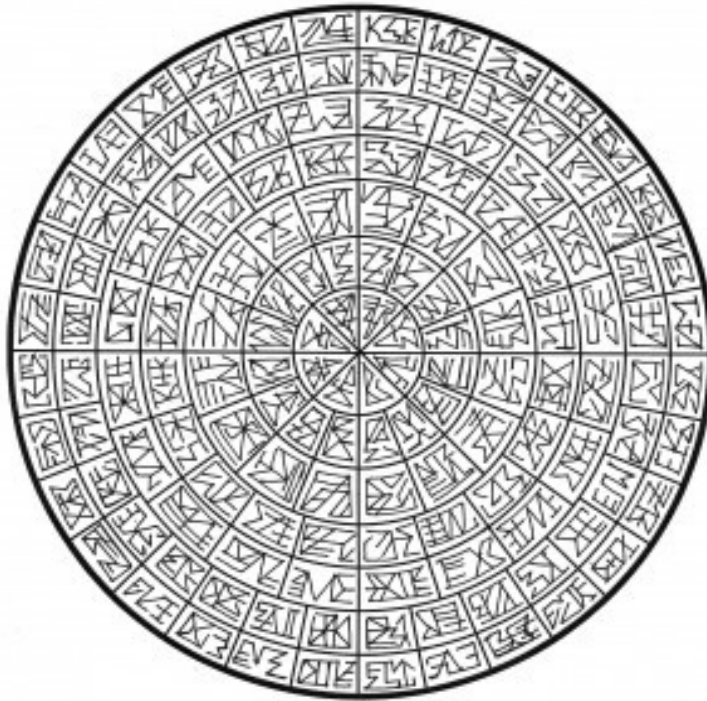
Feel the light of truth as an impulse in you, and imagine yourself becoming transparent in life, in full integrity. In continual praise that lights up the higher chakras, the radiance of beauty will be yours, along with clarity in thought, compassion in heart, grace in movement and in presence, and melody and potency in voice.

Welcome **regeneration** at all levels, through the tones of purity. Feel them reverberating deeply in your being and your life.



***Wheel of Perpetual Self-Regeneration Through the Tones of Purity***

Use the separate pdf for the full-size version.



*Wheel from Almine, [www.spiritualjourneys.com](http://www.spiritualjourneys.com)*

*Labyrinth of Renewal*



Wheel from Almine, [www.spiritualjourneys.com](http://www.spiritualjourneys.com)