

The Object of Beauty Meditation Practice

The steps to performing the meditation follow. Allow the form of beauty to arise fresh in your mind's eye each time that you practice. If listening to the audio, there is no need to follow the written directions. Use this tool as a prompt when you are practicing without the audio.

It is wise to avoid choosing a person as the form of beauty as there are too many emotions which may be associated with people.

- ❖ Bring your body to a comfortable position.
- ❖ Close your eyes.
- ❖ Focus your attention at the Ajna Chakra, the Sun center, your Mind's Eye, located at the point between the eyes.
- ❖ Take three long deep breaths, relaxing your mind and your body.
- ❖ With the next inhalation of the breath, focus on your Mind's Eye and draw forth the most beautiful form of life for you, at this time.
- ❖ Use the camera of your Mind's Eye to bring the form of beauty into greater focus.
 - ❖ See the form of beauty.
 - ❖ Vivify the form of beauty with your breath.
 - ❖ Feel the form of beauty.
 - ❖ Touch the form of beauty.
 - ❖ Hear the form of beauty.
 - ❖ Inhale the form of beauty.
 - ❖ Become one with the form of beauty.





- ❖ Feel the form of beauty dissolve as golden light down your spinal column.
- ❖ Feel the golden light of beauty radiate from your spine into the trunk of your body.
- ❖ From the trunk of your body feel the golden light of beauty radiate into the limbs of your body.
- ❖ Feel the beauty that thou art; radiate into all of Life.
- ❖ Sit in the bliss of the beauty.

Aum Shanti, shanti, shanti

May your life become filled with the beauty that thou art.

May infinite peace flow into your life in the ever present eternal now.

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