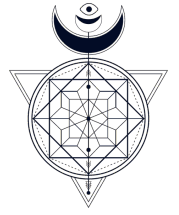


Align yourself with beauty



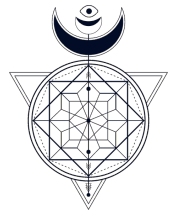
You will need

- A space in which you feel safe and free - ideally outdoors in nature
- Some creative materials, be they a pen and journal, music or an instrument, paints, or other drawing materials.
- Ideally, take the time to do this on a Friday - the day of the Goddess Venus - or a Sunday - the day of the Sun and vibrancy.

Practice

- Head outside and dedicate your walk - aloud or in your head - to the energies of beauty, by taking a few deep, conscious breaths and saying something like:
- Set off on a walk, or if that's challenging for you then find a space in nature where you can simply sit and be.
- As you move through or sit in that space, allow yourself to really attune each of your senses by spending a few minutes focussing on each.
- Pay attention to the shapes and colours you can see around you, and to the ways in which they fit perhaps even move together. Notice the ways the light plays off each and everything around you.
- Get quiet and listen to the world around you - both the natural world and other things around you. Tune in on each individually, and on the orchestra of them all together.
- Feel the sturdiness of the ground beneath your feet; close your eyes for a moment and feel the air against your skin. Reach out and touch the surfaces and objects around you, allowing yourself to really feel the sensations and temperatures of each under your fingertips.
- Take a deep breath through your nose and pay attention to the scents around you; repeat this a few times focussing on each in turn and then again notice the bouquet of scents around you.

You can even open your mouth and taste the air around you if you wish, as well as tasting and savouring anything around you that you can (safely!) eat or drink.



Continued

- Throughout all of this, remember to embrace both those things that are easily pleasurable or neutral to you as well as those that don't immediately feel quite so positive. In those cases ask to be shown or aligned with the beauty of them; the meaning, the purpose and the natural balance of their place within the world around you.
- When you're ready pause and bring your attention to your breath. Close your eyes if you can and visualise yourself as part of that natural world. Consider the shapes and colours of yourself and how these blend with your surroundings; notice the sound of your breath and heartbeat - perhaps even sing or hum aloud if you wish - and how they form part of the orchestra you hear; and notice the weight of yourself on the earth or surrounding surfaces, and the ways in which you are physically interacting with the world around you.
- Aloud or in your mind, call out to Venus, goddess of beauty and to the Earth herself as you give thanks for the beautiful bounty of this place, this space, this world and of the part you play within it.