



# Beautify

## aarambha आरंभ

beginning, inception.

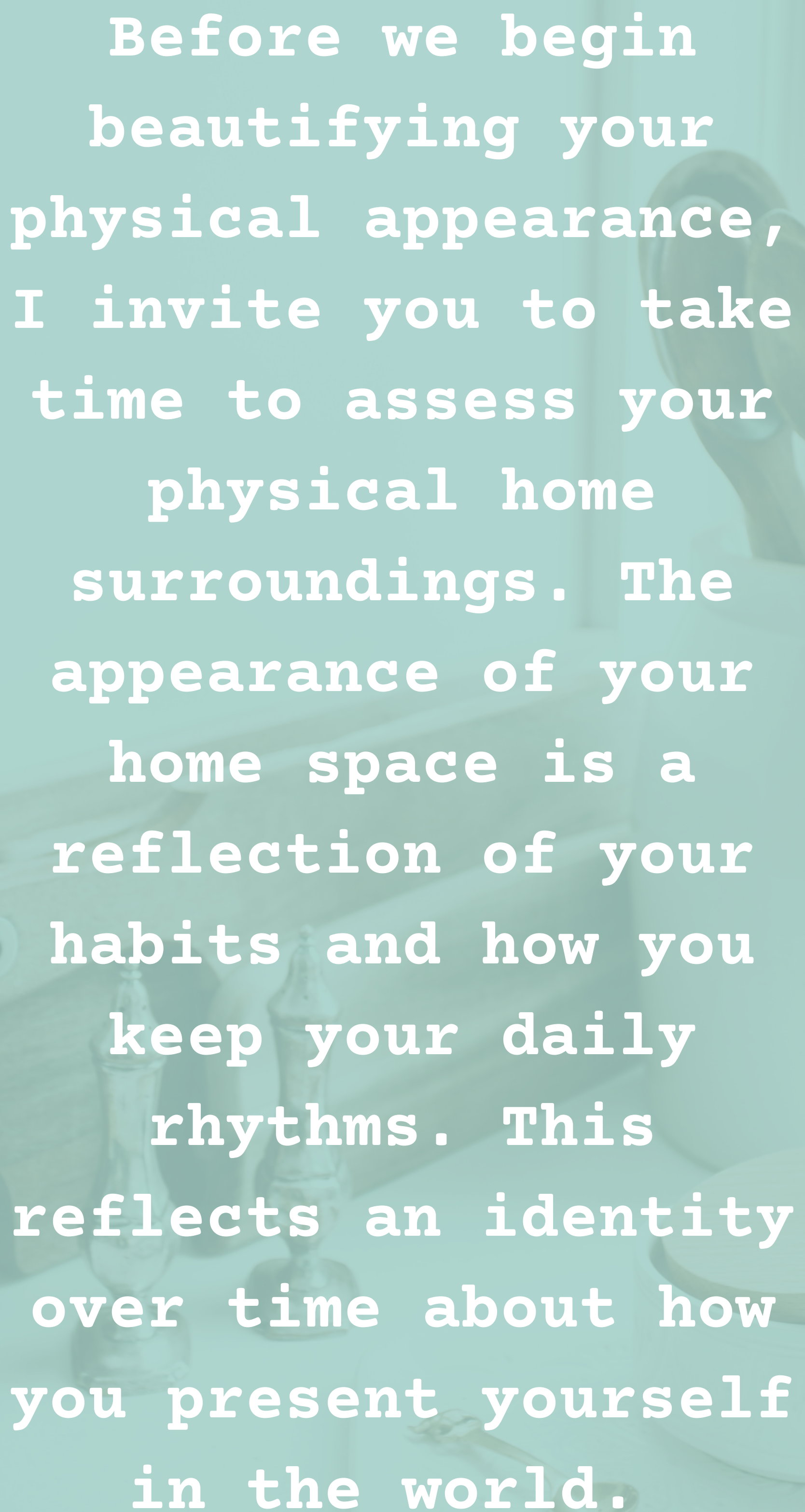


# sāadhanā, साधन

A daily spiritual practice and "means of achievement" or "methodical discipline to attain desired knowledge or goal". It refers to a spiritual or disciplined practice that is done with awareness to achieve a specific goal.

A person is sitting on a patterned rug in a room with wooden walls and a white chair. The person is wearing a blue top and white pants. The rug has a geometric pattern in blue and white. The text is overlaid on a semi-transparent teal background.

**Within this guide,  
I invite you to  
shift your  
perspective.  
Enjoy this sacred  
space to beautify  
YOUR  
person. Like a  
home, your body  
can be beautified  
from the inside  
out.**

A kitchen scene with a teal overlay containing text. The background shows a wooden cutting board, a white ceramic container with wooden spoons, and a white plate with a fork and a small bowl. The text is centered and reads: 

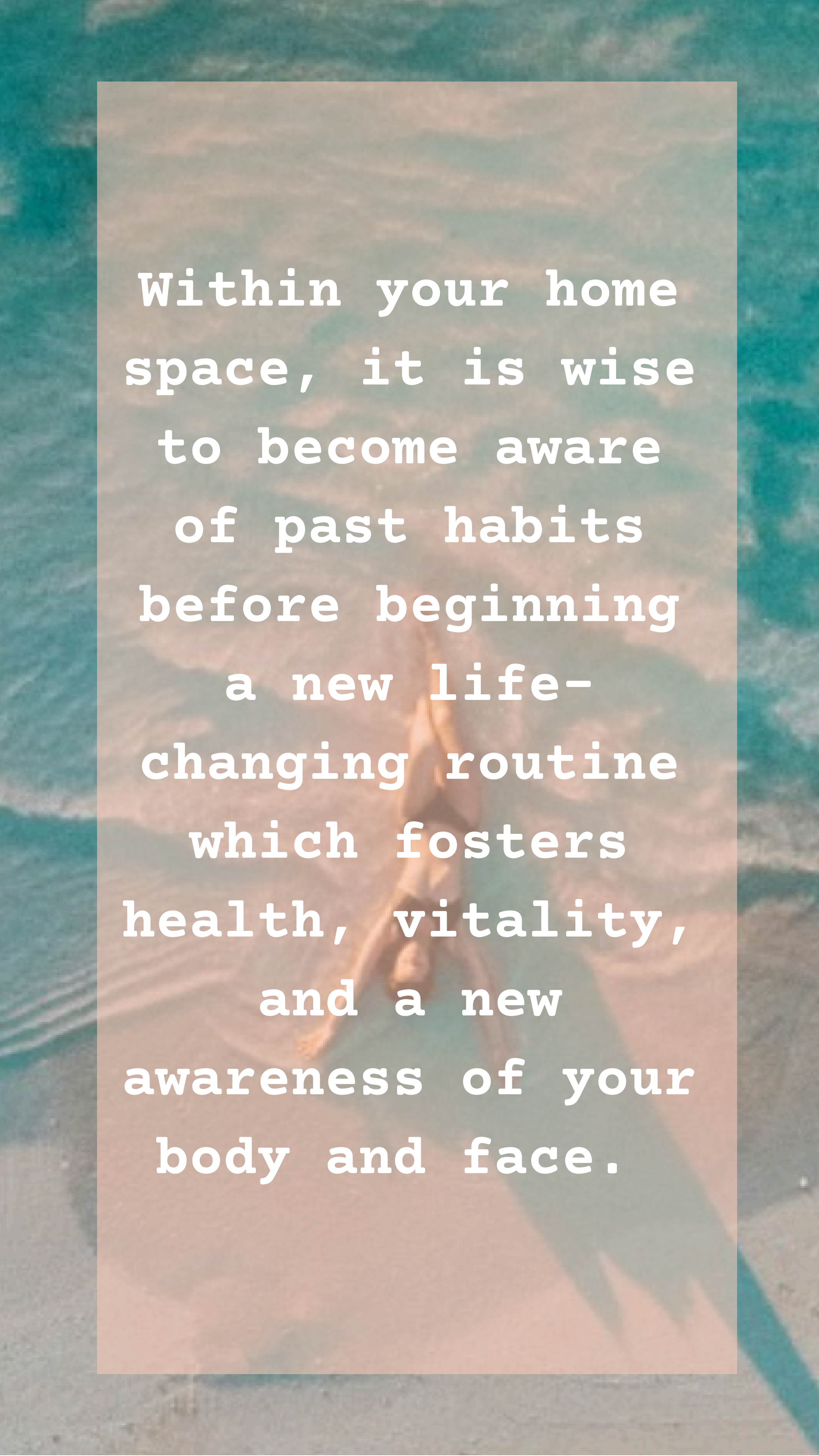
Before we begin beautifying your physical appearance, I invite you to take time to assess your physical home surroundings. The appearance of your home space is a reflection of your habits and how you keep your daily rhythms. This reflects an identity over time about how you present yourself in the world.

With this in mind,  
when I introduce  
ideas of your  
physical  
appearance, my aim  
is to bring  
refinement to you  
on the inside.

Together, we will  
explore the inner  
landscape inside  
your body, your  
"home".

The background image shows a bright, modern interior. In the foreground, there is a round wooden table with a white mug and a small bowl on it. A white chair is positioned next to the table. A large, modern floor lamp with a curved arm and a white shade is visible. There are several green plants in glass vases. The floor is light-colored wood, and a white shag rug is partially visible. A teal semi-transparent rectangle is overlaid on the image, containing the text.

**It is with deep  
respect for your  
investment that I  
include a  
directive for  
sādhanā in your  
home space to  
prime you for our  
work in your  
body space.**

A person is performing a handstand on a wooden floor. The person is in the center of the frame, with their hands on the floor and legs raised in the air. The background is a wooden floor with a warm, brownish-orange hue. The text is overlaid on the image in a white, monospace-style font.

**Within your home  
space, it is wise  
to become aware  
of past habits  
before beginning  
a new life-  
changing routine  
which fosters  
health, vitality,  
and a new  
awareness of your  
body and face.**

**The Indian poet  
Kalidasa wrote:**

**'..that which  
appears**

**fresher, newer  
and more**

**lustrous each  
moment is  
beautiful.**

**(क्षणे क्षणे यन्नवतां  
उपैति तदेव रूपं**

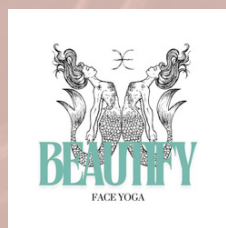
**रमणीयतायाः ।**

**नव नवोन्मेषशालिनी  
रमणीयता । -**

**कालीदास) ' .**



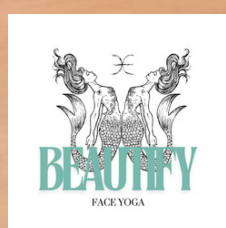
**The Upanishads  
state, 'That  
which is pure  
and eternally  
Blissful is  
beautiful (सत्यं  
शिवं सुंदरम्)'. .**



**This is an opportunity to  
bring awareness of your  
current state of mind,  
body, and spiritual  
connection..**

**Before beginning  
our work  
together, I ask  
that you take  
part in pre-work  
activities to  
amplify your  
desired outcomes.**

**I must ask that  
you examine your  
personal home  
space. This can  
also include your  
car, automobile,  
online presence.**



**I recommend that you take stock in your home spaces. This allows time for your personal reflections about your habits. The way you take care of your home is a good indicator of how you take care of your body.**

**A well maintained home will also be reflected in your self-efficacy. This is a primary habit which I deeply encourage you to explore**

**Consider this a connecting ritual for the inception of our work.**

**I leave this part  
up to you!**

**If you are seeking  
recommendations, I  
simply advise that  
you connect with  
the word sādhanā,  
साधन, as  
previously  
defined. What do  
you feel when you  
examine this word?  
How can you apply  
this to your home  
space to reflect  
all of your  
desires for doing  
this work with me?**

**I do recommend  
tidying,  
freshening,  
cleaning, and  
explore adapting  
to habits which  
refine your space  
and reflect joy in  
your home. For  
when we do this,  
we will also  
reflect this  
motivation in our  
own skin,  
clothing, and  
personal  
presentation.**



**I am so delighted  
you are on this  
journey with me.**

**Aligning prep-work  
is helpful to  
bring notice to  
your self-worth.**

**Acknowledge the  
care that you  
bring to this  
experience.**

**Allocate time and  
build habits  
around doing the  
practices to  
develop the habits  
to refine YOU!**

# Love Yourself First, स्वात्मनि स्नेह्यत आदौ

**Inside Beautify, we will  
expand your personal  
energetics. This will  
beautify your body and  
ripple out into the world!  
Let us begin when you feel  
your home space is ready.  
This is self-directed pre-  
work to be done in your  
own time before we begin  
working together.**

# Special note:

**Most of what I guide my clients through is tension release. You will receive ongoing suggestions to slow down. This is a “counter pose” to our modern culture.**

**Please receive this suggestion with love as it is given freely in our work together.**

**Please reach out when you are ready to begin.**

end,

समाप्ति samāpti

